



the Fruitful Life

Women's Bible Study

Starts Sept 13 | Wednesdays | 9:30am



Date:	Study
September 13	Fruit of the Spirit Galatians 5:22-23
September 20	Keep in Step with the Spirit Galatians 5:13-26
LOVE	
September 27 Small Group Luncheon	The Greatest of These is Love 1 Corinthians 13
October 4	God is Love 1 John 4:7-21
October 11	Love your Neighbor as Yourself Luke 10:25-37
JOY	
October 18 Group Mingle Event	Sing for Joy Psalm 96
October 25	Joy: To Live is Christ Philippians 1
November 1	Good news of Great Joy Luke 2:1-21
PEACE	
November 8	Peace will Guard your Heart Philippians 4:4-13
November 15	He Himself is our Peace Ephesians 2
November 22	Thanksgiving Break
November 29 Luncheon	The Prince of Peace Isaiah 9:1-7

Group Guidelines:

Here are some suggestions to make your time in your groups fun, safe, and meaningful.

Be Attentive

Keep cell phones away. When someone is sharing, listen or ask questions. When you share, keep on topic, and be concise so that others can also share. We want to learn from one another, and we can learn the most when we are good listeners. When possible, link what you have to say to the comments of others. Be affirming whenever you can.

Come Prepared

Do your best to do your homework before you come. Bring your study material and a Bible.

Participate

Be willing to participate in the discussion. The leader of your group is there to facilitate. Share what you have learned, others will learn from you! However, be careful not to dominate the discussion. Make sure to leave opportunity for others to respond.

Keep Confidential

Anything said in the group is considered confidential and should not be discussed outside of the group unless given permission to do so.

Be a Safe Place

This time is meant to grow in love for God and for one another. This is to be a safe place. This is not a time to fix one another's problems. Please don't give unsolicited advice to other members of the group. Be sure your feedback is affirming ("thank you for trusting us with your story"), empathetic ("I've done or thought that"), and attentive ("Can you say more about how that made you feel?"). Avoid feedback that is condemning ("Oh, I've never heard of anyone doing that"), counseling/fixing ("You should...have you tried...") or all about you ("That reminds me of my own story..."). Usually, it is best to just be a good listener and show care for others as they share.

Be Respectful of Childcare Staff

If you have children at childcare, please be respectful of the childcare workers time and promptly pick up no later than 11:40.

It's quiet. It's early. The day is just beginning. The sky is just turning blue.

The world is still asleep. The day is coming.

In a few moments, the day will arrive. It will roar down the track with the rising sun. The stillness of the dawn will be exchanged for the noise of the day. The pounding pace of the human race will replace the calm of solitude. The refuge of the early morning will be invaded by decisions to make and deadlines to be met. For the next 12 hours I will be exposed to the day's demands. It is now that I must make a choice.

Because of Calvary I am free to choose.

And so I choose...

I choose love...

No occasion justifies hatred; no injustice warrants bitterness. I choose love.

Today, I will love God and what God loves.

I choose joy...

I will invite my God to be the God of circumstance. I will refuse the temptation to be cynical...the tool of the lazy thinker. I will refuse to see people as anything less than human beings, created by God. I will refuse to see any problem as anything less than an opportunity to see God.

I choose peace...

I will live forgiven. I will forgive so that I may live.

I choose patience...

I will overlook the inconveniences of the world.

Instead of cursing at the one who takes my place, I will invite him to do so. Rather than complain that the wait is too long, I will thank my God for a moment to pray. Instead of clinching my fist new assignments, I will face them with joy and courage.

I choose kindness...

I will be kind to the poor, for they are alone. Kind to the rich for they are afraid. And kind to the unkind, for such is how God has treated me.

I choose goodness...

I will go without a dollar before I take a dishonest one.

I will be overlooked before I boast. I will confess before I will accuse.

I choose faithfulness...

Today I will keep my promises. My debtors will not regret their trust. My associates will not question my word. My family will never question my love..

I choose gentleness...

Nothing is won by force. I choose to be gentle. If I raise my voice may it only be in praise. If I clench my fist may it only be in prayer. If I make a demand may it only be of myself.

I choose self-control...

I will be a spiritual being. I will be drunk only on joy. I will be impassioned only by faith. I will be influenced only by God. I will be taught only by Christ.

-Max Lucado



But the fruit of the
Spirit is love, joy,
peace, patience,
kindness, goodness,
faithfulness,
gentleness and self-
control. Against such
things there is no law.
Galatians 5:22-23



Keep in Step with the Spirit

September 13th-19th

Galatians 5:13-26

¹³You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. ¹⁴For the entire law is fulfilled in keeping this one command: "Love your neighbor as yourself." ¹⁵If you bite and devour each other, watch out or you will be destroyed by each other.

