
Chapter 1

The Abundance of the Spirit Small Group Questions

1. In 2 Corinthians 5:17, Paul says that if anyone is in Christ, they are a new creation. How does understanding that you have a new heart and identity in Christ change the way you approach life's challenges? In what areas of your life do you still struggle to live out your new identity, and how can you rely on Christ in you to overcome those struggles?

2. Galatians 2:20 highlights the profound truth that "Christ lives in me." Considering the Fruit of the Spirit (Galatians 5:22-23), how does this truth shape the way you view virtues like patience, kindness, or self-control? Which of these fruits do you find hardest to live out, and how can you invite Christ to bear that fruit in you?

3. Jesus teaches in John 15 that we can do nothing apart from Him. What does it mean to “abide” in Christ in a practical way? How does this concept of abiding connect to spiritual growth and experiencing abundance in life? What are some ways you can intentionally “remain in the vine” this week to cultivate more of the Fruit of the Spirit in your life?

4. In John 15:8, Jesus says that bearing fruit brings glory to the Father and shows we are His disciples. How does fellowship with other believers help us cultivate more fruit expressed in our lives?

5. The idea of cultivating abundance in Christ involves intentional steps to foster growth, much like a gardener nurturing a plant. Jesus teaches that God, the master gardener, “lifts us up” when we are not bearing fruit, and even prunes us to help us grow even more (John 15:2). How does it change your perspective to know that God actively cares for and “lifts you up” in your spiritual growth, even when you’re feeling unproductive or stuck? What does this reveal about His commitment to your growth and the abundance He wants to produce in your life?

Chapter 2

Love (agápē)- The Foundation of Abundant Life Small Group Questions

1) How does understanding that God's love is unconditional and sacrificial (agápē) change the way you view both yourself and others, especially in moments of conflict or difficulty? How can we move beyond a performance-based love (either in ourselves or others) and embrace the love God has already given us?

2) In a world that constantly asks us to prove our worth through achievements, possessions, or the approval of others, what would it look like to truly live out of the identity that God loves us unconditionally and calls us His beloved? How does this shift in identity affect the way we love others, particularly those who are difficult to love?

3) How does the truth that “there is no condemnation for those who are in Christ Jesus” (Romans 8:1) challenge the way you view your past mistakes, guilt, and shame? In what ways can accepting God’s love and forgiveness help you break free from these barriers and live more fully in the security of your identity as His beloved child?

4) How does understanding that God's love for us is unconditional and sacrificial change the way we approach loving others—especially when they don't deserve it or when it's difficult for us to love them? Can you think of a specific relationship or situation where this truth is challenging to apply, and what would it look like to love like God in that context?

5) Which specific action from the list (e.g., practicing active listening, forgiving quickly, serving selflessly) do you feel God is calling you to focus on this week? Share with the group next week how it went and the impact it had on you and those around you.

Chapter 3

Joy (chará) - The Strength in Celebration

Small Group Questions

1. Considering Paul's example of rejoicing in prison, what are some practical ways we can choose joy, even during challenges?

2. What steps can we take to deepen our relationship with Jesus and experience a lasting joy that doesn't depend on what's happening around us?

3. How does understanding that our joy is rooted in the finished work of Jesus change the way we respond to difficult circumstances? Reflecting on Paul's example in prison, how can we choose to focus on God's work in others or the bigger picture of His kingdom, even when our situations are challenging?

4. What role does thanksgiving play in our ability to experience joy, even in times of hardship? In Philippians 4:6-7, Paul encourages us to pray with thanksgiving in everything. How does shifting our focus from anxiety to gratitude change our perspective and help us find peace and joy, even in trials?

5. How can shifting our focus from our struggles to the ways God might be using our hardships to advance His kingdom help us experience joy and peace in suffering?

6. How can reminding ourselves daily of our eternal inheritance in Christ change the way we experience and respond to suffering in our lives?

Chapter 4

Peace (eirénē) - The Calm in the Storm

Small Group Questions

1. How does understanding that grace must come before peace impact the way you approach life's challenges? Reflect on a recent situation where peace felt elusive. How might experiencing or remembering God's grace in that moment change your response and allow God's peace to settle in?

2. In what ways can the peace of Christ, which is not dependent on circumstances, reshape how we view difficult or uncertain times? How have you experienced God's peace in a situation where your external circumstances were far from peaceful? What can you do to position yourself to receive more of God's peace in future challenges?

