Activity Booklet

BUT THE FRUIT OF THE SPIRIT IS LOVE, JOY, PEACE, PATIENCE, KINDNESS, GOODNESS, FAITHFULNESS, GENTLENESS AND SELF-CONTROL. AGAINST SUCH THINGS THERE IS NO LAW.

Galatians 5:22-23

The Saint Paul’s Baptist Church
Dr. Lance Watson, Senior Pastor
Singles

BEST USE
A discussion with a family member, friend or colleague to engage in constructive conversation about growing more loving in your relationships

ADVANCE PREP
A Bible, pen, notebook, and two rubber bands

Step One
Spend five minutes working together with a family member, co-worker or friend to create a list of songs that include the word “love” in the title or lyrics. Google lists thousands; you may search if you get stuck.

Step Two
Agree on one song from your list to sing together in a karaoke setting (e.g. Play the song on your mobile device while in the car and belt it out together)!

Step Three
Discuss whether the song gives a healthy image of love.
• Does it portray love as something based on emotions or feelings?
• Does it represent love as commitment to the well-being of another without conditions?
• Does it show love as self-sacrifice or as self-centeredness?

Step Four
Read 1 John 4:7-12 where love is mentioned about a dozen times. Share one practical way you can “love one another” like God has loved us (e.g. forgive quickly rather than giving the silent treatment, sacrifice for the needs of others, etc.).

Step Five
Put the rubber bands on your wrists. Join hands and ask God to use these as a reminder to demonstrate love in practical ways this week.
JOY

Singles

BEST USE
A fun challenge to help singles discover how to nurture more joy in their lives and relationships

ADVANCE PREP
A Bible, a friend and a glass jar labeled with your name (your friend should have the same) and pocket change

THE REASON
Joy is a gift we receive from God and a gift we can give to others. We become better people by embracing and displaying the gift of joyfulness.

THE START
Read the words of Jesus in John 15:11. What is the source of our joy and what is it supposed to look like? Pray for your friend, and let them pray for you (maybe over the phone) that God would help you both grow in joy and choose joy.

THE CHALLENGE
See who can show the most joy in the next week. Try to catch yourself and each other choosing joy. Talk to each other each day, and ask about your “joy” experiences. Place pocket change in the jar for each time you or your friend chose joy. Determine how much by the size of the “joy” choice.

Follow these simple rules:
1. Both of you must diligently watch for joy in your own life, and listen for it in the life of each other. The best part of the challenge is catching each other doing something well.
2. No faking joy, that is just bad form.
3. You can point out to the other person when you choose joy. They can also notice it and tell you without being told by you.
4. No withholding change that is deserved, or adding change that you didn’t merit.

THE SOURCE
Every morning, and as often as you remember, ask God to grow the fruit of joy in you. “Lord, I want Your joy to be in me and I desire that joy be evident in my choices and my attitude no matter the circumstance.”

THE PRIZE
Agree upon a prize before you begin. Count your change and then celebrate the “change” that God is doing in each of you as you choose joy.

AFTER THE CHALLENGE
Continue to seek the Lord to develop joy in your life. Feel free to start the challenge again and again.
BEST USE
A good conversation about helping peace grow in your own life and in your relationships with others

ADVANCE PREP
A Bible

Step One
Read Romans 15:13.

Step Two
Find a partner to share this conversation and discuss the following questions:
• What would our lives be like if there were more peace in our relationships, in our families, and on our jobs?
• What might we be doing that is hindering God from filling our lives with peace in those places?
• Are we willing to work to remove those obstacles that may be hindering from God filling our lives with peace?
• What is one thing about which we can pray for each other in the hope that God would fill us with His peace?

Step Three
Talk through the acronym below. How could you use this acronym to rely on God for more peace?

P - Pause. Slow things down. What areas of our lives do we need to slow down in?
E - Eliminate. What needs to be cut out?
A - Allow. How can we make room to be filled with God’s peace? Romans 15:13
C - Challenge. How might we challenge the things that disrupt peace in our lives?
E - Enter. What would be the first step to enter into the peace that Jesus offers? John 14:27

Step Four
Share with each other if there is a certain letter of the acronym that stands out the most; an area that you want to ask God to help you with. Take a photo of this with your phone or write it onto an index card to look at every day this week to assist as you cooperate with God to develop the fruit of peace.
Singles

BEST USE
A conversation with a friend, family member or colleague to discuss depending on God to develop more patience

ADVANCE PREP
A printed or online dictionary, Bible, pen, and two index cards

Step One
Look up the definition of patience together. What meaning sticks out most to each of you?

