



Sunday Recap Guide

Fruitful Soul

E — Encouragement

Start with connection before content. A healthy soul grows best in honest community.

Group Check-In Questions

1. What was one **highlight** from your week?
2. What was one **hard or draining moment** this week?
3. Where did you feel **close to God**, and where did you feel distant?
4. What is something currently **competing for your attention or energy**?
5. Do you feel like you are currently in a season of **growth, waiting, or pruning**?

Leader Note

Remind the group:

Spiritual fruit doesn't grow through pressure — it grows through **connection to Jesus**. The goal tonight is not to perform spiritually, but to stay rooted.

S — Scripture

Main Passage

Galatians 5:16–23 (NLT)

“So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves...”

Paul is writing to believers who were being pressured to follow religious laws in order to be accepted by God. Paul reminds them that transformation does not come from **religious effort**, but from **life in the Spirit**.

The Christian life is not about behavior management — it is about **spiritual transformation**.

The Holy Spirit changes us from the inside out, producing fruit that reflects the character of Jesus.

What Is the Fruit of the Spirit?

Notice Paul says **fruit** (singular), not fruits.

This means the Spirit produces **one unified character** in believers:

Love

Joy

Peace

Patience

Kindness

Goodness

Faithfulness

Gentleness

Self-control

These qualities are not manufactured through willpower. They are the result of **a life connected to Jesus**.

1. A Fruitful Soul Is Rooted

Psalm 1:1–3 (NIV)

“Blessed is the one who does not walk in step with the wicked... That person is like a tree planted by streams of water...”

Psalm 1 paints a picture of a tree planted near a constant water source. Its health does not depend on weather conditions but on where it is planted.

In the same way, spiritual stability comes from **what our souls are rooted in**.

A fruitful life is not built in public moments — it is formed in private devotion.

When our lives are rooted in God’s Word and presence, fruit eventually follows.

Discussion Questions

1. What do you think it practically means to be **rooted in God**?
2. What are some things people commonly root their identity or stability in?
3. What rhythms or habits help you stay spiritually planted?
4. How have you seen God grow something in your life during a quiet or hidden season?

2. A Fruitful Soul Has Seasons

Galatians 6:9

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.”

Scripture shows that growth with God happens in seasons.

Just like agriculture, there are times for:

- planting
- watering
- waiting
- harvesting

Often the most difficult spiritual seasons are the ones where growth is happening beneath the surface.

Faithfulness in unseen seasons produces fruit later.

God is rarely in a hurry, but He is always at work.

Discussion Questions

1. Have you ever experienced a season where you were being faithful but didn't see results yet?
2. Why do you think waiting seasons can be difficult for believers?
3. What do you think God might be forming in us during seasons that feel slow?
4. How can we remain encouraged when fruit isn't immediately visible?

3. A Fruitful Soul Stays Connected to the Vine

John 15:5-8 (NIV)

"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit..."

Jesus spoke these words to His disciples the night before the cross. They were about to face confusion, fear, and uncertainty.

His message was simple:

Stay connected to Me.

Branches do not strain to produce fruit. Their role is simply to remain attached to the vine.

Spiritual fruit is not something we achieve — it is something God produces through relationship with Him.

The more we stay connected to Jesus, the more our lives begin to reflect Him.

Discussion Questions

1. What do you think Jesus meant when He said "**remain in me**"?
2. What are some practical ways we stay connected to Jesus during busy or stressful seasons?
3. What tends to pull people away from that connection?
4. When have you seen spiritual fruit grow naturally in your life because you were close to God?

P — Prayer

Prayer Prompts

Spend time praying through these together.

1. Surrender Prayer

God, show me areas where I've been trying to produce fruit in my own strength.

2. Rooting Prayer

Lord, help me become deeply rooted in You rather than distracted by everything around me.

3. Spirit-Led Prayer

Holy Spirit, guide my decisions, my words, and my reactions this week.

4. Transformation Prayer

Jesus, grow Your character in me so my life reflects You.

N — Next Steps

Personal Next Steps

Choose one this week:

1. Daily Connection

Spend 10 minutes each day in Scripture or prayer asking:

“Holy Spirit, lead me today.”

2. Fruit Check

Each night ask yourself:

- Did my life reflect the Spirit today?
- Where did I see love, joy, peace, patience, etc.?

3. Stay Planted

Commit to staying rooted in:

- Church
- Community
- God's Word

Even when growth feels slow.

Church Next Steps

- Attend **Starting Point** if you want to build a stronger foundation in faith.
- Serve on a team and allow God to grow fruit through your life.
- Attend Marriage Night this Friday!