

# Fruitful - Growing what only God can produce

Pr. Israel Perdonson - June 22nd

 **Key verse: Galatians 5:22-23**

## 1. FAITHFULNESS

Unwavering loyalty and dependability. Examples in the Bible: Noah and Mary (the mother of Jesus).

 **Revelation 2:10b / Proverbs 3:3-4**


## 2. GENTLENESS

Strength under control, expressed with care. Examples in the Bible: David and Paul.

 **Matthew 11:29**

## 3. SELF-CONTROL

Moral excellence in action. Power over oneself and self-mastery.

 **Titus 2:11-12 / Proverbs 25:28**

These qualities mark spiritual maturity and reflect Christ's character in a world that often celebrates the opposite: commitment phobia over faithfulness, harshness over gentleness, and indulgence over self-control.

When these qualities grow together, they form a character that is dependable, approachable, and disciplined – a powerful witness to Christ's transforming work. But when one is missing, their balance breaks: faithfulness without gentleness can become rigid legalism; faithfulness without self-control can become inconvenient; gentleness without faithfulness can become unreliable niceness; and gentleness without self-control can become passive weakness; and self-control without faithfulness can become self-centered discipline.

### Start Talking: Spark Conversation

- 1) Have you ever had to stick to a commitment, stay calm during conflict, or resist reacting impulsively? Which one is harder for you?
- 2) Which of these do you think is the most countercultural today: being faithful, being gentle, or having self-control?

### Start Thinking: Deepen the Thought

- 3) These three qualities complement each other. What do you think happens when one of them is missing?

- 4) What kind of character is formed when faithfulness, gentleness, and self-control grow together? How do you think that kind of life reflects Christ to the world?

### Start Sharing: Open Heart / Share Stories

- 5) Which of these three qualities have you seen God develop in you over time? What helped that growth happen?
- 6) Share a time when a lack of self-control led to a result you later regretted. What did you learn from it?

### Start Doing: Commit to Act

- 7) Faithfulness - Examine your commitments. Are there areas where you've been inconsistent and unreliable? → Choose one specific commitment to renew this week.
- 8) Gentleness - Identify one relationship or a situation where you tend to respond more harsh rather than gentle. Practice responding with controlled strength.
- 9) Self-control - Identify one area where you struggle with self-mastery and develop a specific plan to grow in this area with self-control.

### **Praying.**

Heavenly Father, thank You for Your Spirit who lives in us. Help us grow in the fruit of the Spirit, making us faithful, gentle, and self-controlled, so that we may become spiritually mature, reflect Jesus, and draw others to Your love. In Jesus' name. Amen!

### **Announcements:**

- Be part of our team - become a volunteer
- HOP every Friday 7pm at Formation Center
- Give your offering through Contribua, it goes straight to The Way Ministry. Link: <https://contribua.pibcuritiba.org.br/produtos/paginaproduto/135>
- The Way Camp - First Batch on sale - R\$ 340 (3x)