Step Two
Write “Patience” at the top of your index cards. Each share several ways God is patient with you and write them on your individual index cards.

Step Three
Read Proverbs 14:29. Each share one recent incident when you observed each other, or someone you both know being patient. Now each share one recent incident in which you or someone you both know acted impulsively or quick-tempered.

Step Four
Brainstorm some “patience-stretching activities” you could use this week to practice intentional patience. Pick from the list below or come up with your own. Now, add those to the reverse side of your index card.

- Get in the longest checkout line at the store.
- Park in one of the furthest spots from the entry door.
- When approaching a stoplight get in the lane with the most vehicles.
- While driving, stay at or just below the speed limit.
- Sit in silence for five minutes each day.

TIP: Don’t purposefully cause others to have to wait on you and say that you were helping them develop patience!

Step Five
Decide where each of you will keep your index card for the coming week to help remind you of God’s patience and His desire to grow this fruit in your life.
SELF-CONTROL

Singles

BEST USE
A discussion to navigate the challenges of self-control

ADVANCE PREP
A Bible, pen and a piece of paper

Step One
Read 2 Timothy 1:7 and discuss what is available to us because of what God has given us.

Step Two
Read James 1:19. This passage gives us a clear picture of self-control with our emotions and our mouths. Discuss the three essential elements to self-control.

Step Three
Discuss what might change in your life if you were more intentional about self-control following the guidelines in James 1:19.

Some examples might include...

- Not yelling, screaming or cursing at another person
- Being quick to listen
- Taking a five-second pause before responding during a conflict
- Striving to be the first to apologize and quick to forgive

Step Four
Pray together and ask God to give each of you the grace to develop more self-control.
**Singles**

**BEST USE**
A designated time to plan a week filled with an onslaught of random acts of kindness (RAOK)

**ADVANCE PREP**
A Bible, paper and something to write with

**Step One**
Read Ephesians 4:32.

**Step Two**
Discuss the following with a family member, friend or colleague:

- What are the clear directives found in that scripture?
- How can we nurture lives on a daily basis that are filled with kindness?
- What does this verse say is the kindest thing that Christ has done for us?
- How can I show more kindness to you in my words and my actions?

**Step Three**
Create a list of RAOK you would enjoy doing together this week. Mimic this sample list:

**MONDAY**
Go to a restaurant and scan for a young family with kids. Secretly pay for dessert to be sent to their table.

**WEDNESDAY**
Send an email prayer or card to someone you know is struggling or lonely.

**SATURDAY**
Make a special breakfast for a family member or take an elderly relative out for breakfast.

**SUNDAY**
Bring an anonymous thank you note or treat to a fire station, police station or to a specific public servant.

Pray and Thank God for His amazing kindness toward us. Ask Him to bless your RAOK actions this week and that they will bless others.
Singles

BEST USE
A game to foster the fruit of goodness in your relationships

ADVANCE PREP
Set aside 15 minutes to establish the rules of a game you will play together the rest of the week.

Discuss goodness is doing the right thing for the right reason. Easier said than done!

Read Matthew 12:35 and discuss how a person brings forth good. (Hint: It has to do with the good treasure of the Holy Spirit within a person who is connected to Jesus Christ.)

Next read Hebrews 10:24 and discuss what it means to “provoke” one another toward good works.

Game Rules

OBJECT
Foster a culture of goodness in your relationships by making it easy for others to do good things. The person who “provokes” others toward goodness most successfully throughout the week wins.

CATEGORIES
Any and all of the following qualify...

- A gentle touch that calms anxiety
- A soft word that dispels tension
- An apology that invites forgiveness
- A question that opens conversation
- A muted phone that reduces distraction

SCORING
Keep notes to tally successful provocations throughout the week. Add up how many successful provocations each of you have had, whoever has the most wins. Do something good for each other so that you both can win!

PRAY
Ask God to help you continue provoking goodness in all of your relationships.
Singles

BEST USE
A discussion on the fruit of faithfulness

ADVANCE PREP
A Bible, pen and paper

Step One
Read Luke 16:10 together. This verse tells us being a faithful person starts in small ways.

