



WBS Spring 2024 Schedule
The Fruitful Life

Date:	Lesson:
PATIENCE	
January 17	Slow to Anger, Abounding in Love Psalm 103
January 24	Be Patient and Stand Firm James 5:7-18
KINDNESS	
January 31 Small Group Luncheon	May the Lord Show you Kindness Ruth 1
February 7	Do nothing out of Selfish Ambition Philippians 2:1-18
GOODNESS	
February 14 Group Mingle Event	Give thanks to the Lord, for He is Good Psalm 107
February 21	Overcome Evil with Good Romans 12:9-21
FAITHFULNESS	
February 28	Great is Your Faithfulness Lamentations 3
March 6	Faithful with a Few Things Matthew 25:14-30
March 13	Faithful in all He Does Psalm 33
GENTLENESS	
March 20	We Were Like Young Children 1 Thessalonians 2:1-12
March 27	Pierced for our Transgressions Isaiah 53
April 3	Easter Break
SELF-CONTROL	
April 10	Keep Their Whole Body in Check James 3:1-12
April 17	No Temptation has Overtaken You 1 Corinthians 9:24-10:13
April 24 Luncheon	Fruits Conclusion Galatians 5:22-23





PATIENCE

*"You too, be patient and stand firm
because the Lord's coming is near"
James 5:8*



Slow to Anger, Abounding in Love

Psalm 103

January 17th, 2024

- 1** Praise the Lord, my soul;
all my inmost being, praise his holy name.
- 2** Praise the Lord, my soul,
and forget not all his benefits—
- 3** who forgives all your sins
and heals all your diseases,
- 4** who redeems your life from the pit
and crowns you with love and compassion,
- 5** who satisfies your desires with good things
so that your youth is renewed like the eagle's.
- 6** The Lord works righteousness
and justice for all the oppressed.
- 7** He made known his ways to Moses,
his deeds to the people of Israel:
- 8** The Lord is compassionate and gracious,
slow to anger, abounding in love.
- 9** He will not always accuse,
nor will he harbor his anger forever;
- 10** he does not treat us as our sins deserve
or repay us according to our iniquities.
- 11** For as high as the heavens are above the earth,
so great is his love for those who fear him;
- 12** as far as the east is from the west,
so far has he removed our transgressions from us.
- 13** As a father has compassion on his children,
so the Lord has compassion on those who fear him;
- 14** for he knows how we are formed,
he remembers that we are dust.
- 15** The life of mortals is like grass,
they flourish like a flower of the field;
- 16** the wind blows over it and it is gone,
and its place remembers it no more.
- 17** But from everlasting to everlasting
the Lord's love is with those who fear him,
and his righteousness with their children's children—

18 with those who keep his covenant
and remember to obey his precepts.

19 The Lord has established his throne in heaven,
and his kingdom rules over all.

20 Praise the Lord, you his angels,
you mighty ones who do his bidding,
who obey his word.

21 Praise the Lord, all his heavenly hosts,
you his servants who do his will.

22 Praise the Lord, all his works
everywhere in his dominion.

Praise the Lord, my soul.

Group Discussion Questions:
Slow to Anger, Abounding in Love
Psalm 103

1. Which one of these verses specifically speaks to you today and why?

2. Verse 2 says: Praise the Lord, my soul, and forget not all His benefits. Go around the table and share one word or phrase that reminds you of His blessings over this month.

3. Verse 13: "As a father has compassion on his children, so the Lord has compassion on those who fear him." What does it mean to you that the Lord is your Father?

4. What attributes of God do you find in this Psalm? Which one means the most to you today?

5. Where do you need patience in your life today? How can the group pray for you in that?

Optional Homework:

Write a similar letter to your soul. Remind yourself of the blessings of this past year, month, and week. Call out the attributes of God you want to hold most tightly to right now.

Be Patient and Stand Firm

James 5:7-18

January 17th-23rd

7 Be patient, then, brothers and sisters, until the Lord's coming. See how the farmer waits for the land to yield its valuable crop, patiently waiting for the autumn and spring rains. **8** You too, be patient and stand firm, because the Lord's coming is near. **9** Don't grumble against one another, brothers and sisters, or you will be judged. The Judge is standing at the door!

10 Brothers and sisters, as an example of patience in the face of suffering, take the prophets who spoke in the name of the Lord. **11** As you know, we count as blessed those who have persevered. You have heard of Job's perseverance and have seen what the Lord finally brought about. The Lord is full of compassion and mercy.

