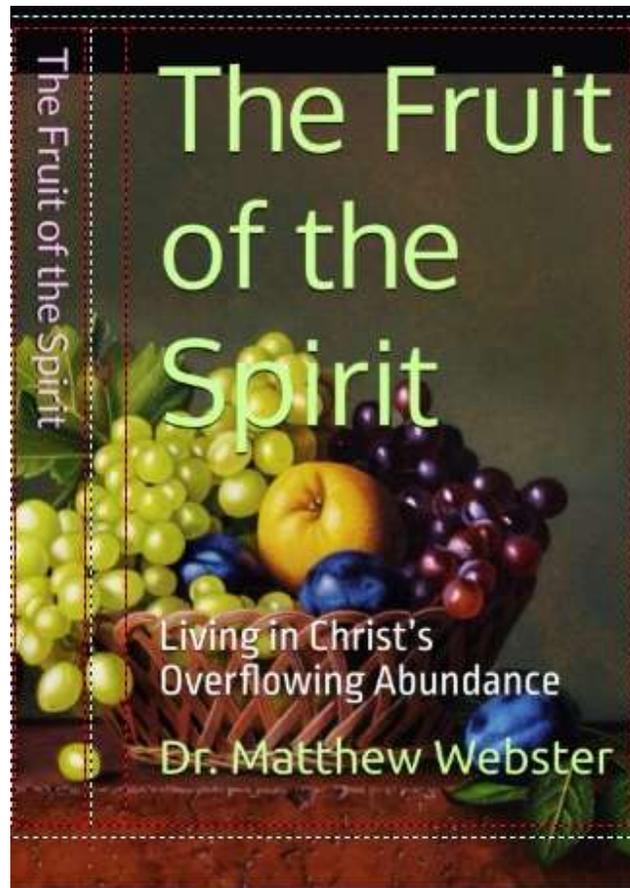


The Fruit of the Spirit
Living in Christ's Overflowing Abundance
A 10-Session Journey into Spirit-Empowered Transformation
By Dr. Matthew Webster



■ **How to Use This Course:**

The Fruit of the Spirit **Living in Christ's Overflowing Abundance** A 10-Session Journey into Spirit-Empowered Transformation By Dr. Matthew Webster

Welcome to *The Fruit of the Spirit*. This isn't just a Bible study—it's an invitation into a new way of living. If you've ever felt stuck in striving, weary from self-effort, or wondering if true transformation is possible, this course is for you.

This journey doesn't focus on what you can produce—it centers on who lives in you. The fruit of the Spirit isn't a checklist to achieve, but a character to receive. It's about letting Christ's life overflow through you.

Each week will help you cultivate the Spirit's presence and power in your daily walk, not by willpower, but by abiding.

Here's how to walk fully in this journey:

📖 **1. Weekly Theme + Teaching**

Every session begins with a Spirit-centered truth, revealing how each fruit expresses Christ's nature through you.

👉 **What to do:**

- Read slowly and prayerfully.
- Ask the Holy Spirit to personalize the message.
- Pay attention to what comforts and also what challenges you.

👉 **Why it matters:**

These aren't just concepts—they're catalysts. When embraced, they reshape your thoughts, habits, and identity from the inside out.

📖 **2. Chapter Reading from the Book**

Each week corresponds with a chapter from *The Fruit of the Spirit: Living in Christ's Overflowing Abundance*, grounding the teaching in Scripture and everyday relevance.

👉 **What to do:**

- Read with openness and humility.

- Highlight truths that speak directly to your situation.
- Revisit portions where you sense God inviting you deeper.

👉 **Why it matters:**

This book is written for real life, not just for study, but for Spirit-led transformation. It will help you embody the message, not just understand it.

🧠 **3. Learning Objectives**

Each session outlines what spiritual truths and experiences are being formed in you.

👉 **What to do:**

- Read these before the session begins.
- Let them shape your focus and posture throughout the week.

👉 **Why it matters:**

These goals provide direction, so you can track your growth, not in perfection, but in dependence on the Spirit.