3. How does the truth that our peace with God is secure, regardless of our performance, change the way we respond to sin or failure in our lives? When you feel distant from God due to mistakes or hardship, how can you remind yourself of the unshakable peace that comes through Christ's finished work?

4. In what ways does understanding that the peace of Christ is meant to "rule" in our hearts challenge how we respond to conflict or stress in our daily lives? How can you actively choose to let the peace of Christ govern your emotions and reactions when life feels chaotic or overwhelming? What might that look like in practical terms?

Chapter 5

Patience (makrothymía) - Waiting with Purpose Small Group Questions

1. How does Jesus' example of patience—especially in His interactions with those who misunderstood, rejected, or mistreated Him—challenge the way you respond to delays, frustrations, or injustices in your own life? Consider moments when you've faced misunderstanding or provocation. How can embracing a more patient, purposeful response, as modeled by Jesus, transform your relationships and deepen your trust in God's timing?

2. In the story of the blind man (John 9), Jesus shifts the focus from "why" the man is suffering to "what" God can do through it. How does this challenge the way you approach your suffering or challenges?

3. When faced with difficulties, do you find yourself asking "Why is this happening to me?" or are you more open to asking "What is God teaching me through this?" What are some things we could do to help shift our mindset?

4. In your life, have you experienced a moment where waiting or enduring hardship led to personal or spiritual growth? How did that period of patience transform your understanding of God's purpose for you? Reflect on how God may have used a difficult time in your life to develop character, resilience, or a deeper trust in Him.

5. Joseph’s patience led him to trust God’s sovereignty even when life seemed unjust—his brothers sold him, he was wrongfully imprisoned, and yet he remained faithful to God. Have you ever faced a situation where your circumstances seemed unfair or beyond your control? How did your understanding of God’s sovereignty help you endure that season of suffering? Consider how trusting in God’s ultimate control can bring peace and perspective during challenging circumstances.

6. In the Bible, waiting is often depicted as a refining process where God shapes us and prepares us for His greater purpose. How can you embrace your current waiting season as a gift, rather than a burden? What areas of your life might God be refining during this time, and how can you partner with Him in that process? Consider how your waiting might be transforming you—both in character and faith—as you trust in God’s perfect plan.

Chapter 6

Kindness (chrēstótēs) - The Power of Gentle Acts Small Group Questions

1. In Romans 11:22, Paul describes God's kindness as something that leads to repentance. What does it mean for you to "continue in His kindness"? How does experiencing God's kindness in your own life change the way you view your relationships with others?

2. Ephesians 2:7 speaks of God's kindness as "incomparable" and rooted in His grace. How does God's kindness in Christ challenge your understanding of kindness in your daily life? How can you reflect the depth of God's kindness in your interactions with others, particularly those who may not deserve it?

3. In 2 Corinthians 6:6, Paul lists kindness as one of the virtues of a faithful servant of God, especially in difficult circumstances. How can we demonstrate kindness when we are facing personal challenges or adversity? What role does the Holy Spirit play in helping us show kindness even when it feels hard or inconvenient?

4. In Romans 2:4, Paul writes that God's kindness leads us to repentance—not out of fear, but through His goodness. How has experiencing God's kindness in your life led to a change of mind (repentance)? How can you begin to view repentance not just as acknowledging wrongs, but as a shift in thinking that aligns you with God's love and grace?

5. The passage emphasizes that as our minds are transformed by God's kindness, we begin to reflect that same kindness to others. What are some practical ways you can intentionally embody the kindness of God in your relationships this week?

6. What is one additional takeaway you had from this chapter on the fruit of kindness?

Chapter 7

Goodness (agathōsýnē) - Living Generously Small Group Questions

1. How does the Biblical concept of “goodness” (agathōsýnē) challenge our understanding of generosity, and in what ways can we live out goodness not just in our actions, but in our attitudes toward others, especially when it’s inconvenient or costly?

2. Paul commends the believers in Romans 15:14 for being “full of goodness” and able to instruct others. How does the expression of goodness in our lives, as a Fruit of the Spirit, empower us to serve and teach others in our communities? What role does generosity play in our ability to be a positive influence on those around us?

3. In Ephesians 5:9, goodness is connected with righteousness and truth as part of the “fruit of the light.” How can we ensure that our acts of generosity and goodness are aligned with God’s truth and righteousness, rather than being motivated by selfishness or external pressures?

4. Paul prays for the Thessalonians in 2 Thessalonians 1:11 to fulfill “every resolve for good and every work of faith by His power.” What role does faith play in our ability to be generous and live out goodness, especially when faced with challenges or personal sacrifices? How does this shift our perspective on generosity as something we rely on God’s strength to do, rather than our own?

