

Activating Discipleship Fruit of the Spirit





Introduction

Activating Discipleship is a simple process that empowers anyone, anywhere to follow Jesus' command to 'make disciples'. The heartbeat of Activating Discipleship is small groups gathering and growing together. In a nutshell: Gather, Grow, and Go. Activating Discipleship is all about leaning into God's word to transform and change us to be more like Christ!

The late Pastor Rex Meehan was passionate about discipleship. He said, 'Discipleship is about growing and maturing; it is the process of becoming like Jesus Christ. A disciple is a person who learns from another especially with the expectancy that they will then teach others.'

Enjoy the journey!

Be blessed,

Pastor Ray Pickett

Thanks

A special thanks to the graphics and editing team and in particular Bradley Thompson for his research and assistance in preparing this study material. I'm truly grateful for your help and contribution.

Overview

How it Works

Gather Together

Each group consists of a small number of participants (three to eight) who meet regularly over consecutive weeks or fortnights. Meetings can take place in many settings, such as cafes, homes, workplaces, etc.

Grow Together

The facilitator, working through the Facilitators Notes, encourages discussion as the group works through the 7 step process during each session.

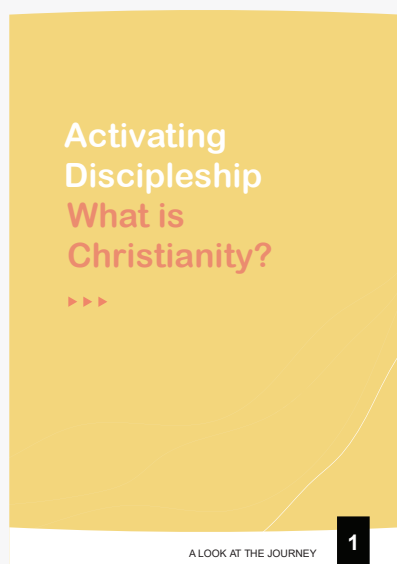
Go Together

Activating Discipleship is about personal growth and multiplying groups. After several meetings, consider sharing the facilitation role amongst the group. This is an opportunity to help develop each person's facilitation skills. After six to twelve months together, encourage each other to form a new group and repeat the process to gather, grow and go.

Fruit of the Spirit

SESSION	DESCRIPTION	REFERENCE
1	Introduction	Galatians 5:22-23
2	Love	John 15:9
3	Joy	John 15:9-11
4	Peace	Philippians 4:6-7
5	Patience	Ephesians 4:2
6	Kindness	2 Corinthians 6:6
7	Goodness	Romans 15:14, Ephesians 5:8-9
8	Faithfulness	Mark 11:22-23
9	Gentleness	Titus 3:2
10	Selfcontrol	Proverbs 25:28

Each scripture study typically takes about 40 - 45 minutes.



Other Activating Discipleship Titles

The Activating Discipleship material is divided into five series, titled:

- A look at the Journey
- Beginning the Journey
- Growing on the Journey
- Strength for the Journey
- Seasoned in the Journey

Each series consists of a number of booklets or chapters looking at a particular topic to encourage growth and development in your faith journey.

Activating Discipleship, the 7 Steps

Activating Discipleship Workbook

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WORKBOOK

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STEP 1 – Open in prayer

STEP 2 – Read the scripture several times and reflect on its meaning and message

STEP 3 – Write the scripture on the worksheet

STEP 4 – Write the scripture in your own words

Take a moment to reflect on the scripture and write it in your own words.

STEP 5 – Share what you have written in your own words

What stands out from your experience? Consider adding the reflections of others to what you've written.

STEP 6 – Action points

Write one or two specific action points that will help you apply this scripture to your life. Share these with the group (as appropriate).

STEP 7 – Pray for one another

SESSION 1

Fruit of the Spirit

Galatians 5:22-23

²² But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness, and self-control. There is no law against these things!

Facilitator's Notes – Optional Discussion Points

(Below are questions and comments to help group discussion)

Questions to Help Discussion

- What qualities would you expect to see in a person seeking God?
- Why do you think producing the fruit of the Spirit is important?
- Who benefits from the fruit of the Spirit?
- What fruit do you look for or desire to be produced in your life?
- How do I grow in developing the fruit of the Spirit?