✨ **4. Reflection Questions (Personal Journal)**

Real change happens when truth meets your real story. These questions draw out personal application.

👉 **What to do:**

- Be honest.
- Don't censor your responses—write with freedom.
- Use journaling as a sacred space for encounter.

👉 **Why it matters:**

We grow most when we bring our inner world into the light of His truth. These reflections are where the fruit begins to form.

🙏 **5. Prayer Prompt**

Each session includes a Spirit-led prayer to align your heart with God's transforming work.

👉 **What to do:**

- Pray slowly and sincerely.

- Make it personal.
- Let the prayer open a conversation with God that continues throughout your week.

👉 **Why it matters:**

Prayer invites the Spirit to do what only He can—produce in you what striving never will.

📖 **6. Memory Verse**

Each verse is carefully chosen to root the week's fruit in your mind and spirit.

👉 **What to do:**

- Memorize it.
- Write it where you'll see it often.
- Speak it aloud when tempted to revert to old patterns.

👉 **Why it matters:**

God's Word renews your mind and equips you to resist the flesh. These verses are spiritual seeds that will bear lasting fruit.

💬 **7. Group Discussion Questions (Optional)**

If you're doing this course in community, these questions cultivate vulnerability, grace, and support. **The small group questions in the book differ from those provided here in this course.** Feel free to use any of the additional questions from the book's chapters to enrich your group discussions even further.

👉 **What to do:**

- Share with humility and listen with empathy.
- Encourage one another's journey.
- Let grace guide every conversation.

👉 **Why it matters:**

The Spirit moves powerfully in community. As iron sharpens iron, these dialogues will deepen your insight and strengthen your growth.

✂ **8. Practical Application (Optional)**

Every week offers a tangible way to embody that fruit in real life.

 **What to do:**

- Take the action seriously, but not legalistically.
- Let it stretch you, not stress you.
- Reflect on the result and journal your experience.

 **Why it matters:**

The fruit of the Spirit is meant to be lived, not just learned. Obedience, even in small steps, opens the door to supernatural transformation.

 **9. Weekly Questions to Carry With You**

A few intentional prompts are provided each week to keep the message active in your heart throughout daily life.

 **What to do:**

- Read them during quiet time, commute, or even as a bedtime reflection.
- Let the Holy Spirit speak as you hold them in your heart.

 **Why it matters:**

Transformation happens day by day. These questions keep your spirit tuned to what God is doing—even when you're not in a formal study time.

 **Final Encouragement**

You're not trying to become more loving, joyful, or peaceful on your own. You're learning to surrender to the One who already is—all these things—and who lives in you.

Let this be the season you stop striving and start abiding.

You were made for fruitfulness.

Let the Spirit overflow.

3. What spiritual “pruning” have you experienced that produced more growth?

4. In what ways has your understanding of abundance shifted after this week’s reading?

 **Prayer Prompt**

“Lord, thank You for planting Your Spirit within me. Help me to abide in You daily and to trust that fruitfulness comes from Your life flowing through mine. Teach me to live not by striving but by surrendering. Grow in me what I could never produce on my own. In Jesus’ name, I pray. Amen.”

 **Memory Verse**

Galatians 5:22-23 – *“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control...”*

 **Group Discussion Questions**

1. What does Jesus mean when He says, “Apart from Me you can do nothing”?

2. How is spiritual abundance different from worldly abundance?

3. Why is it important to understand that the Fruit of the Spirit is one fruit with many expressions?

4. How can community help us stay connected to the “Vine”?

✂ Practical Application:

 **“Vine Time” Practice**

Set aside 10 minutes a day this week for *abiding time*—not to pray requests or study—but just to sit in God’s presence. No phone. No noise. Just openness to the Spirit.

3. Who in your life needs to receive agápē love through you right now?

4. What does it look like to love someone when it costs you something?

 **Prayer Prompt**

“Father, thank You that Your love for me is not based on my performance. Help me to receive it fully—no hiding, no striving. Let that love overflow in the way I speak, serve, and respond to others. Teach me to love as You have loved me. In Jesus’ name, I pray. Amen.”

