



Group Session

Small Group Study

Volume Overview

Who is the Holy Spirit?

But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things! (Galatians 5:22–23)

When it comes to God, we frequently think about and discuss God the Father and God the Son. The concept of God as our Heavenly Father and Jesus' life on earth are

generally easy to understand. However, Scripture makes it clear that the Holy Spirit is equally God. Through these sessions, we'll look at the following questions: Who is the Holy Spirit? What role does the Holy Spirit play in our life? What can we learn about the nature and ways of God through what Scripture tells us about the Holy Spirit? How does the Holy Spirit help me in my faith? God living within us can empower us, help us grow, and equip us in a unique way that God among us could not.

You Will Need

- Two bags of apples
- Drop cloth or plastic tablecloths
- Wipes for hands
- Clock, watch, or some timekeeper

Getting Ready

- Set up the area for the game by putting the drop cloth on the floor or tablecloth(s) on the table(s).
- First time leading Learn for Youth? Look here for the Facilitator Guide.

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Engage

Welcome

Take this time to welcome everyone, introduce new students, learn names, and thank everyone for coming.

QUESTION

What's your favorite fruit?

QUESTION

What's your least favorite fruit? Why don't you like it?

Opening Prayer

Prayer thoughts: Thank God for sending the Holy Spirit to work in our life and grow our faith. Ask for the Holy Spirit to be present and reveal His nature and ways to the students.

Introduction

In this session, we'll discuss how the Holy Spirit helps us grow spiritually, mentally, and emotionally. We're all on a journey of becoming more like Jesus. While this is our goal, it's good to know we don't have to do it on our own. The Holy Spirit is working in us so that we can have a deep, strong faith.

Group Activity

Find the Seed

You Will Need

- *Two bags of apples*
- *Drop cloth or plastic tablecloths*
- *Wipes for hands*
- *Clock, watch, or some timekeeper*

Getting Ready

- *Set up the area for the game by putting the drop cloth on the floor or tablecloth(s) on the table(s).*

We'll be talking about fruit today, so I thought our game should be about fruit, too. We're going to divide into two teams. Each team will be given a bag of apples. You'll have three minutes to extract as many seeds as possible from the apples. You can use your hands or mouth to remove the seeds. The team with the most seeds at the end of three minutes wins.

- *If you have a large group, have teams choose who will participate.*
- *Set a timer and play the game.*
- *Determine which team won.*

QUESTION

Why are seeds important?

QUESTION

What can we learn about our relationship with Jesus from seeds?

When you became a Christian, the Holy Spirit came to live in you. Like rain and sunlight help a seed grow, the Holy Spirit helps you grow to become more like Jesus. Today we're going to look at how the Holy Spirit in you will cause you to grow. To get us started on our discussion, let's watch a video.

Watch



Consider What the Bible Says

Ensure each student has access to a Bible, preferably the same version.

Let's look at a couple of different portions of Scripture in order to better understand how the Holy Spirit is working in our life.

The Holy Spirit Can Help Us Grow in Character

Read Galatians 5:22–23.

These verses describe some of the most important characteristics of followers of Jesus. The author, Paul, described these as a fruit that grows in our life.

QUESTION

Who produces this fruit in our life? How might knowing that change the way you try to get more of the fruit?

I think we all would agree these qualities should be the aim for everyone on earth. However, if we're honest, that's easier said than done. Some of these things can be hard to grow or master in our life.

QUESTION

When we read through the list of the fruit of the Spirit, which part of the fruit of the Spirit is easier for you to live out?

QUESTION

Do you think that all of the fruit of the Spirit is fully mature the moment we begin following Jesus? Why or why not?

While the Holy Spirit is the One who produces this fruit in our life, we have a responsibility to partner with Him. We're a part of the process of growing this fruit. We do our part by opening our life to Him. As we give control to God, His Holy Spirit grows the fruit.

QUESTION

What are some ways we can become more open to the Holy Spirit producing fruit in our life?

God doesn't just want us to take it easy and wait for the fruit to appear in our life. Based on the verses after the ones we read, there are a few things we can do to make room for the Spirit's work. We can deny our desires to do sinful things. We can also improve at following the Holy Spirit as He leads us. Any way we can open our life to the Holy Spirit will result in Him helping us grow.

Now let's turn our attention to the Book of Acts to learn how our spiritual growth can impact others.

What the Holy Spirit Grows Inside Us Will Show on the Outside

Read Acts 9:36–38.

In this brief story about Tabitha, who was also called Dorcas, we find someone who clearly demonstrated the fruit of the Spirit in a way that others could see.

QUESTION

What part of the fruit from Galatians 5:22–23 do you see most in Tabitha's life?

QUESTION

What would you like for people to think of when you come to their mind?

QUESTION

Why is it important that other people be able to see the fruit of the Spirit in our life?