¹⁶So I say, walk by the Spirit, and you will not gratify the desires of the flesh. ¹⁷For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. ¹⁸But if you are led by the Spirit, you are not under the law.

¹⁹The acts of the flesh are obvious: sexual immorality, impurity and debauchery; ²⁰idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions ²¹and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

²²But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³gentleness and self-control. Against such things there is no law. ²⁴Those who belong to Christ Jesus have crucified the flesh with its passions and desires. ²⁵Since we live by the Spirit, let us keep in step with the Spirit. ²⁶Let us not become conceited, provoking and envying each other.



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WBS FRUIT STUDY

Passage: _____

FOUNDATION “

Write out any key or repeated words and phrases. What is the key verse of the passage? Pick a memory verse and write it out.

”

READ & REREAD

Read the passage in multiple translations. Notice any differences. Did anything stick out new when you read it again?

UNDERSTAND

Ask Questions of the passage. What does it teach me about God? What does it say about sin? What does it say about the gospel? What would you like to research further?

INTERPRET

Consult Commentaries. Use any commentaries or Study Bible notes to help answer some of your above questions. Write out any insights.

TAKE ACTION

Apply the passage. How does this passage change you? What is one action step you can take from it? Close your time by writing out a prayer from what you have learned.

3. Read Galatians 5:19-21. Which of these do you find to be a struggle to let go of in your life? How can you work on it?

4. Read 2 Corinthians 1:21-22. What does it say about the Spirit in this passage?

5. Read Romans 8:16. What does it say about what the Spirit does in this passage?

Have you seen this to be true in your life?

How does this encourage you?

6. Read Galatians 5:1 and 5:13. What does freedom have to do with it?

7. Do you "hunger and thirst for righteousness"? If the answer is yes, what might you need to change about what you spend your time and energy on in order to sow in the Spirit and reap in the Spirit?

Optional Application: Set a reminder for yourself at the same time everyday this week on your phone or whatever way works best for you. Read through the prayer you wrote above at that time. Focus in on a phrase from that prayer and repeat it several times.



LOVE

"This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins."

1 John 4:10



The Greatest of These is Love

September 20th-26th

1 Corinthians 13

If I speak in the tongues of men or of angels, but do not have love, I am only a resounding gong or a clanging cymbal. ² If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but do not have love, I am nothing. ³ If I give all I possess to the poor and give over my body to hardship that I may boast, but do not have love, I gain nothing.

⁴ Love is patient, love is kind. It does not envy, it does not boast, it is not proud. ⁵ It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. ⁶ Love does not delight in evil but rejoices with the truth. ⁷ It always protects, always trusts, always hopes, always perseveres.

⁸ Love never fails. But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away. ⁹ For we know in part and we prophesy in part, ¹⁰ but when completeness comes, what is in part disappears. ¹¹ When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put the ways of childhood behind me. ¹² For now we see only a reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known.

¹³ And now these three remain: faith, hope and love. But the greatest of these is love.



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4. Read 1 Corinthians 13:4-8. Fill in the spaces below, according to those verses.
What love is:

What love is not:

What love does:

5. Read through this chapter again. Every time you see the word love, put Jesus name there. Think of Jesus' life. Where have you seen him live out this picture of love? Where have you seen him be...

Patient:

Kind:

Not boasting or proud:

Keeping no record of wrongs:

Rejoicing with the truth:

Protecting:

Trusting:

Hoping:

Persevering:

6. Now, read through and put your name. Where do you find it hard to read your name into it? What opportunities for growth do you see?

7. Read verse 12 again. Now read James 1:23-24. How does this connect to our maturity as Christians?

8. Read 1 Peter 1:21-23, Colossians 1:4-5, and Ephesians 1:15-18. How are these three words from verse 13 connected (faith, hope, and love)? Why is love "the greatest of these"?

Optional Application: Write a card or note to either that person from question 1 or someone else who has really been an example of love to you. Tell them what that meant to you.

God is Love

September 27th-October 3rd

1 John 4:7-21

⁷ Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. ⁸ Whoever does not love does not know God, because God is love. ⁹ This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. ¹⁰ This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins. ¹¹ Dear friends, since God so loved us, we also ought to love one another. ¹² No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us.

