

Sunday, August 2, 2015



Just Fruity!

How to use Talk It Over:

Talking through the message during the week helps you turn what God is saying to you into action steps. Begin with the key questions and then wrap up by deciding on your next steps. You can use this study guide with your small group, your family, or on your own.

Key Questions:

- What feelings/emotions get “fed” in your life? Do you spend your time on things like worry, anger, fear, hatred, unforgiveness, etc.? Or do you try to cultivate joy, love, peace, forgiveness, kindness, etc.? If feeding the positive is hard for you, choose one positive attribute this week and find ways to feed that one. See what happens!

- Take a look back at Galatians 5:22-23. Which of these seem to grow in you? Which ones seem hard? Take the time each day this week to read through and pray over the fruit of the Spirit, asking the Spirit to come and be at work in your life.

Reading for this week:

Monday: Proverbs 16:32

Tuesday: Philippians 4:4-6

Wednesday: Psalm 31:23-24

Thursday: 2 Corinthians 8:1-3

Friday: Colossians 1:9-12