



Group Discussion Ideas

1. Option One: Fruit of the Spirit Sermon and Discussion Guide.

- a. Watch the sermon.
- b. Discuss using Discussion Guide.
 - i. These are located on the website or app under [teaching](#). Click on the teaching topic to access the video and the discussion guide. The discussion guide includes a great summary of the sermon plus usually 7-10 questions to choose from.
 - ii. Start by having someone read the scripture passage aloud. Online groups will only have time for 2-3 questions, while in person groups could possibly discuss 4-5. Pick which questions you think will generate the best discussion in your group.
- c. Summarize it. Ask: “What’s our big take away for the week?”

2. Option Two: Discuss Weekly Fruit of the Spirit Study Guide.

- a. The Fruit of the Spirit Study Guide can be accessed here: [Fruit of the Spirit Study Guide](#)
Each week has its own one-page PDF. Post it on your refrigerator!
- b. Group Discussion ideas
 - i. **Overview.** Discuss the description of the Holy Spirit or the fruit at the top of the study guide that week.
 1. What did you underline?
 2. Did anything stand out that maybe is new to you? Any aha’s?
 - ii. **“Read it” section**
 1. Encourage group members to read the passage each day and journal a few notes as they answer the questions. Bring that to group.
 2. In Group there are several ways to discuss:
 - a. Possibility One. Pick one of the daily readings and ask the 4 questions posed:
 - i. What do I learn and love about God here?
 - ii. What does it cause me to wonder?
 - iii. What do I see about me: my identity and situation?
 - iv. What does this text call me to believe and do?

- b. Possibility Two. Pose the 4 questions based on the fruit of the week.
 - i. What did you learn and love about God’s **LOVE (or JOY, etc.)** in these passages?
 - ii. Did anything in these passages cause you to wonder?
 - iii. As we studied LOVE, what do you see about yourself: your identity and situation?
 - iv. What do these passages call you to believe and do regarding LOVE?
- c. Possibility Three. Any other better ideas you have

iii. “Memorize it” section

1. Chuck Swindoll wrote, “I know of no other single practice in the Christian life more rewarding, practically speaking, than memorizing Scripture. . . . No other single exercise pays greater spiritual dividends! Your prayer life will be strengthened. Your witnessing will be sharper and much more effective. Your attitudes and outlook will begin to change. Your mind will become alert and observant. Your confidence and assurance will be enhanced. Your faith will be solidified” (*Growing Strong in the Seasons of Life*, 61).
 2. Pair up your group or family members. Commit to recite your verse to each other this week. Each week recite your new verse PLUS the verses you learned the previous weeks. By the end you should be able to recite all 10 verses by memory!
 3. This is great to do outside of group time. It gives you another touch point during the week with another group member.
 4. Tips to memorize:
 - a. Write it down.
 - b. Say it out loud.
 - c. Post it everywhere.
 - d. Put it to music.
 - e. Make a game out of it. Write the entire verse plus reference on a white board or chalkboard. Recite the verse. Erase a few words and recite again. Erase a few more words and recite again. Continue until you can say it when all words are erased.
- iv. **“PRAY it” section.** You might pick P or R or A to concentrate on more fully each week to help group or family members realize there is so much more to prayer than just asking. i.e. “Tonight let’s look at the Holy Spirit and praise God for one attribute you see in Galatians 5.”
- **P:** Praise and Thanks to God for who he is and what he’s done. Use one of the bible passages for the week. What have you learned about God for which you can praise him? What has he done through this study for which you are thankful?

- **R:** Repent of sins I've committed or commands I've neglected. This can be done aloud or silently. Is there something God revealed to you during the study that should be confessed?
 - **A:** Ask for the needs of others and for my needs. Base some of this on what you discovered during the passage that day/week.
 - **Y:** Yield my will to God's will and my agenda to God's agenda for me. Usually you can simply close the prayer time with this and put an "amen" on it.
- v. **"Live it" section.** What did you do as families or as a group to live out the fruit of the Spirit this week? What was the result or learning?
- vi. **Summarize it.** Ask: "What's our big take away for the week?"
- vii. **Mix it up!** Try mixing things up each week instead of always running your group in the same order.
1. Pray first one week instead of last.
 2. If you're meeting in person, go for a prayer walk as a group at the beginning or end of the gathering. This works best by breaking up the group into 2s or 3s and pray aloud as you walk.
 3. Add a fun ice breaker or discussion starter based on the fruit of the week.
 4. Have different members of the group lead.
- 3. Option Three: Combine the above two.** Discuss one or two questions from the sermon AND discuss the Weekly Fruit of the Spirit Study Guide.