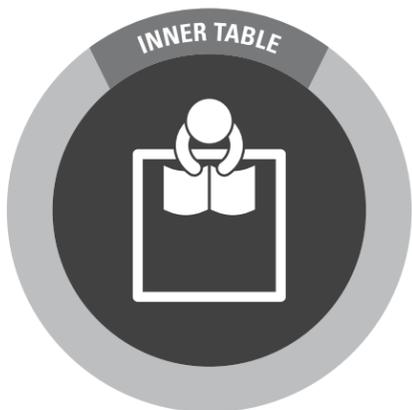


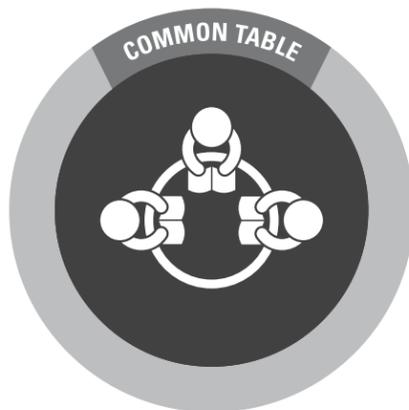
Sermon Notes



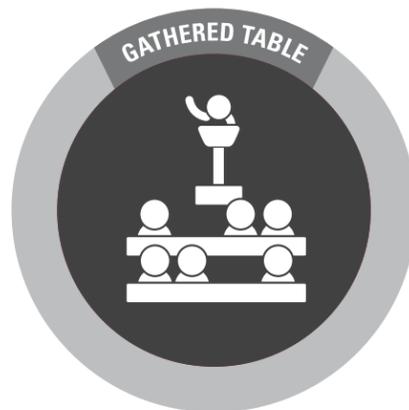
“Spiritual Fruit”
November 4th, 2018



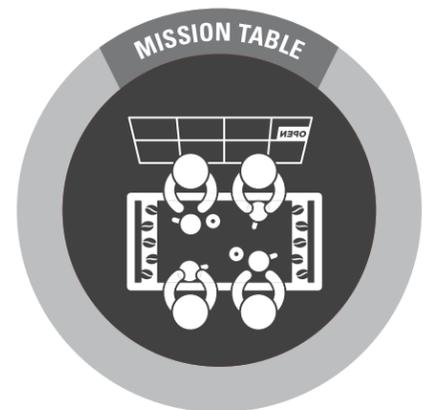
Seeking God
in Solitude



Finding God
in Friendship



Celebrating God
in Community



Reflecting God
in Relationships

Reflection Questions (please use these individually or in groups)

Sermon Questions:

1. Do any of the "acts of the flesh" particularly resonate with areas of struggle in your life? Consider how you might respond with seeking accountability (if the issue is more "internalized") or how you might respond with reconciliation (if the issue is more "relational").
2. What kind of "spiritual fruit" do you see in your life? Ask a trusted friend this week about what kind of fruit they see in you.
3. Pray about what practices might help you better cultivate your life for the growth of spiritual fruit and/or help you better keep "in step" with the Holy Spirit.

Additional Questions:

4. Have you tried any of the self-care disciplines below? This is a great way to "grow fruit" in your life. When we sow time and effort into the betterment of ourselves, God will grow fruit in us. Remember, we cannot expect to take care of others well if we're not taking care of ourselves. Consider trying these out or finding other ones to practice.

Devotional Reading & Inward Reflection

- **Galatians 5:19-26** | Have you ever felt intimidated by these lists? Try not to treat them as lists of do's and don'ts. But rather, ask for grace as you sow into yourself.
- **1 Corinthians 13** | As Paul says here, faith, hope, and love are the chief pursuits of the Christian faith with love being the most important. Look at verses 4-7 and ask yourself if you're struggling in any of these areas. Are you struggling to be kind? To not envy? etc. How might you sow into yourself this week to bear the fruit of love?
- **Colossians 3:1-17** | We experience the "wrath" of God as a natural repercussion to living outside the love of God. Thus, God is not "out to get us" but rather is handing us over to our desires. Do you feel like you might be living in ways that don't reflect being made alive in the love of Christ? Is there chaos you are creating that might be exposing you to "wrath?" When we create chaos, chaos always finds us back.
- **2 Peter 1:3-11** | Consider what you are "adding" to your faith and what you are "subtracting" from your faith.

Self-Care Disciplines

October Discipline: Fasting | Media Fast

Fasting is an excellent spiritual practice to determine the areas in our lives where we have too much excess. In our current cultural climate, we have been conditioned to become consumers. If you think about it, consider everything you "consume" in a week. It's a lot! We have also been trained to live without "margins" in our lives. Margins are those spaces where we have nothing planned and have time in between stuff or at the beginning and ending of each day. It's no wonder we are so stressed when we consistently go right from one thing to the next. We have created a false good that busyness = success. But consider all the times Jesus retreated to spend time in rest and prayer.

This week, we are going to focus on fasting from media. We spend so much time in front of TV's and on our phones. While these devices are great, they can often control us. Think of one thing in particular (a show, an app on your phone, TV before bed, etc.) that you can give up for a few days this week. After doing so, consider if you felt more at peace without it. Also, if you notice during the process that you are struggling without it, that could signal that you may be developing an addiction to said thing. Through all of this, ask that the presence of Jesus would be with you.