



spiritual infant

# DISCIPLE ME

## THE ONE ABOUT BEARING FRUIT

### ICEBREAKER: FRUIT THAT FITS

If your personality were a fruit, what would it be - and why? Maybe you're sweet like a strawberry, tough like a coconut, or easy-going like a banana. Think about what makes that fruit stand out: its taste, texture, or how it makes people feel. Does it bring energy? Comfort? Freshness? A surprise? Share with your group why you are like the fruit you picked.

### STUDY & DISCUSS:

When you plant an apple tree, you expect apples. If you see a mango tree, you expect mangoes. If you walk through a vineyard, you expect to see grapes hanging on the vines. That's how God designed His world to work - the tree determines the fruit.

When you follow Jesus, you're meant to produce the kind of life that reflects Him. The Bible calls that *fruit* - the visible evidence that the Spirit is working inside you. Spiritual fruit isn't about trying harder to be good. It's about *staying connected* to the source of life. It's about staying connected to Jesus Himself. Just like a branch can't bear fruit unless it stays attached to the tree, we can't grow without staying close to Him.

### Read Galatians 5:16-22

- What do you think it means to "walk by the Spirit" in everyday life?
- Looking back at verse 22, which "fruit of the Spirit" do you see growing in your life right now?
- What fruit seems the most difficult for you to produce?
- Why do you think Paul describes these qualities as *fruit* rather than just *good habits* or *rules to follow*?
- If someone spent a week around you, what kind of "fruit" do you think they'd notice most?

### Read John 15:5-8

- In this passage, Jesus says, "*I am the vine; you are the branches.*" What do you think He means by that picture?
- According to Jesus, what happens when we stay connected to Him?

- What does “bearing much fruit” look like in real life? How can you tell when it’s happening?
- In verse 7, Jesus says, “If you remain in me and my words remain in you...” What are some practical ways to stay connected to Jesus and let His words shape your life?

### Read Matthew 7:16-20

- In this passage, Jesus says, “By their fruit you will recognize them.” What do you think He means by “fruit” in this context?
- How can you tell the difference between good fruit and bad fruit in someone’s life?
- Verse 19 warns about trees that don’t bear good fruit. What do you think it means to “bear good fruit” as a follower of Jesus?
- Have you ever met someone whose life clearly showed “good fruit”? What stood out about them?

### READ: PREPARE THE SOIL

The Holy Spirit is the one who produces spiritual fruit - we can’t force it to grow. You can’t just decide to be more joyful, more patient, or more gentle by sheer willpower. Fruit is the natural result of staying connected to the right source. But while we can’t *produce* the fruit, we *can* prepare the soil.

Scripture shows that our choices create the environment where the Spirit’s work can flourish. When we pursue God’s way instead of our own, we make space for His life to flow through us. Think of it like gardening: you can’t make a seed grow, but you can water it, remove the weeds, and make sure it gets sunlight.

In the same way, we cultivate spiritual growth through daily habits - prayer, Scripture, community, confession, and obedience. Those rhythms keep us connected to the vine (**John 15:5**), allowing the Spirit to do what only He can do - grow real, lasting fruit in us. “*Since we live by the Spirit, let us keep in step with the Spirit.*” - **Galatians 5:25**

### CHALLENGE: LISTEN AND GROW

This week, set aside about an hour to listen to the podcast by The Bible Project, linked to the right. Find a quiet spot, take some notes, and really listen for what God might be saying to you through it. Afterward, text your discipleship group and share one thing that stood out. It could be a thought, a question, or a moment that challenged you. Let’s keep learning to stay connected to the Vine and create space for the Spirit to grow good fruit in us.