¹³ This is how we know that we live in him and he in us: He has given us of his Spirit. ¹⁴ And we have seen and testify that the Father has sent his Son to be the Savior of the world. ¹⁵ If anyone acknowledges that Jesus is the Son of God, God lives in them and they in God. ¹⁶ And so we know and rely on the love God has for us.

God is love. Whoever lives in love lives in God, and God in them. ¹⁷ This is how love is made complete among us so that we will have confidence on the day of judgment: In this world we are like Jesus. ¹⁸ There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.

¹⁹ We love because he first loved us. ²⁰ Whoever claims to love God yet hates a brother or sister is a liar. For whoever does not love their brother and sister, whom they have seen, cannot love God, whom they have not seen. ²¹ And he has given us this command: Anyone who loves God must also love their brother and sister.



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Gods is Love
1 John 4:7-21

1. Read 1 John 3:16-18, which comes before our passage. How is love defined here? What does it *practically* look like?

2. What is the reason to love one another, according to this passage in 1 John 4?

3. What did the love of Jesus look like in the following passages?

Matthew 19:13-15

John 8:2-11

John 19:25-30

4. Read John 1:18. Then read 1 John 4:12. What happens when we love one another?

5. What assurance does John repeat in verses 13, 15, and 16.

6. Read verse 12 and then verse 17. Now, read Philippians 1:6. How have you seen this to be true in your life? What confidence does this give you?

7. Read Matthew 3:16-17. Why do you think Jesus' ministry began this way? What assurance did he receive from God here?

8. Read Romans 8:15-16. What does John mean 1 John 4:18, that there is no fear in love?

9. Read 2 Corinthians 3:17-18. Compare that with the Romans passage and with verse 13 of our passage. What does the Holy Spirit do for us? How do we know that God lives in us? What confidence does this give you?

Optional Application: Memorize Romans 8:15-16. Declare it over your life. Pray it aloud in your prayer time this week.

Love your Neighbor as Yourself

October 4th-October 10th

Luke 10:25-37

²⁵ On one occasion an expert in the law stood up to test Jesus. "Teacher," he asked, "what must I do to inherit eternal life?"

²⁶ "What is written in the Law?" he replied. "How do you read it?"

²⁷ He answered, "'Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind'; and, 'Love your neighbor as yourself.'"

²⁸ "You have answered correctly," Jesus replied. "Do this and you will live."

²⁹ But he wanted to justify himself, so he asked Jesus, "And who is my neighbor?"

³⁰ In reply Jesus said: "A man was going down from Jerusalem to Jericho, when he was attacked by robbers. They stripped him of his clothes, beat him and went away, leaving him half dead. ³¹ A priest happened to be going down the same road, and when he saw the man, he passed by on the other side. ³² So too, a Levite, when he came to the place and saw him, passed by on the other side. ³³ But a Samaritan, as he traveled, came where the man was; and when he saw him, he took pity on him. ³⁴ He went to him and bandaged his wounds, pouring on oil and wine. Then he put the man on his own donkey, brought him to an inn and took care of him. ³⁵ The next day he took out two denarii and gave them to the innkeeper. 'Look after him,' he said, 'and when I return, I will reimburse you for any extra expense you may have.'

³⁶ "Which of these three do you think was a neighbor to the man who fell into the hands of robbers?"

³⁷ The expert in the law replied, "The one who had mercy on him."

Jesus told him, "Go and do likewise."



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Love Your Neighbor as Yourself
Luke 10:25-37

1. What does it mean to love the Lord with all your:
Heart

Soul

Strength

Mind

2. Retell this parable Jesus tells from the perspective of the man who is beaten on the road. Put yourself in his shoes and tell the story from his eyes.

3. Read Luke 18:9-14. A theme that comes up in Luke is self-justification. How does it come up in our story?

4. Why do you think the lawyer asks "Who is my neighbor?" How could the answer to this question make the task of loving neighbors either harder or easier?

5. Jesus doesn't really answer the question asked. What question does he answer instead?

Optional Application: Pray this prayer with me, everyday, every morning. Taken from the book A Diary of Common Prayer by John Baillie and Susanna Wright.

Help me, Lord, to remember the blessed life that was once lived out on this common earth, under these ordinary skies. May I take this memory into each task and duty of today.

Help me to remember–

His eagerness to help others, rather than be helped;

His sympathy with suffering of every kind;

His bravery in the face of his own suffering;

His gentleness toward others, so that when he was abused he did not retaliate;

His steadiness of purpose in keeping to his appointed task;

His simplicity;

His self-discipline;

His serenity of spirit;

His complete reliance upon you, his Father in heaven.

In each of these ways give me grace to follow in his footsteps.

Amen