Quotes

'We must stay connected to the vine to keep bearing fruit.' *Lailah Gifty Akita*

'Fruitfulness is impossible without action.' *Sunday Adelaja*

'All fruitfulness flows from intimacy' *Heidi Baker*

Scriptural References

Ecclesiastes 3:13

And people should eat and drink and enjoy the fruits of their labour, for these are gifts from God.

Matthew 7:16

You can identify them by their fruit, that is, by the way they act. Can you pick grapes from thornbushes, or figs from thistles?

Matthew 7:20

Yes, just as you can identify a tree by its fruit, so you can identify people by their actions.

Discussion Points

- The term 'fruit' in the Bible is often used as a symbol of the results or outcomes in a person's life from their actions, lifestyle, or work.
- The fruit of the Spirit is the visible outcome of the Holy Spirit's work within us.
- Submission to the Holy Spirit is the start of the journey of becoming more like Christ.
- This process takes time. The Holy Spirit is patient and works with us our entire lives to reproduce Christ's character in us.
- It's this good character, the fruit of the Spirit, which others can enjoy as they interact and relate with us.

SCRIPTURE	SUMMARISE THE SCRIPTURE IN YOUR OWN WORDS	ACTION STEPS
<div>FOLLOW UP <i>(Suggested) when you next meet, record insights from this lesson.</i></div>		

SESSION 2

Love

John 15:9

'I have loved you even as the Father has loved me. Remain in my love.'

Facilitator's Notes – Optional Discussion Points

(Below are questions and comments to help group discussion)

Questions to Help Discussion

- What does it look like to love each other just as Jesus loves us?
- How do I grow in love?
- Why do I need to love those around me?
- How do I remain in God's love?
- Why is love important to me and to others?

Definition

An intense feeling of deep affection. *Retrieved from the Online Oxford Dictionary*

Hebrew/Greek word analysis

There are four Greek words used for love in the bible. The Greek word used in this verse is *agapé*. *Agapé* translates to: love, benevolence, good will, esteem. Typically refers to divine love. *Retrieved from Biblehub.com*

Quote

'Love is that condition in which the happiness of another person is essential to your own.' *Robert A. Heinlein*

Scriptural References

Proverbs 3:3-4 (NIV)

Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart.

1 Corinthians 13:4-8

⁴ Love is patient and kind. Love is not jealous or boastful or proud ⁵ or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. ⁶ It does not rejoice about injustice but rejoices whenever the truth wins out. ⁷ Love never

gives up, never loses faith, is always hopeful, and endures through every circumstance. ⁸ Prophecy and speaking in unknown languages and special knowledge will become useless. But love will last forever!

James 2:8

Yes indeed, it is good when you obey the royal law as found in the Scriptures: 'Love your neighbour as yourself.'

1 John 4:7

Dear friends, let us continue to love one another, for love comes from God. Anyone who loves is a child of God and knows God.

Discussion Points

- Jesus provided a great example of love by the way he lived.
- Love is not a warm fuzzy feeling but is action-orientated and promotes a desire to see the best for others.
- The Holy Spirit works in our lives, growing our capacity to love.
- Our expression of love is not dependant on whether a person deserves it or not.
- Growing in love is a reflection of God's love for us, and this is how we remain in His love.

SCRIPTURE	SUMMARISE THE SCRIPTURE IN YOUR OWN WORDS	ACTION STEPS
<div>FOLLOW UP <i>(Suggested) when you next meet, record insights from this lesson.</i></div>		

SESSION 3

Joy

John 15:9-11

⁹ 'I have loved you even as the Father has loved me. Remain in my love. ¹⁰ When you obey my commandments, you remain in my love, just as I obey my Father's commandments and remain in his love. ¹¹ I have told you these things so that you will be filled with my joy. Yes, your joy will overflow!'

Facilitator's Notes – Optional Discussion Points

(Below are questions and comments to help group discussion)

Questions to Help Discussion

- When we are joyful, who does that benefit? Why?
- What's an example of being filled with joy?
- What does it look like when we have no joy? Who does this effect?
- What impact do difficult times have on joy?

Definition

A feeling of great pleasure and happiness. Retrieved from the Online Oxford Dictionary

Hebrew/Greek word analysis

The Greek word for joy used in this verse is *chara*. It translates to: joy, delight. There is some usage of the word where it means 'the awareness (of God's) grace, favour, joy'. Retrieved from Biblehub.com

Quote

'Christian joy is no mere gaiety that knows no gloom, but is the result of the triumph of faith over adverse and trying circumstances, which, instead of hindering, actually enhance it.' D. Miall Edwards

Scriptural References

Psalm 16:11

You will show me the way of life,
granting me the joy of your presence
and the pleasures of living with you forever.

