



Growing in the Fruit of the Spirit



Discover how the Spirit nurtures God's fruit in your life, guiding you to live like Jesus with love, joy, peace, and more.



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Introduction

Welcome to this 3-day Bible study on the Fruit of the Spirit! As a teen, life is full of changes, challenges, and opportunities to grow. God desires to guide you through all of this by nurturing nine beautiful qualities in your life through His Holy Spirit: *love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control*. These traits reflect what Jesus is like and are a sign of His work in your heart.

The Fruit of the Spirit is not just a list of good behaviors to strive for on your own; it is the natural result when you live and walk closely with God. Imagine a tree bearing fresh, healthy fruit – the Spirit is like the root system, nourishing you from within, helping you overcome obstacles and reflect God’s character to the world around you.

Throughout these three days, we will explore each aspect of the fruit, see what Scripture says, and learn how living by the Spirit changes your thinking, actions, and relationships. You’ll also find reflections and prayers designed especially for teenagers facing modern pressures and decisions.

Get ready to discover how God’s Spirit transforms you into someone who shines with love, joy, and peace, making a difference in your life and in the lives of others!





Day 1: Embracing Love and Joy



Day 1: 🌿 Embracing Love and Joy

Your Verse

Galatians 5:22-23 NIV - "But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control."

Supporting Scriptures

- *1 John 4:7 - "Dear friends, let us love one another, for love comes from God."*
- *Psalms 16:11 - "You make known to me the path of life; you will fill me with joy in your presence."*



Day 1: 🌿 Embracing Love and Joy

Devotional: Rooted in God's Love and Joy

Love and joy are the foundation of the Fruit of the Spirit. Love isn't just a feeling but a choice to care deeply, like God loves you unconditionally. As a teen, you face peer pressure, loneliness, or misunderstandings, but God invites you to love others regardless of circumstances.

Joy isn't based on temporary happiness but comes from knowing God's presence constantly surrounds you—even when life is tough. This joy sustains you when school, friendships, or family situations get hard. It's a deep-rooted gladness that fills your heart because you belong to God.

Ask yourself: How can I show God's love to my friends or family this week? What brings true joy beyond my feelings or situations?

Remember, these fruits grow in your life as you remain connected to God through prayer and reading the Bible. Let His love and joy fill you first so you can share it with others freely.



Day 1: 🌿 Embracing Love and Joy

Reflect and Apply

1. How do I currently understand God's love for me?

2. In what ways can I choose to show love to others despite challenges?

3. What are some things that steal my joy, and how can I find lasting joy in God?



Day 1: 🌿 Embracing Love and Joy

Journaling Prompts

1. Write about a moment when you felt God's love deeply.

2. List three ways to express love to someone this week.

3. Describe what joy means to you and how you experience it.



Day 1: 🌿 Embracing Love and Joy

Prayer for Today

Dear God, thank You for Your amazing love that never fails. Help me to embrace Your love every day and to let it overflow into how I treat others. Fill my heart with Your joy, especially when I am feeling down or unsure. Teach me to trust Your presence and spread Your kindness. May I grow in these fruits through Your Spirit's power. In Jesus' name, Amen. ❤️ ☀️ 🌿 🙏





Day 2: Finding Peace and Patience



Your Verse

Philippians 4:7 NIV - "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Supporting Scriptures

- *James 1:4 - "Let perseverance finish its work so that you may be mature and complete."*
- *Colossians 3:15 - "Let the peace of Christ rule in your hearts, since as members of one body you were called to peace."*



Devotional: Peace and Patience in God's Timing

Peace and patience are fruits that feel hard to have when life is busy or stressful. As a teen, you deal with deadlines, relationships, and future worries. But God offers a peace that goes beyond what you can understand or control.

This peace calms your heart in the middle of chaos, guarding your mind from fear or anxiety. It doesn't mean all problems disappear but that God stands with you through them.

Patience is closely linked to peace. Developing patience means learning to wait on God's timing and trusting His plan even when answers seem delayed. It's a superpower that helps you grow in maturity and kindness toward others.

Try to notice moments when impatience rises and ask God to help you respond with His peace instead. Consider how patience impacts your friendships, family, or school life.



Reflect and Apply

1. What worries can I give to God to find His peace?

2. How do I usually respond when I have to wait or face difficulties?

3. In what areas of my life can I practice more patience this week?



Journaling Prompts

1. Write about a time when God gave you peace during a hard situation.

2. Identify situations where impatience affects your actions and write how you can change.

3. Make a list of ways to remind yourself to trust God's timing.



Day 2: 🕊 Finding Peace and Patience

Prayer for Today

Father, thank You for Your perfect peace that guards my heart. Help me to remember that You are in control when I feel anxious or rushed. Teach me patience to wait on Your timing and to trust Your plans are good. Calm my thoughts and help me bring Your peace into my relationships and daily life. May Your Spirit guide me always. Amen. 🕊⌚🙏❤️





Day 3: 🌻 Showing Kindness, Goodness, and Self-Control



Day 3: 🌻 Showing Kindness, Goodness, and Self-Control

Your Verse

Ephesians 4:32 NIV - "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

Supporting Scriptures

- *Titus 3:8 - "...to be careful to devote themselves to doing what is good."*
- *2 Timothy 1:7 - "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."*



Day 3: 🌻 Showing Kindness, Goodness, and Self-Control

Devotional: Living Out Kindness and Self-Control

Kindness, goodness, and self-control are fruits that reflect the Spirit's power working in your everyday choices. Kindness means actively caring and acting gently toward others, even when it's difficult. It reveals a heart like Jesus, full of compassion and grace.

Goodness goes beyond just being nice—it means being honest, doing what is right, and serving others. It's a quality that helps you stand strong in a world that often encourages selfishness.

Self-control is especially important as a teen because you face many temptations—whether with words, habits, or peer pressure. The Holy Spirit empowers you to make wise decisions, control impulses, and live in a way that honors God.

Remember that these qualities don't come from your willpower alone but from relying on God daily. Ask Him to fill you with His Spirit and help you show His love practically in your school, family, and friendships.



Day 3: 🌻 Showing Kindness, Goodness, and Self-Control

Reflect and Apply

1. How can I practice kindness in difficult situations at school or home?

2. Are there areas where I need to grow in doing what is good?

3. What temptations challenge my self-control, and how can I rely on God to overcome them?



Day 3: 🌻 Showing Kindness, Goodness, and Self-Control

Journaling Prompts

1. Describe a moment when someone's kindness impacted you deeply.

2. Make a plan to show goodness in your daily activities this week.

3. Write about a situation where self-control helped you make a God-honoring choice.



Day 3: 🌻 Showing Kindness, Goodness, and Self-Control

Prayer for Today

Lord, thank You for giving me Your Spirit to guide me. Help me to cultivate kindness and goodness in every part of my life. Give me strength and self-control to say no to things that pull me away from You. Teach me to reflect Jesus through my actions and words. Fill me with Your power and love every day. In Jesus' name I pray, Amen. 🌻 🙌 💪 🙏





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