 **Memory Verse**

1 John 4:19 – *“We love because He first loved us.”*

 **Group Discussion Questions**

1. What makes agápē love different from human love?

2. Why is it so important to receive God's love before trying to give it?

3. How does knowing "God is love" change your relationship with Him?

4. Share a moment when someone showed you Christlike love. What impact did it have?

✂ Practical Application:

❤ "Unsent Letter" Exercise

Write a heartfelt letter to someone you've struggled to love—someone who has hurt, ignored, or disappointed you. Pour out honesty, but also grace.

You will not send it.

This is between you and God. After writing, pray over it and ask God to help you release that person from expectations and bless them.

Then reflect:

→ "How did writing this free me to love more like Christ?"

● Questions to Carry Into the Week:

- Do I truly believe that I am loved unconditionally?

- Am I trying to earn the love I already have in Christ?

- What would it look like today to love someone the way Jesus loves me?

3. How can gratitude reframe your current season?

4. In what ways is God inviting you to celebrate today, even before the breakthrough comes?

 **Prayer Prompt**

“Lord, You are my joy—even when things don’t go my way. Help me to see Your goodness in every situation. Fill me with the joy of Your Spirit and let that joy be my strength. May I be a person whose joy is rooted in You, not in changing circumstances. In Jesus’ name, I pray. Amen.”

 **Memory Verse**

Romans 15:13 – *“May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit.”*

 **Group Discussion Questions**

1. What’s the difference between joy and happiness in your experience?

2. Why is joy called a “strength” in Nehemiah 8:10?

3. How have you seen joy influence others around you?

4. What helps you reconnect to joy when you feel spiritually dry?

✂ Practical Application:

📷 “Joy Journal” Photo Challenge

Each day this week, take a picture of one moment where you notice beauty, laughter, gratitude, or peace—no matter how small.

At the end of the week, reflect on these photos and write a short journal entry titled:

→ “Joy I Would Have Missed Without Intention.”

This practice trains your heart to notice joy in ordinary moments.

3. What would your life look like if peace, not panic, were your default?

4. What practical step can you take this week to cultivate inner stillness?

 **Prayer Prompt**

“Jesus, You are the Prince of Peace. When I’m overwhelmed, help me remember that You are near. Speak to the storm within me: ‘Peace, be still.’ I release my anxieties to You. Let Your calm anchor my heart. In Jesus’ name, I pray. Amen.”

 **Memory Verse**

Isaiah 26:3 – *“You will keep in perfect peace those whose minds are steadfast, because they trust in You.”*

 **Group Discussion Questions**

1. What does it mean to have “peace that surpasses understanding”?

2. Why do you think peace is listed after joy in the Fruit of the Spirit?

3. Have you experienced a moment where God's peace didn't make sense but sustained you?

4. How can you be a peacemaker in your home, church, or community?

✂ Practical Application:

🕒 "5-Minute Stillness" Challenge

Each day this week, set a timer for 5 minutes. Sit in silence. Focus on breathing slowly while meditating on one name of God (e.g., "Prince of Peace," "Shepherd," "Refuge").

3. What frustrates you most about waiting, and what might God be revealing through it?

4. How do you distinguish between waiting in faith and simply postponing action?

 **Prayer Prompt**

“Lord, You are never late, and never in a hurry. Teach me to wait well. Remind me that delays are not denials, and that You are always working behind the scenes. Strengthen my heart with hope and help me trust Your perfect timing. In Jesus’ name, I pray. Amen.”