12 Above all, my brothers and sisters, do not swear—not by heaven or by earth or by anything else. All you need to say is a simple "Yes" or "No." Otherwise you will be condemned.

13 Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise. **14** Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord. **15** And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven. **16** Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

17 Elijah was a human being, even as we are. He prayed earnestly that it would not rain, and it did not rain on the land for three and a half years. **18** Again he prayed, and the heavens gave rain, and the earth produced its crops.



the Fruitful Life



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.

4. Read Job 42:10-12. How does this show what James 5:11 says, that the Lord is compassionate and merciful?

5. What does "Compassionate" and "Merciful" mean? (v. 11) How are these two different things?

Compassionate:

Merciful:

6. Read Matthew 26:69-75. How did Peter learn the hard way the lesson taught here about the tongue in James 5? Have you learned a similar lesson?

7. How do you see James connecting patience with prayer? How have you seen this in your own life?

8. Look at the power of prayer in Elijah's life: 1 Kings 18:36-37; 1 Kings 19:1-18- what can we learn from Elijah's prayers?

***Optional Application: Focus in on verse 9 of our passage: Do not grumble against one another. A big part of patience is not grumbling. Stop yourself at regular moments throughout the day (maybe set an alarm on your phone). Pause, pray, and ask the Lord to help you to see others as He does. Confess any times you may have been a grumbler and ask the Lord to soften your heart in love and patience.*



KINDNESS

*"Do nothing out of selfish ambition or vain conceit.
Rather, in humility value others above yourselves"
Philippians 2:3*



May the Lord Show you Kindness

Ruth 1

January 24th-January 30th

In the days when the judges ruled, there was a famine in the land. So a man from Bethlehem in Judah, together with his wife and two sons, went to live for a while in the country of Moab. **2** The man's name was Elimelek, his wife's name was Naomi, and the names of his two sons were Mahlon and Kilion. They were Ephrathites from Bethlehem, Judah. And they went to Moab and lived there.

3 Now Elimelek, Naomi's husband, died, and she was left with her two sons. **4** They married Moabite women, one named Orpah and the other Ruth. After they had lived there about ten years, **5** both Mahlon and Kilion also died, and Naomi was left without her two sons and her husband.

6 When Naomi heard in Moab that the Lord had come to the aid of his people by providing food for them, she and her daughters-in-law prepared to return home from there. **7** With her two daughters-in-law she left the place where she had been living and set out on the road that would take them back to the land of Judah.

8 Then Naomi said to her two daughters-in-law, "Go back, each of you, to your mother's home. May the Lord show you kindness, as you have shown kindness to your dead husbands and to me. **9** May the Lord grant that each of you will find rest in the home of another husband."

Then she kissed them goodbye and they wept aloud **10** and said to her, "We will go back with you to your people."

11 But Naomi said, "Return home, my daughters. Why would you come with me? Am I going to have any more sons, who could become your husbands? **12** Return home, my daughters; I am too old to have another husband. Even if I thought there was still hope for me—even if I had a husband tonight and then gave birth to sons— **13** would you wait until they grew up? Would you remain unmarried for them? No, my daughters. It is more bitter for me than for you, because the Lord's hand has turned against me!"

14 At this they wept aloud again. Then Orpah kissed her mother-in-law goodbye, but Ruth clung to her.

15 "Look," said Naomi, "your sister-in-law is going back to her people and her gods. Go back with her."

16 But Ruth replied, "Don't urge me to leave you or to turn back from you. Where you go I will go, and where you stay I will stay. Your people will be my people and your God my God. **17** Where you die I will die, and there I will be buried. May the Lord deal with me, be it ever so severely, if even death separates you and me." **18** When Naomi realized that Ruth was determined to go with her, she stopped urging her.

19 So the two women went on until they came to Bethlehem. When they arrived in Bethlehem, the whole town was stirred because of them, and the women exclaimed, "Can this be Naomi?"

20 "Don't call me Naomi," she told them. "Call me Mara, because the Almighty has made my life very bitter. **21** I went away full, but the Lord has brought me back empty. Why call me Naomi? The Lord has afflicted me; the Almighty has brought misfortune upon me."

22 So Naomi returned from Moab accompanied by Ruth the Moabite, her daughter-in-law, arriving in Bethlehem as the barley harvest was beginning.



the Fruitful Life



WBS FRUIT STUDY

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READ & REREAD

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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

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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.

4. Read verse 21 in our passage. What do you make of Naomi's anger at God here? Have you ever felt this way? How did you express it? Do you feel comfortable expressing it as Naomi does?

