

## Week 8--November 8

### Am I experiencing transformation?

#### Focus

The Holy Spirit has a role in transforming us into the image of Christ. One way this happens is through the production of character qualities known as the fruit of the Spirit. Christians who experience transformation see these fruits change and grow.

#### Scripture Reading--Galatians 5:22-26

By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. There is no law against such things. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also be guided by the Spirit. Let us not become conceited, competing against one another, envying one another.

#### Questions for the Journey

- Which of the fruits of the Spirit is easiest for you to show to others? Which is hardest? Why?
- Which “fruit” do you admire most in others?
- How has this changed over time for you in the past? How would you like this to change in the future? Be specific.
- How will you let the Holy Spirit cultivate the “fruits” listed in 5:22 in your life?
- Beyond the concept of fruits, how has God changed you over time? Who is God calling you to be in the future? If you have been a Christian for a long time ask, “How did I live the Christian life 5 years ago and what might it look like 5 years from now?”

#### Drawing Closer

- Pick one of the fruits of the Spirit listed above and intentionally try to show it this week (or choose one each day). How did it feel to be intentional about choosing to act a certain way?

We used portions of *Discipleship Essentials* by Greg Ogden in this resource. For an even deeper exploration of your journey as a follower of Jesus, check out Chapter 15.