

Foundations

Week Three: Fruit of the Spirit

Connect Group Guide - 10.5.25

Day 1

Bearing Good Fruit

Reading: Galatians 5:22-23, John 15:1-8

Devotional:

Today we focus on the fruit of the Spirit and abiding in Christ. Just as an apple tree naturally produces apples, our lives should naturally produce the fruit of the Spirit when we are connected to Jesus. Reflect on your own life and ask yourself if you are seeing love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self control. Remember that we cannot manufacture this fruit on our own. The key is staying connected to the vine, Jesus Christ. Trying harder will not produce lasting fruit, but remaining in Him will. Just like branches draw life from the vine, we draw strength and nourishment from our relationship with Jesus. Today, consciously abide in Christ through prayer, meditating on His Word, and surrendering your will to His. Make your relationship with Him your focus and trust Him to produce lasting fruit through you.

Prayer Prompt:

Jesus I want my life to reflect You. I know I cannot produce good fruit on my own. Help me stay connected to You today. Let Your Spirit work through me so that love joy and peace are not something I strive for but something that flows out of me because I belong to You. Keep me close Lord.

Day 2

Heart Transformation

Reading: Ezekiel 36:26-27, Romans 12:1-2

Devotional:

External changes and trying harder will not lead to lasting transformation. True change comes from within, from a heart that is surrendered to God. In Ezekiel, God promises to remove our heart of stone and give us a heart of flesh. In Romans, we are called to offer our lives to God and be transformed by the renewing of our minds. This is not about willpower or religious performance but about letting God do deep and lasting work inside of us. Do not focus on rules and behavior alone. Focus on giving God your whole heart and letting Him change your thinking, your desires, and your direction. Ask the Holy Spirit to show you areas that need to be renewed and to give you a new heart that longs to follow Jesus.

Prayer Prompt:

God I need more than a fresh start. I need a new heart. Change me from the inside out. Renew my mind and reshape my thoughts so I can know and live Your will. I give You permission to go deep and do what only You can do in me.

Day 3

Known by Our Fruit

Reading: Matthew 7:15-20, James 2:14-26

Devotional:

Jesus teaches that people are known by their fruit. A tree is recognized not by what it says it is but by what it produces. In the same way our faith should be visible through the way we live. James reminds us that faith without works is dead. It is not enough to say we believe. If our lives are not producing fruit then we need to examine whether our faith is truly alive. This is not about earning salvation through works but about allowing genuine faith in Christ to result in love action and obedience. Today ask yourself if your actions and your heart reflect the One you claim to follow. Ask God to help you live with integrity so that others may see Jesus through your life.

Prayer Prompt:

Father I want to be real. Help my life reflect the faith I profess. Show me if there are areas where I am only speaking faith but not living it. Teach me to walk in obedience and to love people in ways that reveal Your goodness.

Day 4

Surrendering to Christ

Reading: Luke 9:23-26, Philippians 3:7-11

Devotional:

Surrender is at the core of following Jesus. He calls us to deny ourselves take up our cross daily and follow Him. Paul tells us that everything else is a loss compared to knowing Christ. To surrender is to lay down our rights our pride our plans and even our fears. It means giving Jesus full control. The world sees surrender as weakness but in God's kingdom it is where true strength and freedom begin. Today ask God what you are still clinging to. It could be control comfort an unhealthy habit or even a dream. Whatever it is trust that Jesus is worth it. Lay it down and follow Him completely.

Prayer Prompt:

Jesus I choose to surrender again today. I let go of my way and I trust Yours. Help me not to cling to things that keep me from You. Lead me and teach me how to live fully devoted. I believe You are worth everything I have to give.

Day 5

Abiding in God's Presence

Reading: Psalm 16:11, James 4:8

Devotional:

The life God calls us to cannot be lived apart from His presence. He invites us not just to believe in Him but to walk closely with Him. Psalm 16 tells us that fullness of joy is found in His presence. James reminds us that if we draw near to God He will draw near to us. Abiding means staying close to Him in every part of our day not just during quiet time but in our thoughts actions and conversations. Today make space for God. Pause. Listen. Worship. Speak to Him and invite Him into your day. Let His nearness be your peace your joy and your strength.

Prayer Prompt:

God I need You more than anything today. Teach me to abide. Help me stay aware of Your presence in every moment. Draw me closer and help me walk with You through everything I do today. Let Your presence change the atmosphere of my life.