

The graphic features the words "FRUIT OF THE SPIRIT" in large, bold, multi-colored letters. Each letter is filled with a different vibrant color and has a textured, fruit-like appearance. The background is a soft-focus image of various flowers in shades of pink, purple, and white.

FRUIT OF THE SPIRIT

Joy in a Time of Cynicism

CATCH UP ON LIFE:

This is when we update each other on the things that Jesus has been up to in our lives since we last saw each other. As church family, we care about each other's lives: what we're celebrating, what we're mourning, what decisions we are praying through, and everything in between. (1 Thessalonians 2:8, Romans 12:10 and 15)

Suggested time: 20-30 minutes

- When were you most aware of Jesus' presence this week?
- When were you least aware of Jesus' presence this week?

REVIEW THE MISSION:

Just like God the Father sent Jesus on a mission of reconciliation for us, Jesus sends us out as ambassadors of His reconciliation. We are called to make disciples wherever we go because Jesus changes everything. (John 20:21 and 2 Corinthians 5:18-20)

Suggested time: 10-20 minutes

1. People:

- Reactive - Who in your life (family, coworkers, etc.) can we join you in praying for? Who has God put around you that is showing spiritual interest? Who is hurting and could use some love from our group?
- Proactive - Who are the people we are intentionally living on mission with (neighbors, STC partner organizations, or a specific demographic in Columbia)? What are our upcoming plans to love, serve, and build relationships with this group?

2. Plan: Are there any rhythms already planned, or an extra rhythm we could plan to create a way for these friends to connect with our group?

Pray: *Prayer is the fuel of God's mission. Let's pray for our people by name; pray for their needs, and opportunities to have spiritual conversations that help them take next steps toward Jesus.*

SERMON DISCUSSION:

God uses His Word to reveal Himself to us, equip us to live the good life He's designed for us, show us our sin, and strengthen us as we follow Him. We preach the Word on Sundays and apply it as a LifeGroup throughout the week. (2 Timothy 3:16-17, Colossians 1:9-12 and James 1:22-25)

Suggested Time: 20-40 minutes

I. Scripture Discussion

Read **John 16:16-22, 33** and **Hebrews 12:1-3** out loud. Then, spend some time silently reflecting and journaling the following questions as a LifeGroup. (These questions can be used with any passage of the Bible to study on your own.)

- What stands out from the passage?
- What does the passage reveal to us about God?
- What does the passage reveal to us about people?

Share with one another what you thought, reflected, and wrote about.

II. Sermon Discussion

What stood out to you from the sermon? Why is that?

In the sermon, we defined joy as “the disposition of a life lived in the overwhelming light of God’s love and grace... a disposition that results in hope, strength and worship regardless of what is happening around me.” We contrasted joy with cynicism (despair about reality) and optimism (naivete about reality) - both can happen when our expectations don’t line up with reality.

What areas in your life are you tempted to be cynical or naive about? Why is that?

In the sermon we said one way we access joy is through grounding ourselves in the hope of God - that He has and will keep His Word.

- What promises from Scripture do you need to ground your hope in? What does that look like practically?

Before we move on to Engage the Heart, let’s spend some time praying for ourselves and one another, asking the Spirit to work in us and produce the fruit of joy in us.

ENGAGE THE HEART:

Jesus calls us to walk in the light, confessing our sins to God and each other. God’s Spirit works through confession and community to lead us to repentance. (Romans 3:23-24, James 5:16 and 1 John 1:5-10)

Suggested Time: 20-40 minutes

What has Jesus been teaching you this week through abiding with Him (Bible reading and prayer)?

What sin(s) do you need to confess to God? What are you struggling to trust Jesus with this week? How can you give Him control of it?

Where have you seen victory over sin in the last week? Where have you been encouraged in your walk with Jesus in the last week?

Pray: *James tells us that a community that regularly confesses sin and prays for each other will see a lot of healing. Confess your sins to God in prayer and pray for each other. **Pray** for the Spirit to work in you as you take steps of repentance.*