

Daily Divine Bread

Fruit of the Spirit Workbook

A 9-session study of Galatians 5:22-23

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Session 1: Love (Agape)

Key Text: Galatians 5:22, 1 Corinthians 13:4-7, 1 John 4:7-12

"But the fruit of the Spirit is love..." — Galatians 5:22a

Understanding Agape Love:

Agape is unconditional, sacrificial love — not a feeling but a choice. It is the foundation from which all other fruit grows. God's love poured into our hearts by the Holy Spirit (Romans 5:5) enables us to love as He loves.

Reflection Questions:

1. How does God's love differ from the world's definition of love?
2. Who is hardest for you to love? What would agape love look like toward them?
3. Read 1 John 4:19. How does being loved first empower you to love others?

This Week: Show intentional love to one difficult person through a specific act of kindness.

Session 2: Joy (Chara)

Key Text: Galatians 5:22, Nehemiah 8:10, James 1:2-4, Philippians 4:4

"...joy..." — Galatians 5:22

Understanding Joy:

Biblical joy is not dependent on circumstances. It is a deep, settled confidence that God is in control regardless of what happens. Joy is rooted in who God is, not in what we have.

Reflection Questions:

1. What is the difference between happiness and joy?
2. How can you "count it all joy" in trials (James 1:2)?
3. What steals your joy most often? How can you guard against it?

This Week: Each morning, write one reason for joy that has nothing to do with your circumstances.

Session 3: Peace (Eirene)

Key Text: Galatians 5:22, Philippians 4:6-7, John 14:27, Isaiah 26:3

"...peace..." — Galatians 5:22

Understanding Peace:

The peace of God surpasses understanding. It is not the absence of conflict but the presence of God in the midst of conflict. Jesus gives us His peace — a different kind from what the world offers.

Reflection Questions:

1. What anxieties are you carrying that you need to surrender to God?
2. How does "keeping your mind stayed on Him" (Isaiah 26:3) produce peace?
3. What practical steps can you take to cultivate peace daily?

This Week: When anxiety rises, pause and pray Philippians 4:6-7 before reacting.

Session 4: Patience (Makrothumia)

Key Text: Galatians 5:22, James 5:7-8, Romans 12:12, Psalm 27:14

"...patience..." — Galatians 5:22 (also translated "longsuffering")

Understanding Patience:

Makrothumia means "long-tempered" — the opposite of quick-tempered. It is the ability to endure difficult people and circumstances without giving up or retaliating. God Himself is patient with us (2 Peter 3:9).

Reflection Questions:

1. In what situation do you most struggle with patience?
2. How does remembering God's patience with you help you be patient with others?
3. What is the difference between patience and passivity?

This Week: When frustrated, pause 10 seconds before responding. Ask: "How would a patient person handle this?"

Session 5: Kindness (Chrestotes)

Key Text: Galatians 5:22, Ephesians 4:32, Colossians 3:12, Titus 3:4-5

"...kindness..." — Galatians 5:22

Understanding Kindness:

Kindness is goodness in action — choosing to bless others even when they don't deserve it. God's kindness leads us to repentance (Romans 2:4). We extend that same grace to others.

Reflection Questions:

1. How has God shown unexpected kindness to you?
2. Who needs an act of kindness from you this week?
3. How can kindness be a witness for Christ in a harsh world?

This Week: Perform one anonymous act of kindness each day.

Session 6: Goodness (Agathosune)

Key Text: Galatians 5:22, Romans 15:14, Psalm 23:6, Matthew 5:16

"...goodness..." — Galatians 5:22

Understanding Goodness:

Goodness is moral excellence that expresses itself in deeds. While kindness is gentle, goodness can be bold — it confronts evil and stands for what is right. It is integrity lived out.

Reflection Questions:

1. What is the difference between kindness and goodness?
2. Where might goodness require you to take a bold stand?
3. How does Psalm 23:6 ("goodness and mercy shall follow me") encourage you?

This Week: Identify one situation where you need to stand for what is right, even if it is uncomfortable.

Session 7: Faithfulness (Pistis)

Key Text: Galatians 5:22, Lamentations 3:22-23, Matthew 25:21, Proverbs 3:3-4

"...faithfulness..." — Galatians 5:22

Understanding Faithfulness:

Faithfulness is reliability, trustworthiness, and steadfast loyalty. God is faithful (1 Cor 1:9), and His Spirit produces that same quality in us — consistency in small things and large.

Reflection Questions:

1. In what areas of life has God proven His faithfulness to you?
2. Where do you struggle to be faithful (commitments, relationships, disciplines)?
3. What does "faithful in little, faithful in much" (Luke 16:10) look like for you?

This Week: Identify one commitment you have neglected. Recommit to it this week.

Session 8: Gentleness (Prautes)

Key Text: Galatians 5:23, Matthew 11:29, 1 Peter 3:15, Proverbs 15:1

"...gentleness..." — Galatians 5:23 (also translated "meekness")

Understanding Gentleness:

Meekness is not weakness — it is strength under control. Jesus described Himself as "gentle and humble in heart" (Matt 11:29). A gentle spirit knows when to be firm and when to yield.

Reflection Questions:

1. How did Jesus model gentleness and strength simultaneously?
2. In what relationships do you need more gentleness?
3. How does a "gentle answer" turn away wrath (Proverbs 15:1)?

This Week: In every conversation, choose words that are firm but gentle.

Session 9: Self-Control (Egkrateia)

Key Text: Galatians 5:23, Proverbs 25:28, 1 Corinthians 9:24-27, 2 Timothy 1:7

"...self-control." — Galatians 5:23

Understanding Self-Control:

Self-control is the capstone fruit — the discipline that enables all the others to flourish. It is Spirit-empowered mastery over our impulses, appetites, and emotions.

Reflection Questions:

1. What area of your life most needs greater self-control?
2. How is Spirit-empowered self-control different from mere willpower?
3. What practical boundaries can you set to grow in this fruit?

This Week: Fast from one thing (social media, sugar, complaining) and replace it with prayer.