Notice that even though Tabitha was a great person, she still experienced illness and even died.

QUESTION

How could the fruit of the Spirit be helpful in times of pain, suffering, and death?

The purpose of the fruit is not to prevent bad things from happening to you. It's to change you into someone who responds the right way regardless of what happens. When you squeeze an orange, orange juice comes out. As we allow the Holy Spirit to grow fruit in our life, the character of Jesus will come out when life puts pressure on us.

Let's move ahead in the story about Tabitha and see what else we can learn.

Your Growth through the Holy Spirit Will Impact Others

Read Acts 9:39–42.

As we conclude this story, let's pay attention to the group of widows, Peter, and Tabitha.

QUESTION

What were the widows doing? What does this tell us about Tabitha's legacy?

Remember, Tabitha was known for helping the poor. During that time in history, a widow would have usually fit into that category. Not having a husband meant that making a living became very difficult. Most likely, Tabitha made clothes for the widows out of compassion and kindness.

QUESTION

What might Peter's action in this story say about the fruit in his life?

QUESTION

What impact did the events of this story have on this community?

God ultimately used Tabitha's compassion for others and her suffering to bring people to the Lord. She was known as someone who lived out her faith. Her actions impacted others in visible ways. Then God chose to use her illness, death, and the miracle of coming back to life to reach people in her community.

QUESTION

Has anyone made an impact on your life by demonstrating the fruit of the Holy Spirit? Tell us about it.

Did You Know?

In the first century, it was not uncommon to find Jews who went by two names: a Greek name and a Hebrew or Aramaic name. They did this to better assimilate and operate in both the Gentile/Greek and Jewish social worlds. In the Greek-speaking world, the apostle Paul went by the name Paul. However, when he was with the Jews in Jerusalem, he would have called by the Hebrew version of the name—Saul. Tabitha, living near the port city of Joppa, would have likely used her Greek name, Dorcas, when doing business in the city.

Reflect

The Holy Spirit Helps Me Grow

The life of every Christian should have similarities. The fruit of the Spirit should describe the character of each of us. This story of Tabitha gives us a better understanding of the role of the Holy Spirit in our life and the desired outcome of loving, serving, and influencing those around us. Remember, we're on a progressive journey to become increasingly like Jesus. Some days we'll get it right; some days we won't. The important thing is to keep growing in the right direction as the Holy Spirit leads.

Listen to God

Let's take time to consider how our life demonstrates the fruit of the Spirit. These questions are meant to serve as a conversation between you and God. Sharing your responses with the group is completely voluntary.

- *Pause for a few moments of silent reflection before asking students if they want to share.*

QUESTION

Which part of the fruit of the Spirit do you struggle with the most? Why do you think that is?

QUESTION

What's one thing you can change in your life to become more open to the fruit of the Spirit's growth?

Salvation Opportunity

Include this if you think there may be some in the group who do not have a personal relationship with Jesus.

Most of us would like a life filled with peace, joy, and love. However, it's important to recognize that these things are best developed in a relationship with Jesus. When you begin a relationship with Him, He causes this fruit to come alive in your life.

Is there anyone here that we can pray for who doesn't have a relationship with Jesus or wants to renew their relationship with Him?

Take a moment to acknowledge those who respond, and thank them for their desire to make things right between themselves and God. Pray with them as we close in prayer or after the group time is over. Following group time, talk more about where they are in their walk with God and how you might be able to help.

Activate

As we move into our week and you think more about our time together, let's recognize the role of the Holy Spirit in our growth. Invite Him to show you how you need to grow. Desire to let Him work through you to bless others. One way to do that is by recognizing the growth of the fruit of the Spirit in others and letting them know.

This week, watch carefully for the fruit of the Spirit in the life of other Christians. When you see one part of the fruit in someone's life, let them know what you see. Make them feel appreciated for showing love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, or self-control.

Conclusion

God is committed to you. He showed this through Jesus' sacrifice on the Cross. He also proved it by His Holy Spirit living inside you. He is with you for the long haul, growing you in this life of faith. Yes, you have a role to play through things like prayer and studying Scripture, but God takes more of the responsibility on himself. You can be confident that the Holy Spirit will not give up on you along the way. Growing the fruit of the Spirit won't happen by trying really hard to have it in your life. The fruit originated from God and grows through your relationship with Him.

Prayer

Father God, we trust Your Holy Spirit is active, giving us the desire and power to please You. We want to grow in our faith. We desire to become more and more like Jesus every day. We ask You to work in us and through us, helping us to develop the character of a true follower of Christ. In Jesus' name we pray. Amen.

Remember to engage with the personal devotions provided for you on the app. These will help you grow the fruit of the Spirit. Next time we'll continue discovering the role of the Holy Spirit in our life.