Proverbs 10:28

The hopes of the godly result in happiness, but the expectations of the wicked come to nothing.

Romans 15:13

I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit.

Hebrews 12:2b

Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honour beside God's throne.

James 1:2-3 (NIV)

² Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. ³ For you know that when your faith is tested, your endurance has a chance to grow.

Discussion Points

- Remaining in God's love is the key to experiencing His joy in our lives.
- Joy can be experienced as feelings of happiness and gladness – a characteristic that Jesus exhibited throughout His ministry.
- Seeking joy is not an end in itself but an outcome of our relationship with God and the activity of the Holy Spirit in our lives.
- Even in hard times the Holy Spirit is working joy in our lives.

SCRIPTURE	SUMMARISE THE SCRIPTURE IN YOUR OWN WORDS	ACTION STEPS
<div>FOLLOW UP <i>(Suggested) when you next meet, record insights from this lesson.</i></div>		

SESSION 4

Peace

Philippians 4:6-7

⁶ Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. ⁷ Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

Facilitator's Notes – Optional Discussion Points

(Below are questions and comments to help group discussion)

Questions to Help Discussion

- Why is the peace of God important?
- What does it look like to live in peace?
- What does it look like when peace is missing?
- How do you keep peace when going through difficulties?
- What is the opposite of peace? How have you experienced this?

Definition

Freedom from disturbance; tranquillity; mental or emotional calm. *Retrieved from the Online Oxford Dictionary*

Hebrew/Greek word analysis

The Greek word used for peace is *eiréné* which translates to one, peace, quietness, and rest. *Eiréné* comes from the word *eirō*, 'to join, tie together into a whole' – properly, wholeness, i.e. when all essential parts are joined together; (God's gift of wholeness).

Retrieved from Biblehub.com

Quote

'Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.' *Melody Beattie*

'If we have no peace, it is because we have forgotten that we belong to each other.' *Mother Teresa*

Scriptural References

Proverbs 12:20

Deceit fills hearts that are plotting evil;
joy fills hearts that are planning peace!

Isaiah 26:3

You will keep in perfect peace
all who trust in you,
all whose thoughts are fixed on you!

Romans 14:19 NIV

Let us therefore make every effort to do what leads to peace and to mutual edification.

Romans 15:13

I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit.

James 3:18

And those who are peacemakers will plant seeds of peace and reap a harvest of righteousness.

Discussion Points

- Worry robs us of peace as it is based in the fear that God is not looking after us.
- Prayer invites peace into our lives as we entrust all our worries to God.
- The Holy Spirit fills us with a peace that not only helps us feel good, but also guards our hearts and minds from being overcome by worry.
- Peace is not just an internal experience that we get to enjoy, it is something that Jesus asks us to pursue in all our relationships.

SCRIPTURE	SUMMARISE THE SCRIPTURE IN YOUR OWN WORDS	ACTION STEPS
<div>FOLLOW UP <i>(Suggested) when you next meet, record insights from this lesson.</i></div>		

SESSION 5

Patience

Ephesians 4:2

Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love.

Facilitator's Notes – Optional Discussion Points

(Below are questions and comments to help group discussion)

Questions to Help Discussion

- Can you miss the purposes of God through impatience?
- What impact does impatience have?
- How do you grow in patience?
- How do you stay patient in trying times?
- How can you tell when a person is demonstrating patience?

Definition

The capacity to accept or tolerate delay, problems, or suffering without becoming annoyed or anxious.

Retrieved from the Online Oxford Dictionary

Hebrew/Greek word analysis

The Greek word for patience used in this verse is *makrothymía*. It translates to: patience, long-suffering, and forbearance. *Makrothymía* comes from two words: *makrós* (long) and *thymós* (passion, anger), meaning long-passion or long-tempered. *Retrieved from Biblehub.com*

Quote

'Patience is not passive, on the contrary, it is concentrated strength.' *Bruce Lee*

'Problems patiently endured will work for our spiritual perfecting. They harm us only when we resist them or endure them unwillingly.' *A. W. Tozer*

Scriptural References

Psalm 37:7

Be still in the presence of the LORD,
and wait patiently for him to act.
Don't worry about evil people who prosper
or fret about their wicked schemes.

