



**ST LUKE'S**  
**LIVERPOOL**  
a church for all people

# Fruit of the Spirit

Love Joy Peace Patience Kindness  
Faithfulness Goodness Gentleness  
Self-Control Abiding



*Bible Studies on the Fruit of the Spirit*



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1. Love: Galatians 5:22-23; 1 Corinthians 13:1-13   Sunday 15 Sept	3
2. Joy: Galatians 5:22-23; John 16:16-22   Sun 22 Sept	8
3. Peace: Galatians 5:22-23; Philippians 4:4-9   Sun 29 Sept	12
4. Patience: Galatians 5:22-23; James 5:7-11   Sun 6 Oct	16
5. Kindness: Galatians 5:22-23; 1 John 3:16-24   Sun 13 Oct	21
6. Faithfulness: Galatians 5:22-23; Matthew 25:14-30   Sun 27 Oct	26
7. Goodness: Galatians 5:22-23; 1 John 1:5-2:8   Sun 3 Nov	32
8. Gentleness: Galatians 5:22-23; Matthew 11:25-30   Sun 10 Nov	37
9. Self-Control: Galatians 5:22-23; 1 Corinthians 9:19-27   Sun 17 Nov	42
9. Abiding: John 15:1-17   Sun 24 Nov	47





**Application Questions:**

7. Which of the attributes of love in 1 Corinthians 13 do you find most challenging to live out? Why?

**Additional Passages to Consider:**

8. John 15:12-13: Jesus calls His disciples to love one another as He has loved them. How does Jesus' command fit with the love Paul describes in 1 Corinthians 13?

9. Romans 5:8: God shows His love for us in the sacrificial death of Christ. How can we show sacrificial love on a daily basis?

**Closing Challenge:**

10. Spend some time reflecting on how God's love has transformed your life. How can you let that love flow into your interactions with others this week? Seek the Spirit's help in living out love in both word and action.

## *Prayer Points*

## 2. Fruit of the Spirit - Joy | Sunday 22 Sept

**Galatians 5:22-23 & John 16:16-22**

### **Introduction Question:**

1. What brings you the most joy in life? How is that different from the joy that God offers us through His Spirit?

### **Comprehension Questions:**

2. In John 16:16-22, Jesus tells His disciples they will experience sorrow but that their sorrow will turn into joy. What event is Jesus referring to that will bring them this joy?



3. In John 16:20, Jesus compares the disciples' sorrow to that of a woman in labor. Why does Jesus use this comparison, and how does it help us understand the depth and endurance of the joy He promises?

4. In John 16:22, Jesus says, "no one will take away your joy." What does He mean by this, and why is this joy unshakeable?

5. How does the joy described in John 16 differ from the joy we might feel from worldly success or comfort?

**Application Questions:**

6. How can we find lasting joy in Christ even when we are facing trials and challenges? Is there an area of your life right now where you need to remember the joy Jesus offers?

**Additional Passages to Consider:**

7. Psalm 16:11: "You make known to me the path of life; in your presence there is fullness of joy." How does this verse support the idea that true joy is found in God's presence?

8. Romans 15:13: "May the God of hope fill you with all joy and peace in believing." How does belief and trust in God lead to joy?

**Closing Challenge:**

9. Reflect on the joy Jesus promises in John 16:22. Consider how this joy, rooted in His resurrection and victory over death, can shape your perspective on life's challenges. Ask the Holy Spirit to fill you with this lasting joy and to help you share it with others, especially during difficult times.

***Prayer Points***

### 3. Fruit of the Spirit - Peace | Sunday 29 Sept

Galatians 5:22-23 & Philippians 4:4-9

#### Introduction Question:

1. When you think of peace, what comes to mind? How does this differ from the peace that God offers us through His Spirit?

#### Comprehension Questions:

2. In Galatians 5:22-23, Paul lists peace as part of the fruit of the Spirit. How is this peace different from the peace that the world seeks to provide?
3. According to Philippians 4:4-7, what is Paul's advice for dealing with anxiety, and how does this lead to peace?

4. In Philippians 4:6, Paul calls believers to present their requests to God with thanksgiving. Why do you think thanksgiving is tied to finding peace?

5. What does Philippians 4:7 mean when it says that God's peace "surpasses all understanding"? How does this peace guard our hearts and minds in Christ Jesus?

6. In Philippians 4:8-9, Paul emphasizes what believers should focus their minds on. How do these things contribute to a life of peace?

**Application Questions:**

7. How can you apply Paul's instruction in Philippians 4:6-7 to situations in your life that cause you worry or stress?

**Additional Passages to Consider:**

8. John 14:27: Jesus says, "Peace I leave with you; my peace I give to you. Not as the world gives do I give to you." How does Jesus' peace differ from the world's peace, and how does this promise encourage you?