5. Read Genesis 17:1, 43:14, and 49:25. You might want to glance at some context around these verses. All of these verses use the name for God "Almighty" that Naomi uses in verse 21. Write down some notes from each of these verses. What does this tell us about what she might mean by this name choice?

Genesis 17:1

Genesis 43:14

Genesis 49:25

6. Verse 14 speaks of Ruth *clinging* to Naomi. The same word is used in Deuteronomy 10:20. When have you clung tightly to the Lord in this way?

7. What do you think that Ruth's affirmation in verses 16-17 says about Naomi's faith example?

***Optional Application: Focus in on this name for God used in our passage and throughout Genesis: Almighty, El Shaddai, the all-sufficient one. This is the God who can do anything, the God of limitless power. Spend some time journaling about that: how has God shown up as your El Shaddai? How do you want that truth to change the way you face difficult circumstances in the future?*

Do Nothing Out of Selfish Ambition

Philippians 2:1-18

January 31st-February 6th

1Therefore if you have any encouragement from being united with Christ, if any comfort from his love, if any common sharing in the Spirit, if any tenderness and compassion, **2** then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind. **3** Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, **4** not looking to your own interests but each of you to the interests of the others.

5 In your relationships with one another, have the same mindset as Christ Jesus:

6 Who, being in very nature God,

did not consider equality with God something to be used to his own advantage;

7 rather, he made himself nothing

by taking the very nature of a servant,

being made in human likeness.

8 And being found in appearance as a man,

he humbled himself

by becoming obedient to death—

even death on a cross!

9 Therefore God exalted him to the highest place

and gave him the name that is above every name,

10 that at the name of Jesus every knee should bow,

in heaven and on earth and under the earth,

11 and every tongue acknowledge that Jesus Christ is Lord,

to the glory of God the Father.

12 Therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence—continue to work out your salvation with fear and trembling, **13** for it is God who works in you to will and to act in order to fulfill his good purpose.

14 Do everything without grumbling or arguing, **15** so that you may become blameless and pure, “children of God without fault in a warped and crooked generation.” Then you will shine among them like stars in the sky **16** as you hold firmly to the word of life. And then I will be able to boast on the day of Christ that I did not run or labor in vain. **17** But even if I am being poured out like a drink offering on the sacrifice and service coming from your faith, I am glad and rejoice with all of you. **18** So you too should be glad and rejoice with me.



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Do Nothing Out of Selfish Ambition
Philippians 2:1-18

***Remember to read the Optional Application*

1. Read verse 1 of our passage. When have you experienced these things:

Encouragement:

Comfort:

Sharing in the Spirit (or fellowship in the Spirit):

Tenderness:

Compassion:

How would these things move us towards unity?

2. Read the following verses about humility. Note anything you learn.

Deuteronomy 8:2-3

2 Chronicles 7:13-14

Proverbs 22:4

Luke 14:7-11

1 Peter 5:5-7

3. Read Philippians 1:27-30. How does this connect with our passage? How does our passage speak of the same theme of “worthiness”?

4. List the things Jesus did from verse 6-8. What, then, was his mindset that we are called to emulate in verse 5?



GOODNESS

*"Give thanks to the Lord, for he is good;
his love endures forever."
Psalm 107:1*



Give Thanks to the Lord, for He is Good

Psalm 107

February 7th-February 13th

- ¹ Give thanks to the Lord, for he is good;
his love endures forever.
- ² Let the redeemed of the Lord tell their story—
those he redeemed from the hand of the foe,
- ³ those he gathered from the lands,
from east and west, from north and south.
- ⁴ Some wandered in desert wastelands,
finding no way to a city where they could settle.
- ⁵ They were hungry and thirsty,
and their lives ebbed away.
- ⁶ Then they cried out to the Lord in their trouble,
and he delivered them from their distress.
- ⁷ He led them by a straight way
to a city where they could settle.
- ⁸ Let them give thanks to the Lord for his unfailing love
and his wonderful deeds for mankind,
- ⁹ for he satisfies the thirsty
and fills the hungry with good things.
- ¹⁰ Some sat in darkness, in utter darkness,
prisoners suffering in iron chains,
- ¹¹ because they rebelled against God's commands
and despised the plans of the Most High.
- ¹² So he subjected them to bitter labor;
they stumbled, and there was no one to help.
- ¹³ Then they cried to the Lord in their trouble,
and he saved them from their distress.
- ¹⁴ He brought them out of darkness, the utter darkness,
and broke away their chains.
- ¹⁵ Let them give thanks to the Lord for his unfailing love
and his wonderful deeds for mankind,
- ¹⁶ for he breaks down gates of bronze
and cuts through bars of iron.
- ¹⁷ Some became fools through their rebellious ways
and suffered affliction because of their iniquities.
- ¹⁸ They loathed all food