 **Memory Verse**

Psalm 27:14 – *“Wait for the Lord; be strong and take heart and wait for the Lord.”*

 **Group Discussion Questions**

1. What’s the hardest part of patience for you: the silence, the uncertainty, or the surrender?

2. How do biblical figures like Joseph or Abraham inspire your view of waiting?

3. Why is patience considered a fruit of the Spirit rather than a natural virtue?

4. In what areas has your spiritual growth been accelerated by delay?

✂ Practical Application:

🕒 "30-Minute Detour" Practice

Choose one task this week that you would normally rush (grocery run, driving, preparing dinner). Intentionally slow it down. As you do, pray this short phrase:

3. How does God's kindness toward you affect how you treat others?

4. What opportunities for kindness have you recently discovered?

 **Prayer Prompt**

"Jesus, Your kindness led me to repentance. Help me never to take that lightly. Show me who needs kindness through me this week, not just in convenience, but in compassion. Let my actions reflect Your heart. In Jesus' name, I pray. Amen."

 **Memory Verse**

Ephesians 4:32 – *"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."*

 **Group Discussion Questions**

1. What's the difference between being "nice" and being biblically kind?

2. How can kindness become a lifestyle, not just an event?

3. In what ways does kindness act as a bridge to healing or reconciliation?

4. How can we stay kind when kindness isn't reciprocated?

✂ Practical Application:

📁 "Secret Kindness Drop" Challenge

This week, do one anonymous act of kindness—no recognition, no credit, no explanation. Ideas:

- Donate to a Charity in Someone's Name. Make an anonymous donation to a cause that resonates with the person you want to help.
- Drop Off a Plant or Flower. A small plant or a bouquet left on someone's doorstep can brighten their day.

Journal afterward:

→ "What did I feel, fear, or learn by giving with no strings attached?"

This practice helps you embody kindness purely as worship.

● **Questions to Carry Into the Week:**

- Where is kindness most needed but least seen in my life?

- Am I waiting for others to deserve kindness, or am I offering it like God does?

- What would it look like to be radically kind this week?

♥ Week 7: Goodness (Agathōsýnē) – Character That Shines

☀ Theme: Goodness Isn't Just Being Good—It's Doing What's Right When It Costs

"The Spirit's goodness in you isn't about perfection—it's about integrity, courage, and purpose."

This week focuses on goodness as an active force. It's not moral superiority; it's moral clarity empowered by grace. Goodness stands for truth, seeks justice, and resists compromise—even when it's inconvenient.

📖 Reading: Chapter 7 – *Goodness (Agathōsýnē): Character That Shines*

📖 Micah 6:8, Galatians 6:9-10, Psalm 34:14, Matthew 5:16

📍 Pages 177-197 of *Fruit of the Spirit*

🧠 Learning Objectives

By the end of this week, you will:

- Understand the biblical definition of goodness as Spirit-led integrity and justice.
- Reflect on how God's goodness transforms your moral compass.
- Identify areas in your life where goodness calls for action, not silence.
- Learn how to do good without seeking recognition.

🌟 Reflection Questions (Personal Journal)

1. What's the difference between being "good" and walking in Spirit-empowered goodness?

2. In what situations is it hardest for you to take a stand for what's right?

3. How has God's goodness shaped your sense of right and wrong?

4. Where is the Spirit inviting you to bring goodness into a dark or difficult place?

 **Prayer Prompt**

"God, You are good—and Your goodness never fails. Let Your goodness flow through me in a way that brings justice, integrity, and hope to those around me. Give me the courage to do what's right, even when no one sees. Make me bold in goodness. In Jesus' name, I pray. Amen."

4. How do you discern when goodness means speaking up versus staying silent?

✂ Practical Application:

🕯 "Goodness in the Gap" Mission

Look for a specific situation this week where someone is overlooked, mistreated, or needs advocacy. Step into that gap with tangible goodness:

- Offer support or help.
- Speak up for someone's dignity.
- Choose honesty in a place where deception would be easier.

Afterward, journal:

→ "What did this act of goodness cost me? What fruit did it bear in my heart?"

This helps internalize goodness as a spiritual discipline.

💡 Questions to Carry Into the Week:

- Where am I tempted to compromise my integrity?
- How can I be a visible reflection of God's goodness in quiet ways?
- Am I willing to let goodness be costly and courageous?

