



**The Way**  
— Church —

# FRUITFUL

*A SUMMER JOURNEY THROUGH  
THE FRUIT OF THE SPIRIT*

— GALATIANS 5:22-25 —

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. The law is not against such things. Now those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also keep in step with the Spirit.

CSB

10 WEEKS | 10 FRUITS | GROWING TOGETHER | BECOMING MORE LIKE JESUS



LOVE



JOY



PEACE



PATIENCE



KINDNESS



GOODNESS



FAITHFULNESS



GENTLENESS



SELF-CONTROL

*STAY CONNECTED. GROW DEEPER. BE FRUITFUL.*

# Fruitful

*A Summer Journey Through the Fruit of the Spirit*

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*“But the fruit of the Spirit is love, joy, peace, patience, kindness,  
goodness, faithfulness, gentleness, and self-control.”*

**Galatians 5:22–23 (CSB)**

**THE WAY CHURCH**

Summer Discipleship Program

## Scripture Foundation

*“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.*

*The law is not against such things. Now those who belong to Christ Jesus have crucified the flesh with its passions and desires.*

*If we live by the Spirit, let us also keep in step with the Spirit.”*

**— Galatians 5:22–25 (CSB)**

## Program Introduction

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Summer gets busy. Vacations, sports, cookouts, work schedules, and travel can make it easy to lose momentum spiritually. But discipleship doesn't stop in the summer.

This summer, The Way Church invites you to take part in **FRUITFUL**, a discipleship journey through the Fruit of the Spirit found in Galatians 5.

*This program is designed to help us not just attend church — but become more like Jesus.*

### **Each week includes:**

- A teaching focus
- Key scripture
- Discussion questions
- Personal application
- A weekly challenge

### **These studies can be done:**

- With family
- With friends
- With coworkers
- Through text messages or online groups
- In small groups
- Or personally on your own

### **The goal is simple:**

*Stay connected to Jesus and grow spiritually all summer long.*



**WEEK 1**

# Love

*“Love Like Jesus”*

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**KEY SCRIPTURE**

*John 13:34–35*

*1 Corinthians 13:1–7*

*Galatians 5:22*

**TEACHING**

Love is the foundation of all the fruit of the Spirit. Biblical love is not just emotion — it is action, sacrifice, forgiveness, and commitment.

Jesus loved people when they were broken, sinful, difficult, and undeserving. The Holy Spirit produces that same kind of love in us.

Love means:

- Choosing forgiveness over bitterness
- Serving instead of demanding
- Sacrificing instead of selfishness
- Seeing people through the eyes of Jesus

**DISCUSSION QUESTIONS**

1. What is the difference between worldly love and biblical love?
2. Why is love difficult sometimes?
3. Who has shown Christlike love to you?
4. Is there someone you need to forgive or love better?
5. How does loving others point people to Jesus?

**Weekly Challenge**

*Do one intentional act of love every day this week.*

**WEEK 2**

# Joy

*“Joy That Circumstances Cannot Steal”*

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**KEY SCRIPTURE**

*Philippians 4:4*

*Psalms 16:11*

*Galatians 5:22*

**TEACHING**

Joy is deeper than happiness. Happiness depends on circumstances. Joy comes from knowing Jesus.

Paul wrote about rejoicing while in prison. Why? Because joy is rooted in Christ, not comfort.

The enemy wants believers discouraged, distracted, and defeated. But the Spirit produces joy even in hard seasons.

Real joy comes from:

- Salvation
- God’s presence
- Eternal hope
- Trusting God’s promises

**DISCUSSION QUESTIONS**

1. What is the difference between happiness and joy?
2. What steals your joy most often?
3. How can we maintain joy during difficult seasons?
4. When have you experienced joy in hardship?
5. How can joyful Christians impact others?

**Weekly Challenge**

*Start every day by thanking God for three things.*

**WEEK 3**

# Peace

*“Peace in the Storm”*

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**KEY SCRIPTURE**

*John 14:27*

*Philippians 4:6–7*

*Isaiah 26:3*

**TEACHING**

Jesus never promised a storm-free life. He promised peace in the middle of storms.

Biblical peace is not the absence of trouble — it is confidence in God’s presence.

The Spirit produces peace when:

- We trust God instead of panicking
- We pray instead of worrying
- We surrender control to Jesus

**DISCUSSION QUESTIONS**

1. What situations rob people of peace?
2. Why is it difficult to trust God fully?
3. How does prayer help produce peace?
4. What does “peace that surpasses understanding” mean?
5. How can Christians bring peace into conflict?

**Weekly Challenge**

*Spend 10 uninterrupted minutes in prayer every day this week.*

## WEEK 4

# Patience

*“Trusting God’s Timing”*

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**KEY SCRIPTURE**

*James 1:2–4*

*Romans 12:12*

*Galatians 5:22*

**TEACHING**

Patience is difficult because we want immediate answers, immediate growth, and immediate results.

But God often grows us slowly.