Lamentations 3:25-26

²⁵ The LORD is good to those who depend on him,
to those who search for him.

²⁶ So it is good to wait quietly
for salvation from the LORD.

Romans 12:12

Rejoice in our confident hope. Be patient in trouble, and keep on praying.

Galatians 6:9

So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up.

Philippians 1:6

And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns.

Discussion Points

- In situations that are marked by impatience, the Holy Spirit invites us to lay down our expectations and be refreshed with his perspective.
- Being patient doesn't guarantee an eventual outcome that we would like, but it does open the doorway to realise the divine opportunities that God has waiting.
- Patience is a fruit developed to help us experience peace and grace during the journey no matter the outcome.
- God himself exhibits loving patience as we journey in our relationship with him.
- Patience is a blessing in all our relationships as it releases ourselves and others from unhealthy expectations and provides a broader perspective that offers peace, grace, and love in its place.

SCRIPTURE	SUMMARISE THE SCRIPTURE IN YOUR OWN WORDS	ACTION STEPS
<div>FOLLOW UP <i>(Suggested) when you next meet, record insights from this lesson.</i></div>		

SESSION 6

Kindness

2 Corinthians 6:6

We prove ourselves by our purity, our understanding, our patience, our kindness, by the Holy Spirit within us, and by our sincere love.

Facilitator's Notes – Optional Discussion Points

(Below are questions and comments to help group discussion)

Questions to Help Discussion

- What difference does kindness make?
- How do you grow in kindness?
- Is kindness the same as niceness?
- Does kindness mean weakness?
- When you experience kindness, how does that make you feel?

Definition

The quality of being friendly, generous, and considerate. *Retrieved from the Online Oxford Dictionary*

Hebrew/Greek word analysis

The Greek word for kindness used in this verse is *chréstotés*, which translates to goodness, excellence, and uprightness. Further word studies show that *chréstotés* is also used to mean kindness that is serviceable and useful by meeting a need and avoiding cruelty. *Retrieved from Biblehub.com*

Quote

'Kindness has converted more sinners than zeal, eloquence, or learning.' *Frederick W. Faber*

'Let there be kindness in your face, in your eyes, in your smile, in the warmth of your greeting...Don't only give your care, but give your heart as well.' *Mother Teresa*

Scriptural References

Psalm 141:5a

Let the godly strike me!
It will be a kindness!

If they correct me, it is soothing medicine.
Don't let me refuse it.

Proverbs 16:24

Kind words are like honey—
sweet to the soul and healthy for the body.

Romans 2:4

Don't you see how wonderfully kind, tolerant, and patient God is with you? Does this mean nothing to you? Can't you see that his kindness is intended to turn you from your sin?

Ephesians 2:7

So God can point to us in all future ages as examples of the incredible wealth of his grace and kindness toward us, as shown in all he has done for us who are united with Christ Jesus.

Discussion Points

- Kindness is an attribute of the Spirit that is practical in its outworking, meeting the needs of those around us.
- The nature of kindness is selfless in its expression, and it needs to be evidenced through action and words so we and those around us can experience it.
- Kind actions become an outward expression of an internal work of the Holy Spirit as he softens our hearts towards others.
- Our kindness is evidence and proof of our faith in Jesus.
- When kindness is expressed unconditionally, people around us are able to get a glimpse of a kind and loving God.

SCRIPTURE	SUMMARISE THE SCRIPTURE IN YOUR OWN WORDS	ACTION STEPS
<div><div>FOLLOW UP</div><div><i>(Suggested) when you next meet, record insights from this lesson.</i></div></div>		

SESSION 7

Goodness

Romans 15:14

I am fully convinced, my dear brothers and sisters, that you are full of goodness. You know these things so well you can teach each other all about them.

Ephesians 5:8-9

⁸ For once you were full of darkness, but now you have light from the Lord. So live as people of light! ⁹ For this light within you produces only what is good and right and true.

Facilitator's Notes – Optional Discussion Points

(Below are questions and comments to help group discussion)

Questions to Help Discussion

- Share an example of where you've seen goodness expressed.
- What is the purpose of goodness?
- What does the absence of goodness look like?
- Where does goodness come from?