♥ Week 8: Faithfulness (Pistis) – Steadfast in Every Season

☀ Theme: Faithfulness Is Choosing Steadfastness When Giving Up Feels Easier

“God’s faithfulness isn’t just something He does—it’s who He is. And He invites us to reflect that in our lives.”

This week focuses on faithfulness—not flashy or fast-moving, but rooted, dependable, and consistent. The Spirit cultivates faithfulness in us so that we reflect God’s unwavering reliability in our relationships, callings, and daily walk.

📖 **Reading: Chapter 8 – Faithfulness (Pistis): Steadfast in Every Season**

📖 **Lamentations 3:22–23, 1 Corinthians 4:2, Matthew 25:21, Hebrews 10:23**

📍 Pages 200-226 of *Fruit of the Spirit*

🧠 Learning Objectives

By the end of this week, you will:

- Understand faithfulness as Spirit-empowered loyalty to God and others.
- Reflect on God’s unchanging faithfulness toward you.
- Learn how to remain rooted in your commitments even in difficulty.
- Embrace consistency as a form of spiritual strength.

🌟 Reflection Questions (Personal Journal)

1. Where in your life do you feel tempted to give up or walk away?

2. How has God proven faithful in a way that surprised you?

3. What small, steady acts of faithfulness are you called to keep showing up for?

4. How does the Spirit empower you to stay consistent when your strength fades?

 **Prayer Prompt**

“God, You are always faithful—even when I waver. Strengthen me to be someone who keeps showing up. Teach me to be faithful in the small things, trusting You to multiply the fruit. I want to reflect Your steady heart in a restless world. In Jesus’ name, I pray. Amen.”

4. Share a time when someone's quiet consistency made a lasting impact on your life.

✂ Practical Application:

"Faithfulness Log" Commitment

Choose one daily action this week that reflects faithfulness. It could be:

- Praying for someone.
- Showing up for a responsibility with a joyful heart.
- Being consistent in a new habit that God is growing in you.

Track your commitment with a simple log each day. At week's end, reflect:
→ "What did I learn about God and myself by showing up even when I didn't feel like it?"

This practice reinforces the quiet power of consistency.

Questions to Carry Into the Week:

- What would change if I trusted that faithfulness in the small things leads to opportunity for God to do great things?
- Where is God calling me to simply stay the course?
- How can I reflect God's reliability to others this week?

♥ Week 9: Gentleness (Prautēs) – Strength Under Control

☀ Theme: Gentleness Isn't Weakness—It's Christlike Power with a Soft Edge

"Gentleness is the language of Jesus—strong enough to confront, tender enough to heal."

This week, we rediscover gentleness not as passivity or timidity, but as Spirit-controlled strength. Gentleness is how Jesus approached the broken, corrected the proud, and lifted the weary. It is a strength cloaked in compassion.

📖 **Reading: Chapter 9 – *Gentleness (Prautēs): Strength Under Control***

📖 **Matthew 11:28–30, Galatians 6:1, Philippians 4:5, Proverbs 15:1**

📍 Pages 229-247 of *Fruit of the Spirit*

🧠 Learning Objectives

By the end of this week, you will:

- Understand gentleness as the power that chooses humility and grace.
- Learn how to respond to conflict with a Spirit-led spirit.
- Reflect on the gentleness of Jesus as both teacher and Savior.
- Discover how gentleness disarms defensiveness and opens doors for healing.

☀ Reflection Questions (Personal Journal)

1. When have you experienced gentleness that restored or healed you?

2. In what areas do you tend to react with force rather than gentleness?

3. What does Jesus' gentleness in Matthew 11 reveal about His heart toward you?

4. How can you be a gentle voice in a loud, angry culture?

 **Prayer Prompt**

"Jesus, You are gentle and lowly in heart. Teach me to respond to others as You respond to me—with compassion, calmness, and humility. Let my strength be guided by Your Spirit, not by pride or fear. I want to be strong in love and soft in tone. In Jesus' name, I pray. Amen."