Patience means:

- Trusting God’s timing
- Enduring difficulty faithfully
- Remaining loving when frustrated
- Waiting without quitting

**DISCUSSION QUESTIONS**

1. Why is patience hard for most people?
2. What situations test your patience?
3. How does God use waiting seasons?
4. How can patience strengthen faith?
5. What happens when we refuse to wait on God?

**Weekly Challenge**

*Before reacting in frustration, stop and pray first.*

**WEEK 5**

# Kindness

*“Reflecting the Heart of Jesus”*

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**KEY SCRIPTURE**

*Ephesians 4:32*

*Luke 6:35*

*Galatians 5:22*

**TEACHING**

Kindness is powerful because it reflects the heart of God.

Jesus was kind to:

- Outcasts
- Sinners
- Broken people
- The overlooked

**DISCUSSION QUESTIONS**

1. Why does kindness matter?
2. How has someone's kindness impacted you?
3. Why are people often unkind online or in conflict?
4. How can Christians stand out through kindness?
5. Who needs kindness from you right now?

**Weekly Challenge**

*Encourage one person every day this week.*

**WEEK 6**

# Goodness

*“Living What Is Right”*

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**KEY SCRIPTURE**

*Micah 6:8*

*Romans 12:9*

*Galatians 5:22*

**TEACHING**

Goodness means living with integrity and pursuing what honors God.

Goodness is:

- Doing what is right
- Rejecting compromise
- Living honestly
- Treating others correctly

**DISCUSSION QUESTIONS**

1. What does goodness look like practically?
2. Why does culture often resist biblical goodness?
3. How can believers remain morally faithful?
4. What areas are hardest to surrender to God?
5. How does goodness glorify Christ?

**Weekly Challenge**

*Choose one area of compromise and surrender it to God.*

## WEEK 7

# Faithfulness

*“Steady Through Every Season”*

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**KEY SCRIPTURE**

*Luke 16:10*

*Hebrews 10:23*

*Galatians 5:22*

**TEACHING**

Faithfulness means remaining loyal to God even when life becomes difficult.

God values consistency more than occasional intensity.

Faithful people:

- Continue praying
- Continue serving
- Continue obeying
- Continue trusting

**DISCUSSION QUESTIONS**

1. Why is consistency difficult?
2. What does faithfulness look like daily?
3. How has God been faithful to you?
4. What areas require greater faithfulness?
5. How can we encourage one another to remain faithful?

**Weekly Challenge**

*Commit to daily Bible reading this week without missing a day.*

**WEEK 8**

# Gentleness

*“Strength Under Control”*

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**KEY SCRIPTURE**

*Matthew 11:29*

*Proverbs 15:1*

*Galatians 5:23*

**TEACHING**

Gentleness is not weakness. Jesus described Himself as gentle.

Gentleness means:

- Responding with grace
- Controlling anger
- Speaking truth lovingly
- Helping restore people instead of crushing them

**DISCUSSION QUESTIONS**

1. Why do people confuse gentleness with weakness?
2. How did Jesus model gentleness?
3. What situations challenge your gentleness?
4. How can gentleness heal relationships?
5. Why does truth require gentleness?

**Weekly Challenge**

*Speak carefully and graciously this week, especially during conflict.*

## WEEK 9

# Self-Control

*“Spirit-Led, Not Flesh-Led”*

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**KEY SCRIPTURE**

*1 Corinthians 9:24–27*

*Titus 2:11–12*

*Galatians 5:23*

**TEACHING**

Self-control is choosing obedience over impulse.

Without self-control:

- Anger controls us
- Lust controls us
- Addiction controls us
- Emotions control us

**DISCUSSION QUESTIONS**

1. Why is self-control important spiritually?
2. What areas require discipline in your life?
3. How does culture encourage lack of self-control?
4. How does the Spirit help us overcome temptation?
5. What practical habits strengthen self-control?

**Weekly Challenge**

*Fast from one distraction or unhealthy habit this week.*

**WEEK 10**

# Walking by the Spirit

*“Keep in Step With the Spirit”*

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**KEY SCRIPTURE**

*Galatians 5:16–25*

*John 15:1–8*

**TEACHING**

The fruit of the Spirit is not produced through human effort alone. Fruit grows naturally when we remain connected to Jesus.

We cannot manufacture spiritual fruit through religion, legalism, or performance.

Fruit grows through:

- Prayer
- Scripture
- Obedience
- Worship
- Surrender
- Remaining close to Christ

**DISCUSSION QUESTIONS**

1. What does it mean to walk by the Spirit?
2. Why can't spiritual fruit be forced?
3. Which fruit has grown most in your life?
4. Which fruit needs the most growth?
5. How can we stay connected to Jesus daily?

**Weekly Challenge**

*Spend time daily abiding with Jesus through prayer and Scripture.*

# Final Encouragement

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*Fruit does not grow overnight.*

Growth takes time. Surrender. Consistency.

Dependence on the Holy Spirit.

*But when believers walk closely with Jesus, fruit begins to grow naturally.*

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This summer, don't just stay busy.

**Stay fruitful.**