Definition

The quality of being morally good or virtuous. *Retrieved from the Online Oxford Dictionary*

Hebrew/Greek word analysis

The Greek word for goodness is *agathōsýnē*. *Agathōsýnē* translates to intrinsic goodness, expressing itself through 'spiritual, moral excellence' *Retrieved from Biblehub.com*

Quote

'The goodness of God is constantly available to you. Expect this goodness to gravitate towards you every day of your life.' *Mike Okonkwo*

Scriptural References

Psalm 27:13

Yet I am confident I will see the LORD's goodness while I am here in the land of the living.

Psalm 37:3

Trust in the LORD and do good. Then you will live safely in the land and prosper.

Galatians 6:10

Therefore, whenever we have the opportunity, we should do good to everyone—especially to those in the family of faith.

2 Thessalonians 1:11

So we keep on praying for you, asking our God to enable you to live a life worthy of his call. May he give you the power to accomplish all the good things your faith prompts you to do.

Discussion Points

- Goodness is expressed through action.
- The Holy Spirit grows goodness in us, changing our hearts to desire the goodwill and success of others over ourselves.
- You can't fake goodness. We can discern whether others are acting out of goodness or an alternative motive.
- Jesus always extends his goodness towards us.
- Having an attitude of gratitude will turn our heart towards God, recognising his goodness in every circumstance.

SCRIPTURE	SUMMARISE THE SCRIPTURE IN YOUR OWN WORDS	ACTION STEPS
<div>FOLLOW UP <i>(Suggested) when you next meet, record insights from this lesson.</i></div>		

SESSION 8

Faithfulness

Mark 11:22-23

²² Then Jesus said to the disciples, 'Have faith in God. ²³ I tell you the truth, you can say to this mountain, "May you be lifted up and thrown into the sea," and it will happen. But you must really believe it will happen and have no doubt in your heart.

Facilitator's Notes – Optional Discussion Points

(Below are questions and comments to help group discussion)

Questions to Help Discussion

- Where does faith come from?
- What does faith look like?
- How do you grow in faith?
- Why is it important to have faith?
- Can you lose faith?

Definition

1. Complete trust or confidence in someone or something.
2. Strong belief in the doctrines of a religion, based on spiritual conviction rather than proof.

Retrieved from the Online Oxford Dictionary

Hebrew/Greek word analysis

The Greek word used for faith, or faithfulness, in this verse is *pistis*. For the believer, *pistis* (faith) means 'God's divine persuasion'. It is a gift from God, and never something that can be produced by people. *Retrieved from Biblehub.com*

Quote

'Faith cannot be inherited or gained by being baptized into a Church. Faith is a matter between the individual and God.' *Martin Luther*

'Faith sees the invisible, believes the unbelievable, and receives the impossible.' *Corrie ten Boom*

Scriptural References

Matthew 9:22

Jesus turned around, and when he saw her he said,

'Daughter, be encouraged! Your faith has made you well.' And the woman was healed at that moment.

Romans 3:28

So we are made right with God through faith and not by obeying the law.

Romans 10:17

So faith comes from hearing, that is, hearing the Good News about Christ.

Galatians 3:24-25

²⁴ Let me put it another way. The law was our guardian until Christ came; it protected us until we could be made right with God through faith. ²⁵ And now that the way of faith has come, we no longer need the law as our guardian.

Ephesians 6:16

In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil.

Discussion Points

- Faith is something that comes from God, not our own effort.
- Faith in God means always trusting in his goodness.
- Faith prevails in bad circumstances.
- The Holy Spirit develops and grows our faith as we draw closer to him.
- Faith allows us to face our fears because we know that God makes all things work together for good.

SCRIPTURE	SUMMARISE THE SCRIPTURE IN YOUR OWN WORDS	ACTION STEPS
<div>FOLLOW UP <i>(Suggested) when you next meet, record insights from this lesson.</i></div>		

SESSION 9

Gentleness

Titus 3:2

[Believers] must not slander anyone and must avoid quarrelling. Instead, they should be gentle and show true humility to everyone.

Facilitator's Notes – Optional Discussion Points

(Below are questions and comments to help group discussion)

Questions to Help Discussion

- Share an example of gentleness in the Bible.
- What is the value of being gentle?
- What is the opposite of gentleness? Where have you seen this?
- Is gentleness respected? Is it considered a weakness?

Definition

The quality of the being kind, tender, or mild-mannered.

Retrieved from the Online Oxford Dictionary

Hebrew/Greek word analysis

The Greek word for gentleness used in this verse is *praýtēs*, which translates to: mildness, gentleness, or meekness. In some verses, *praýtēs* has also been translated as 'humility'. It emphasises a 'gentle strength' which expresses power with reserve and gentleness. A divinely-balanced virtue that only operates through faith.