9. Colossians 3:15: "Let the peace of Christ rule in your hearts." How can letting Christ's peace rule our hearts affect the way we live?

**Closing Challenge:**

10. Take time this week to practice turning your anxieties and worries over to God in prayer, trusting that His peace will guard your heart and mind. Look for ways to dwell on the truths and promises of God, and consider how you can share this peace with those around you who are struggling or anxious.

***Prayer Points***

## 4. Fruit of the Spirit - Patience | Sunday 6 Oct

Galatians 5:22-23 & James 5:7-11

### Introduction Question:

1. Can you recall a time when you had to wait for something? How did you feel during the waiting period, and what helped you get through it?

### Comprehension Questions:

2. James 5:7-8 encourages believers to be patient "until the Lord's coming." What reasons does James give for this call to patience? How does this metaphor help us understand the nature of patience in the Christian life?



3. In James 5:10-11, how do the prophets and Job serve as examples of patience in suffering? What can we learn from their experiences?

4. What does James mean in verse 9 when he warns against grumbling? How does patience affect the way we relate to others?

**Application Questions:**

5. In what areas of your life do you need to cultivate more patience? How can you lean on God's strength to endure in those areas?

**Additional Passages to Consider:**

6. Romans 12:12: "Be joyful in hope, patient in affliction, faithful in prayer." How does patience relate to both hope and affliction in this verse?

7. Hebrews 10:36: "You need to persevere so that when you have done the will of God, you will receive what he has promised." How does this verse connect perseverance (or patience) with receiving God's promises?

**Closing Challenge:**

- This week, ask God to help you practice patience, especially in areas where you feel frustrated or tempted to rush ahead. Reflect on how patience in the Christian life allows us to trust God's timing, even when it's difficult. And remember, patience is not just about waiting—it's about how we wait, grounded in the hope that Christ will return and make all things new.

## *Prayer Points*







10. Colossians 3:12: "Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness, and patience." How can we actively clothe ourselves with kindness in our daily lives?

**Closing Challenge:**

11. This week, seek out opportunities to display kindness, not just in words but in tangible actions. Reflect on how Christ's love compels us to be kind, even when it requires sacrifice. Pray that the Holy Spirit would enable you to embody true kindness that flows from a heart transformed by God's love.



## *Prayer Points*

## 6. Fruit of the Spirit - Faithfulness | Sunday 27 Oct

Galatians 5:22-23 & Matthew 25:14-30

### Introduction Question:

1. What does a faithful husband and wife look like? What about a faithful worker, and a faithful minister? How do you know when someone is faithful?

### Comprehension Questions:

2. In Galatians 5:22-23, faithfulness is listed as a fruit of the Spirit. What does faithfulness mean in the context of the Christian life?
  
3. In Matthew 25:14-30, what is the responsibility given to the servants by the master? How does this parable illustrate the concept of faithfulness?

4. What is the difference in how the first two servants and the third servant approach their responsibilities? How does this contrast help us understand faithfulness?

5. How does the master respond to the faithfulness of the first two servants? What does this reveal about God's expectations for His people?

6. What consequences does the third servant face for his lack of faithfulness? What lesson can we draw from this for our own walk with God?



**Additional Passages to Consider:**

10. Luke 16:10: "Whoever can be trusted with very little can also be trusted with much." How does this principle apply to your life and faithfulness in small matters?

11. Hebrews 11:6: "And without faith it is impossible to please God." What role does faith play in living a life of faithfulness?

**Closing Challenge:**

12. Faithfulness is not just about grand gestures but about consistently stewarding what God has entrusted to us, whether big or small. This week, consider how you can better reflect faithfulness in your actions and decisions. Pray for the strength to be faithful in every area of your life, trusting that God will reward those who are faithful with the gifts they have been given.

## *Prayer Points*





4. In 1 John 1:9, what promise does God give if we confess our sins? How does this link to our pursuit of goodness as Christians?

5. How does 1 John 2:3-6 describe the connection between obedience to God's commands and living in the truth? What role does goodness play in this obedience?

**Application Questions:**

6. How can walking in the light of God's truth help you live a life characterized by goodness? What are practical steps you can take to ensure you're continually walking in the light?

**Additional Passages to Consider:**

7. Psalm 34:8: "Taste and see that the Lord is good; blessed is the one who takes refuge in Him." How does this verse encourage us to experience and share God's goodness in our lives?

8. Romans 12:9: "Love must be sincere. Hate what is evil; cling to what is good." How can we actively cling to what is good in a world that often embraces what is evil?

**Closing Challenge:**

9. This week, reflect on what it means to walk in the light of God's goodness. Consider how your actions and choices reflect His goodness to those around you. Pray for the Spirit's help to live in goodness, confessing sin quickly and striving to live in the truth and light of God's presence.

