



## Practical Ways to Grow in the Fruit of the Spirit

### Description

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Galatians 5:22-23 says, “But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.” As Christians, we are called to grow in the fruit of the Spirit. Here are some practical ways to do so:

#### 1. Pray

Prayer is the foundation of growing in the fruit of the Spirit. Ask God to help you grow in each of the fruits and to give you the strength and courage to do so. Pray for guidance and wisdom to know how to apply the fruits in your life.

#### 2. Read the Bible

Reading the Bible is essential for growing in the fruit of the Spirit. The Bible is full of stories and examples of how to live a life of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

#### 3. Spend Time with Other Christians

Spending time with other Christians is a great way to grow in the fruit of the Spirit. Surrounding yourself with people who are living out the fruits of the Spirit will help you to do the same.

#### **4. Serve Others**

Serving others is a great way to grow in the fruit of the Spirit. Serving others in need is a great way to show love, kindness, and gentleness.

#### **5. Practice Gratitude**

Practicing gratitude is a great way to grow in the fruit of the Spirit. Being thankful for what you have and for the blessings in your life will help you to cultivate joy and peace.

#### **6. Spend Time in Nature**

Spending time in nature is a great way to grow in the fruit of the Spirit. Nature can be a great reminder of God's goodness and faithfulness.

#### **7. Spend Time in Silence**

Spending time in silence is a great way to grow in the fruit of the Spirit. Taking time to be still and quiet can help you to cultivate patience and self-control.

#### **8. Practice Forgiveness**

Practicing forgiveness is a great way to grow in the fruit of the Spirit. Forgiving others and yourself can help you to cultivate love, kindness, and gentleness.

#### **9. Practice Kindness**

Practicing kindness is a great way to grow in the fruit of the Spirit. Doing small acts of kindness for others can help you to cultivate love, joy, and peace.

## 10. Spend Time in Prayer

Spending time in prayer is a great way to grow in the fruit of the Spirit. Praying for others and for yourself can help you to cultivate faithfulness and self-control.

These are just a few practical ways to grow in the fruit of the Spirit. As Christians, we are called to live a life of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. By taking the time to cultivate these fruits in our lives, we can become more like Christ and live a life that is pleasing to God.

**Rededication Prayers** : Dear Lord Jesus, I come to you today with a heart of repentance. I confess that I have strayed from your path and have not been living according to your will. But I am here to rededicate myself to you and to make a commitment to follow you with all my heart. I ask for your forgiveness and for the strength and guidance to walk in your ways. I thank you for your love, grace, and mercy. I give you my all, my heart, my mind, my soul, and my strength, I trust in you and I pray this in Jesus' name, Amen. [Amen](#)

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### Quiz

1. What does Galatians 5:22-23 say?

A. But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

B. Love your neighbor as yourself.

- C. • Do unto others as you would have them do unto you. •
- D. • Love the Lord your God with all your heart, soul, and mind. •
2. What is the foundation of growing in the fruit of the Spirit?
- A. Reading the Bible
- B. Serving others
- C. Spending time in nature
- D. Prayer
3. What is a great way to show love, kindness, and gentleness?
- A. Praying for others
- B. Practicing gratitude
- C. Serving others in need
- D. Spending time in silence
4. What can help you to cultivate patience and self-control?
- A. Spending time in nature
- B. Practicing kindness
- C. Practicing forgiveness
- D. Spending time in silence
5. What are we called to live as Christians?
- A. A life of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control

B. A life of joy and peace

C. A life of faithfulness and self-control

D. A life of love and kindness

Answers: 1. A, 2. D, 3. C, 4. D, 5. A

### **Discussion Questions**

1. What are some other practical ways to grow in the fruit of the Spirit?

2. How can we apply the fruits of the Spirit in our daily lives?

3. How can we cultivate joy and peace in our lives?

4. How can we show love, kindness, and gentleness to others?

5. What are some ways to practice patience and self-control?

### **FAQs**

Q: What does the Bible say about the fruit of the Spirit?

A: Galatians 5:22-23 says, "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law."

Q: What is the foundation of growing in the fruit of the Spirit?

A: Prayer is the foundation of growing in the fruit of the Spirit.

Q: What is a great way to show love, kindness, and gentleness?

A: Serving others in need is a great way to show love, kindness, and gentleness.

Q: What can help you to cultivate patience and self-control?

A: Spending time in silence can help you to cultivate patience and self-control.

Q: What are we called to live as Christians?

A: As Christians, we are called to live a life of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

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