Retrieved from Biblehub.com

Quote

'A Christian reveals true humility by showing the gentleness of Christ, by being always ready to help others, by speaking kind words and performing unselfish acts, which elevate and ennoble the most sacred message that has come to our world.' *Ellen G. White*

Scriptural References

Proverbs 15:4

Gentle words are a tree of life;
a deceitful tongue crushes the spirit.

Mathew 5:5

Blessed are the meek,
for they will inherit the earth.

Galatians 6:1a

Dear brothers and sisters, if another believer is overcome by some sin, you who are godly should gently and humbly help that person back onto the right path.

Ephesians 4:2

Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love.

2 Timothy 2:24-25

²⁴ A servant of the Lord must not quarrel but must be kind to everyone, be able to teach, and be patient with difficult people. ²⁵ Gently instruct those who oppose the truth. Perhaps God will change those people's hearts, and they will learn the truth.

Discussion Points

- Gentleness isn't just about being kind and soft spoken.
- Gentleness is active, not passive, and carries connotations of strength and humility.
- It enables us to build connections because it serves as an antidote for judgement and fear.
- Jesus is a perfect example of gentleness and showed it as He confronted opposition and lifted up the marginalised.
- The Holy Spirit develops gentleness and compassion in us so we can be more like Jesus.
- Gentleness is not the same as timidity, which comes from a place of insecurity and fear.

SCRIPTURE	SUMMARISE THE SCRIPTURE IN YOUR OWN WORDS	ACTION STEPS
<div>FOLLOW UP <i>(Suggested) when you next meet, record insights from this lesson.</i></div>		

SESSION 10

Selfcontrol

Proverbs 25:28

A person without self-control is like a city with broken-down walls.

Facilitator's Notes – Optional Discussion Points

(Below are questions and comments to help group discussion)

Questions to Help Discussion

- Share an example of where you've seen self-control in action.
- What are the benefits of using self-control?
- What is the opposite of self-control? Where have you seen this?
- How do I get/grow in self-control?
- What sort of things do we need to be self-controlled over?
- Is being self-controlled being boring?

Definition

Self-control

The ability to control oneself, in particular one's emotions and desires, especially in difficult situations.

Retrieved from the Online Oxford Dictionary.

Hebrew/Greek word analysis

The Greek word for self-control used in Galatians 5:23 is *egkrateia*, which translates to mastery, self-control, self-restraint, continence. *Egkrateia* comes from the word *egkratés*, which means 'mastered from within', having power over, controlling, and temperance. *Retrieved from Biblehub.com*

Quote

'We are never going to enjoy stability, we are never going to enjoy spiritual maturity until we learn how to do what's right when it feels wrong, and every time you do what's right by a decision of your will using discipline and self-control to go beyond how you feel, the more painful it is in your flesh, the more you're growing spiritually at that particular moment.' *Joyce Meyer*

Scriptural References

Proverbs 16:32

Better to be patient than powerful; better to have self-control than to conquer a city.

2 Timothy 1:7

For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.

Titus 2:11-12 (NIV)

¹¹ For the grace of God has appeared that offers salvation to all people. ¹² It teaches us to say 'No' to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age.

James 1:19

Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry.

Discussion Points

- Self-control is a characteristic of Jesus that he expressed as our model to follow.
- Self-control frees us to be all that Jesus has designed us to be.
- The Holy Spirit helps us grow in self-control by helping us become the masters of our words, actions, and thoughts for the benefit of ourselves and those around us.
- Self-control relies on wisdom and our relationship with the Holy Spirit to foster what is healthy, good, and what draws us near to Jesus.
- Self-control moves from a daily practice to a natural outward expression of love when our motives for self-control are no longer, 'I shouldn't', but instead, 'there is a better way to love and honour others, and myself'.
- As the Holy Spirit works with us, his grace and strength enable us to become increasingly skilled in expressing self-control.

SCRIPTURE	SUMMARISE THE SCRIPTURE IN YOUR OWN WORDS	ACTION STEPS
<div>FOLLOW UP <i>(Suggested) when you next meet, record insights from this lesson.</i></div>		



ACTIVATE
CHURCH

11 Bisley Road, Hamilton
Phone: 07 855 0260
office.hamilton@activatechurches.com

www.activatechurchhamilton.com