and drew near the gates of death.
19 Then they cried to the Lord in their trouble,
and he saved them from their distress.
20 He sent out his word and healed them;
he rescued them from the grave.
21 Let them give thanks to the Lord for his unfailing love
and his wonderful deeds for mankind.
22 Let them sacrifice thank offerings
and tell of his works with songs of joy.
23 Some went out on the sea in ships;
they were merchants on the mighty waters.
24 They saw the works of the Lord,
his wonderful deeds in the deep.
25 For he spoke and stirred up a tempest
that lifted high the waves.
26 They mounted up to the heavens and went down to the depths;
in their peril their courage melted away.
27 They reeled and staggered like drunkards;
they were at their wits' end.
28 Then they cried out to the Lord in their trouble,
and he brought them out of their distress.
29 He stilled the storm to a whisper;
the waves of the sea were hushed.
30 They were glad when it grew calm,
and he guided them to their desired haven.
31 Let them give thanks to the Lord for his unfailing love
and his wonderful deeds for mankind.
32 Let them exalt him in the assembly of the people
and praise him in the council of the elders.
33 He turned rivers into a desert,
flowing springs into thirsty ground,
34 and fruitful land into a salt waste,
because of the wickedness of those who lived there.
35 He turned the desert into pools of water
and the parched ground into flowing springs;
36 there he brought the hungry to live,
and they founded a city where they could settle.
37 They sowed fields and planted vineyards
that yielded a fruitful harvest;

- ³⁸ he blessed them, and their numbers greatly increased,
and he did not let their herds diminish.
- ³⁹ Then their numbers decreased, and they were humbled
by oppression, calamity and sorrow;
- ⁴⁰ he who pours contempt on nobles
made them wander in a trackless waste.
- ⁴¹ But he lifted the needy out of their affliction
and increased their families like flocks.
- ⁴² The upright see and rejoice,
but all the wicked shut their mouths.
- ⁴³ Let the one who is wise heed these things
and ponder the loving deeds of the Lord.



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TAKE ACTION

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Give Thanks to the Lord, for He is Good

Psalm 107

***Remember to read the Optional Application*

1. There are four pictures of redemption given in this Psalm, four stories of the redeemed. Describe each one: what problem they faced, and how the Lord redeemed them, what He did on their behalf.

v. 4-9

v. 10-16

v. 17-22

v. 23-32

Do you relate to any of these pictures?

Overcome Evil with Good

Romans 12:9-21

February 14th-February 20th

9 Love must be sincere. Hate what is evil; cling to what is good. **10** Be devoted to one another in love. Honor one another above yourselves. **11** Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. **12** Be joyful in hope, patient in affliction, faithful in prayer. **13** Share with the Lord's people who are in need. Practice hospitality.

14 Bless those who persecute you; bless and do not curse. **15** Rejoice with those who rejoice; mourn with those who mourn. **16** Live in harmony with one another. Do not be proud, but be willing to associate with people of low position. Do not be conceited.

17 Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everyone. **18** If it is possible, as far as it depends on you, live at peace with everyone. **19** Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord. **20** On the contrary:

"If your enemy is hungry, feed him;

if he is thirsty, give him something to drink.

In doing this, you will heap burning coals on his head."

21 Do not be overcome by evil, but overcome evil with good.



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Overcome Evil with Good

Romans 12:9-21

***Remember to read the Optional Application*

“To return evil for good is devilish; to return good for good is human; but to return good for evil is divine.” -Alfred Plummer

1. Read Luke 6:27-31. How does our passage echo Jesus' teaching here in Luke?
2. What does verse 18 look like, practically? How have you lived it out? How do you need to grow in this?
3. Read Matthew 5:11-12. What does it mean to bless those who persecute you?
4. List out the commands in this passage in your own words. Which ones do you struggle with?

5. Compare v 9 with 1 John 4:7-21 (which we read before)- what does sincere love look like?

6. Verse 17-21- What are we called NOT to do (3 things)? How are these three things the same? Describe them in your own words.

7. Romans 12 and Romans 13 complement each other. Compare these sections of Romans 13 to our passage and note how they connect.
13:1-7

13:8-10

13:11-14

