

LIFE GROUP DISCUSSION

WEEK: SEPTEMBER 14-20, 2025

SERIES INFO

Rotten: In a world of fake smiles, quick tempers, and shallow love, we're all producing something. Every word, every choice, every action plants something in someone's heart—either life-giving or toxic. But the Spirit grows something different: love when hate comes easy, joy when life feels heavy, peace in the chaos, patience when you're pushed, kindness in a cruel world, goodness when nobody's watching, faithfulness when others walk away, gentleness in a culture that shouts, and self-control when everything says give in. That's not surface-level. That's transformation. And it might be the very thing that marks the difference between being ruled by the mess around you and being fueled by something greater.

PERSONAL FUN FACTS

What is your favorite "go to" fruit? Why is it so good to you and why do you select it?

TAKEAWAYS

What were the greatest "takeaways" you had from the message this week about the world producing rotten fruit?

DISCUSSION

Rotten Fruit vs. Spiritual Fruit

Scripture: Galatians 5:16-26, Matthew 7:15-20

The sinful nature produces rotten fruit, the natural outcome of living in the flesh. But the life in the Spirit produces good fruit that glorifies God - evidence that the Spirit lives in you.

- From a biblical point of view, how would you describe the "sinful nature"?
- How do the rotten fruits of the sinful nature subtly show up in our lives?

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DISCUSSION CONTINUED

A Battle for the Mind

Scripture: Romans 8:5-8

The Christian life is lived in the tension of two opposing forces: the sinful nature vs. the Spirit. The sinful nature and the Spirit are locked in constant opposition. Satan wants to exploit the sinful nature. The battle is very real, and it is often played out in our minds. Rotten fruit always begins with a lie believed in the mind. It is said that the focus of our minds is the steering wheel of our hearts, for where our mind goes our desires follow.

- What is the difference between trying to suppress the focus of our minds and the desires of the flesh by sheer willpower versus walking in the Spirit?
 - Have you had any success going about this in your own strength?
- What does Scripture teach us about the renewing of the mind?

Abiding in Christ

Scripture: John 15:4-5

True spiritual fruit is the result of abiding in Christ, not self-effort. We can only thrive by producing good fruit when we are connected to the source of life itself ... when we are grafted into the life of Christ. Jesus said He is the vine, the life source. When we abide in Him, visible evidence of Christ-like character will emerge as the good fruit of the Spirit.

- What does “abiding in Christ” look like in a practical, daily life of a believer?
- What happens when a branch is cut off from the vine? What does that teach us about dependence on Christ?

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- Finally, what is one area of your life where you have been trying to produce fruit by your own effort rather than abiding in Christ?
 - What is one step you can personally take this week to intentionally remain in Christ (in that area) where otherwise you were trying to produce fruit by your own effort?

APPLICATION AND ASSESSMENT

Prayer of Examen

One of the things that we can do (a step we can take) to allow God to renew our minds, to remain in Christ and walk in His Spirit, is to do a daily “interior life” reflection (Psalm 139:23-24) by simply praying this Scripture, “Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting,” followed by a simple prayer called the Prayer of Examen. What a wonderful way to close out each day and look with hope for tomorrow.

- Become aware of God’s presence
- Review your day with gratitude
- Pay attention to your emotions
- Bring one area before God
- Look ahead with hope

PRAYER

Lord Jesus, we confess how often we try to live apart from You. Teach us to abide daily, to stay connected to You in every thought, word, and action. Let our lives bear fruit that shows Your presence and brings glory to the Father. In Your name, we pray. Amen.