## *Prayer Points*

## 8. Fruit of the Spirit - Gentleness | Sunday 10 Nov

Galatians 5:22-23 & Matthew 11:25-30

### Introduction Question:

1. Can you think of a time when someone treated you with gentleness? How did their approach impact your situation or your relationship with them?

### Comprehension Questions:

2. Is Jesus gentle? What do you think gentleness means in a biblical sense, and why is it important in the Christian life?



**Application Questions:**

6. What burdens are you currently carrying that Jesus invites you to lay down? How can trusting in His gentle heart bring you peace and rest in those areas?

7. Gentleness often involves restraint and understanding. How can you cultivate a gentle heart like Jesus in your interactions with others this week, even in challenging situations?

**Additional Passages to Consider:**

8. Proverbs 15:1: "A gentle answer turns away wrath, but a harsh word stirs up anger." How can you apply this wisdom in your conversations?

9. Philippians 4:5: "Let your gentleness be evident to all. The Lord is near." How can you make your gentleness more evident in your daily life, knowing that the Lord is close?

**Closing Challenge:**

10. Jesus' gentleness is a model for how we are called to live. This week, meditate on the gentleness of Jesus and seek to embody that gentleness in your interactions, knowing that His gentle heart provides rest and peace for your soul. Ask God to help you live with a gentle spirit, relying on the strength that comes from Him.



## *Prayer Points*

## 9. Fruit of the Spirit – Self-Control | Sunday 17 Nov

Galatians 5:22-23 & 1 Corinthians 9:19-27

### Introduction Question:

1. Can you think of a time when practicing self-control led to positive results in your life? What made that moment challenging, and how did you manage to stay disciplined?

### Comprehension Questions:

2. In Galatians 5:22-23, self-control is listed as a fruit of the Spirit. How would you define self-control in a Christian context, and why do you think it's important?

3. In 1 Corinthians 9:19-27, Paul uses the metaphor of an athlete training for a race. How does this imagery help us understand the concept of self-control in the Christian life?

4. Paul talks about becoming "all things to all people" (verse 22). How does practicing self-control help Paul in his mission to spread the gospel?

5. What is Paul's goal in disciplining his body and keeping it under control (verse 27)? How does this reflect the larger goal of living a life of self-control as a follower of Christ?



9. Proverbs 25:28: "Like a city whose walls are broken through is a person who lacks self-control." How does this imagery illustrate the importance of self-control for our protection and well-being?

**Closing Challenge:**

10. Self-control is not simply about restraint but about focusing our lives toward God's purposes, much like an athlete trains with a clear goal in mind. This week, reflect on areas where you need to strengthen your self-control and ask God for the grace to develop this fruit in your life. Run the race with purpose, discipline, and dedication, knowing that God will equip you to persevere.

## *Prayer Points*

## **10. Fruit of the Spirit – Abiding | Sunday 24 Nov**

### **Remain in My Love: John 15:1-17**

#### **Introduction Question:**

1. Think of a relationship in your life where you've invested a lot of time and effort. What has helped that relationship thrive, and how does this relate to the idea of "remaining"?

#### **Comprehension Questions:**

2. In John 15:1-17, Jesus uses the imagery of a vine and branches. What does it mean for Jesus to be the vine and for us to be the branches?
  
3. Verse 4 says, "Remain in me, as I also remain in you." What does it look like for a believer to remain in Christ daily?

4. According to verses 5 and 8, what is the result of remaining in Christ? How does this remaining produce fruit in the believer's life?

5. Jesus connects remaining in Him with keeping His commandments (verses 9-10). How are obedience and love related to remaining in Jesus?

**Application Questions:**

6. Remaining in Christ is a daily practice. What specific habits or practices help you remain closely connected to Jesus throughout the week?



7. In what ways could your life bear more fruit if you more deeply embraced the practice of remaining in Christ? What areas of your life are most in need of that fruit?

**Additional Passages to Consider:**

8. 1 John 2:28: "And now, dear children, continue in him, so that when he appears we may be confident and unashamed before him at his coming." How does this passage challenge us to maintain our relationship with Jesus and look toward His return?

9. Colossians 2:6-7: "So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him..." How does being "rooted" in Christ relate to the concept of remaining in John 15?

**Closing Challenge:**

10. Remaining in Christ is the essence of the Christian life—it's where we find our strength, purpose, and ability to bear fruit. This week, focus on remaining in Jesus by spending intentional time in prayer, reading Scripture, meeting with believers and aligning your heart with His commands. Remain in His love, and allow His life to flow through you, producing the lasting fruit that glorifies God.

## *Prayer Points*