5. Jesus demonstrated perfect moral integrity, consistently aligning His will with the Father's, even in the face of temptation and opposition. In what areas of your life do you find it most difficult to align your will with God's? How can you rely on the Holy Spirit to help you reflect Jesus' goodness in these areas?

6. What's one more insight you had in this chapter on the Fruit of goodness?

Chapter 8

Faithfulness (pístis) - God's Faithfulness to Us Small Group Questions

1. In what ways can we experience the "fruit of faithfulness" in our daily lives, and how can we remind ourselves that it is rooted in Jesus' faithfulness rather than our efforts?

2. How does a broader understanding of salvation (including rescue, healing, and deliverance in the present, not just eternal life) change the way we view our relationship with Jesus and our daily struggles?

3. How does understanding that our salvation is grounded in Christ's faithfulness (rather than our own) change the way we approach struggles and doubts in our spiritual journey?

4. In what ways can we actively participate in "reigning" with Christ today, not just in the future? Paul says that we are not just surviving life in Christ, but actively reigning with Him now. How does this truth affect the way we live out our faith in the present, particularly in the face of hardship or opposition?

5. How does understanding that God’s faithfulness to us is unshakeable and not based on our actions change the way you approach difficulties in your life? How can this truth empower you to reflect God’s faithfulness in your relationships and work?

6. In what areas of your life are you currently focused on the “winds and waves” instead of keeping your eyes on Jesus? How can refocusing on His faithfulness help you overcome the challenges you’re facing right now? What would it look like to step out in faith, even when the storm seems overwhelming?

Chapter 9

Gentleness (praiótēs) - Strength Under Control Small Group Questions

1. How does the concept of gentleness differ from the world's idea of strength? Reflecting on verses like Matthew 11:29 and Philippians 4:5, how do we reconcile the gentleness of Jesus with the common understanding of strength in today's culture, which often values assertiveness, aggression, or control? How can we embody gentleness as strength under control, as demonstrated by Christ?

2. In moments of stress or conflict, how does prayer help us shift from worry to gentleness? Philippians 4:6 encourages us to replace anxiety with prayer and thanksgiving. How does prayer help us not only hand over our burdens to God but also transform our reactions to others? Can you think of a recent situation where prayer led you to respond with gentleness instead of frustration or anger?

3. What role does gentleness play in our relationships with others, especially in times of disagreement or correction?

Considering passages like 2 Timothy 2:25 and James 3:17, how can we practice gentleness in situations where we need to correct someone or defend our faith? What does it look like to combine truth with gentleness, especially when faced with opposition or misunderstanding?

4. How does Jesus' response to the woman caught in adultery (John 8:1-11) teach us about balancing truth and gentleness in our interactions with others?

Jesus extended grace to the woman by not condemning her, but He also called her to leave her life of sin. How can we, as followers of Christ, reflect this balance of truth and gentleness when we encounter people in sin or those we disagree with?

What challenges might we face in embodying both qualities?

5. What does it look like for us to “learn from Jesus” and embrace His gentle and humble heart (Matthew 11:28-30) in our daily relationships and responses to conflict?

Jesus invites us to take His yoke upon us, promising rest for our souls. How does yielding to His leadership in moments of stress or conflict help us embody gentleness? In what areas of life do you find it most difficult to respond with gentleness, and how can you apply His example to those situations?

Chapter 10

Self-Control (enkráteia) – Living Authentically: Embracing Your Identity in Christ Small Group Questions

1. How does our identity as “beloved children of God” shape the way we approach self-control?

Consider how understanding that we are loved and accepted by God can transform our motivations for practicing self-control. Share an example where your identity in Christ helped you make a difficult decision or exercise self-control.

2. In what ways does self-control reflect the work of the Holy Spirit in our lives?

Self-control is listed as a fruit of the Spirit, but how is it different from relying on sheer willpower or self-discipline? How can we cultivate self-control in our daily lives through yielding to the Holy Spirit?

3. How do the first and last Fruits of the Spirit—love and self-control—work together in our Christian walk?

Paul begins the list of the fruits of the Spirit with love and ends with self-control. How do these two virtues complement each other in the Christian life? Reflect on how love enables us to practice self-control, and how self-control ensures that love remains pure and unselfish. Can you think of a situation where both love and self-control were needed to honor God in a relationship or decision?

4. How can we practically practice self-control as an expression of love in moments when we feel tempted to react out of frustration, anger, or selfishness?