Step Two
Each of you create a list of “little big things” in which your family member, co-worker or friend has shown himself or herself faithful in your relationship and in life.

The following examples may prompt other ideas...

- Shows up to work on time and works hard
- Makes worship and service a priority
- Spends within their means
- Shows appropriate affection to others

Step Three
Read the list to your family member, co-worker or friend and explain why this “little” thing is “big” to you.

Step Four
Celebrate one another’s “little big things” by sharing a favorite specialty coffee or dessert.

Step Five
Pray and thank God for His faithfulness and the ways your family member, co-worker or friend model faithfulness.
GENTLENESS

Singles

BEST USE
A gathering to discuss the fruit of gentleness and talk about ways to move towards more gentleness in all of your relationships

ADVANCE PREP
A Bible, a pillow and a rock

Step One
Read Proverbs 15:1. Talk about the difference between delivering a message that is gentle compared to one that is harsh.

Step Two
Look at the pillow and the rock. Consider together what both are used for, what they are made of and what it would be like to be hit across the head with both. (NOTE: A pillow fight might be fun at this point, but please don’t hit each other with the rock!)

Step Three
Let each of you share ways that you feel your own words/actions can sometimes come across more like a rock than a pillow. Be sure to take this time to focus on yourself.

Step Four
Read Matthew 11:29 where Jesus described himself as gentle. He was anything but weak. It takes great strength to portray a gentle spirit during moments of anger, stress or fear. Now, each of you come up with a couple of ways that your own words/actions can come across more like a pillow in the future.

Step Five
Pray together asking God to mold and shape you into a person who is gentle and to help you control any potentially harsh reactions.
The Apostle Paul writes to the church in the book of Galatians that the Spirit of God inside the life of a believer desires to produce fruit. These fruit serve as evidence of God’s transformative work inside of an individual.

God does not produce this fruit on His own and we do not manufacture fruit apart from the work of the Spirit. Thankfully, as we cooperate with God’s Spirit, fruit is produced and displayed in our lives.

**But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. - Galatians 5:22-23**

This assessment is designed to help you determine some potential growth areas. The goal is for you to discover two or three areas in which you could seek God’s help for further fruit-bearing in your life. Take some time to go through the self-assessment as individuals.

Consider sharing your results with your family member, co-worker or friend and begin praying for one another in each of those areas. Take time to notice and celebrate when you see more fruit-bearing in your lives in the days to come. Circle a number to record how you are experiencing or expressing each particular fruit.

1 = I am not seeing much of that fruit displayed in my life right now.
5 = I am experiencing much of this fruit in my life right now.

Love is a choice to meet the needs of others with no expectation of return. Are you choosing to show love because you are being led by God’s spirit?

1 2 3 4 5

Joy comes from the Lord in good times and bad. Do you have a deep sense of well-being that is not determined by your circumstances? Are you choosing joy with God’s help?

1 2 3 4 5

Peace is found as we rest and rely on God. We can have peace in times of trouble. Are you choosing to be aware in every circumstance that God is sufficient and also striving for peace in your relationships?

1 2 3 4 5

Patience with others can grow as we are reminded that God is patient with us. Patience is the ability to wait on God and knowing that we can trust that He is working for our best in His timing. Are you showing patience in your daily life?

1 2 3 4 5
Kindness is expressing to others the same mercy and grace that God has given to us in Christ Jesus. Are your words and actions kind? Are you showing kindness regardless of how you are treated?

1 2 3 4 5

God is good, and His integrity and moral perfection are flawless. God’s goodness is on display through grace and love. We can participate in that goodness when we distribute grace and love through the empowerment of God. Are you showing a goodness that shows God’s love?

1 2 3 4 5

God is faithful, and we can always count on Him. A faithful person is one who does what they say. It is a pure dynamic of reliability and loyalty. Are you reliable, loyal and a person of your word?

1 2 3 4 5

Gentleness is power under control. It is humility and restraint that derives from a position of true strength in Christ. With God’s help do you show gentleness and restraint?

1 2 3 4 5

God’s spirit helps us have the ability to display self-control. Self-control is displayed when we show discipline in our emotions, words and actions. Are you showing self-control in your life?

1 2 3 4 5

Based on your self-assessment, which two or three would you like to put intentional effort into over these next 120 days?

Remember these are not developed by you trying harder, but by cooperating with God’s Spirit in your life. Spend some time seeking God and asking Him for help in these areas.
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