



NAC-USA  
DEVELOPMENT  
INSTITUTE

Do you bear  
fruit?

Peace

Gentleness

Self-Control

# MIDWEEK GUIDE

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**2017**

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August

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# 2017 August MIDWEEK GUIDE

## Session 1: Do you bear fruit?

1. Is it possible to have behaviors that are different than internal values? Why is it important that our internal values match our behaviors? What does this show people about us?

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2. How do our behaviors and actions demonstrate the fruit of the Spirit growing within us?

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3. *The Gospel and the commandments of God apply at all times, whether someone sees us or not.* What does that tell you about fruit and leaves? Not much is usually discussed about the leaves in the story of the fig tree. Why is the connection between the leaves and fruit important?

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4. Why is oneness important in the congregation? How do we suffer when we do not have unity? In the video it is mentioned that Jesus also suffers when there is no unity. Is this possible?

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5. In what ways is our faithfulness in God evident in our lives?

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6. Read John 15:1-8. Why does the fruit of the Spirit only grow in us when we abide in Jesus?

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### Bible References

Mark 11:12-14  
Luke 18:8

Matthew 23:37  
John 17:20-21

John 15:1-8

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## Session 2: Peace

1. Why is peace hard to maintain? What are some ways to regain peace in your life after it has been lost?

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2. Jesus said He wants to give us His peace. What is the difference between peace without the Spirit versus the peace that we have as a result of the Spirit?

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3. How is it possible to live and walk each day with peace ruling in our hearts? Is it possible to have a serene composure in the midst of everything happening in life?

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4. *True peace saturates a soul when it is in true alignment with the way of Jesus Christ.* How does being rooted in Christ give you peace?

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5. How could reading the Scriptures help create peace in us?

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6. What does it mean to you to be a peaceful presence in the midst of others? What could you do to bring peace to those around you?

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7. What role does the Holy Spirit play in helping you keep your peace?

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### Bible References

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John 14:27

Romans 12:18

Colossians 3:15

Hebrews 12:14

## Session 3: Gentleness

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1. What do you think of when you hear the word “gentleness”? How can a person be strong and demonstrate gentleness at the same time?

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2. Besides the example given in the video, what other times in Scripture does Jesus exemplify gentleness?

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3. Have you ever been in a situation where you suppressed your own will or reaction to go along with someone else's? Was it hard to keep your peace? What makes it easier to do?

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4. In Philippians 4:5, Paul wrote “Let your gentleness be known to all men. The Lord is at hand.”  
In what ways can we let our gentleness be known?

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5. Read through Galatians 5:19-21. This list of sins might seem extreme, but what seemingly insignificant actions could lead to them?

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6. The video says we need to lay down good intention and self-improvement. Why? What would be missing if we only relied on ourselves?

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7. What does it mean to you to be surrendered to the Holy Spirit?

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8. PERSONAL TAKE-HOME: Think about or write out your own version of the prayer that ended the session: *Father, help us bear fruit that glorifies You by laying aside our will for Yours.*

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### Bible References

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Matthew 7:16-20  
Luke 13:6-9

John 18:11  
Galatians 5:19-23

Psalm 16:2 RVR95

## Session 4: Self-Control

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1. Why is it necessary to have self-control in all circumstances? Is losing control in certain instances worse than others? Why or why not?

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2. Why can self-control only come through the Holy Spirit?

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3. What damage can a lack of self-control do to our relationships? To ourselves?

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4. Why do you think self-reflection is a good way to improve self-control?

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5. There are times when we say, “I lost control” or “I don’t have patience for this,” yet self-control and patience are characteristics of the fruit of the Spirit. When we use phrases like the ones mentioned, what does it say about our relationship with the Spirit?

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6. When we are tested by the challenges of life, how can we continue to demonstrate the fruit of the Spirit?

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7. How can we express our desire to God to be continually lead by the Holy Spirit?

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### **Bible References**

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Proverbs 25:28

2 Corinthians 3:18

Matthew 4:1-11