 **Memory Verse**

Philippians 4:5 – *"Let your gentleness be evident to all. The Lord is near."*

 **Group Discussion Questions**

1. Why does our culture often view gentleness as weakness?
 2. How does gentleness reflect the nature of Christ better than force or control?
 3. Share a time when someone's gentle response impacted you deeply.
 4. What does it look like to correct someone in a spirit of gentleness?
-

♥ Week 10: Self-Control (Egkráteia) – Mastered by the Spirit

🌟 Theme: Spirit-Controlled, Not Self-Controlled

“Real self-control doesn’t come from willpower—it comes from being filled with the Spirit.”

We end our journey with self-control—often the hardest fruit to grow, yet essential for sustaining a Spirit-led life. Self-control is not about suppression or striving, but surrendering our desires, responses, and habits to the lordship of Christ.

📖 **Reading: Chapter 10 – Self-Control (Egkráteia): Mastered by the Spirit**

📖 **Titus 2:11-12, 1 Corinthians 9:24-27, Galatians 5:24, Proverbs 25:28**

📍 Pages 250-End of *Fruit of the Spirit*

🧠 Learning Objectives

By the end of this week, you will:

- Understand self-control as Spirit-enabled mastery over impulses and emotions.
- Learn to shift from reactive living to responsive, surrendered living.
- Identify personal areas where self-control needs to grow.
- Embrace daily surrender as the path to true freedom.

🌟 Reflection Questions (Personal Journal)

1. In what area of your life do you feel most out of control right now?

2. What have you learned about the connection between control and surrender?

3. How has the Spirit already helped you develop self-discipline?

4. Where do you need to rely on God's strength instead of your willpower?

 **Prayer Prompt**

“Heavenly Father, You know that I often try to control myself by my own effort. Teach me to surrender. Strengthen me where I’m weak, and train my heart to respond to You first. Let my habits reflect Your holiness, and let my life be evidence of Your power working within me. In Jesus’ name, I pray. Amen.”

4. What role does community play in helping us live self-controlled lives?

✂ Practical Application:

 **“Trigger + Truth” Habit Tracker**

Identify one area this week where you tend to lose self-control (e.g., worry, overindulging, words, screen time, anger). Each time you feel the trigger, pause and speak a truth over yourself from Scripture.

Example:

- Trigger: Frustration with a family member
- Truth: *“A gentle answer turns away wrath” (Proverbs 15:1)*

Track the number of times you responded with Spirit-led awareness rather than reaction.

At week’s end, reflect:

→ “How did slowing down and speaking truth reshape my reactions?”

🌟 Questions to Carry Into the Week:

- Am I truly free, or am I mastered by my habits and emotions?
- Where is self-control an invitation to trust God more?
- How can grace—not guilt—motivate lasting transformation?

✔ Next Course: Heaven Come Down — Living as Citizens of Heaven Today

After exploring the character of Christ through the Fruit of the Spirit, you're invited into a bold new journey: *Heaven Come Down*.

This next course is more than a study—it's a mindset shift. In a world often marked by chaos, fear, and discouragement, God is calling His people to live with a Kingdom-first perspective, right now. You're not just waiting for Heaven—you're carrying it.

Heaven Come Down will empower you to:

- 🌐 Live with eternal purpose in your daily life, seeing every moment as an opportunity to reflect God's Kingdom.
- 👂 Understand how Heaven influences the way you respond to trials, bringing peace and perspective amid hardship.
- 🏠 Discover your true identity as a citizen of Heaven, understanding that your life here is anchored in a greater, eternal reality.
- 👑 Reign with Christ's authority in the here and now, stepping into your rightful role as a co-heir with Christ.



In these sessions, you'll not only learn how to walk in the spiritual reality that Christ has already made available to you, but you'll also experience glimpses of what is to come. You'll uncover how to unleash the joy, peace, and victory of Heaven today—and bring Heaven to earth in every sphere of influence you touch.

Get ready to go from waiting for the Kingdom... to living from it.
