



***Sermon-based reflections connect the week to the weekend!***

*Dig deeper into the talk each week, in a small group or independently. Challenge yourself to see how the message actually makes sense and applies to your everyday life.*

**Message Info:** Guest Speaker - Choices, 2/4/24 - We make choices every day. Some are of little consequence. Some we make automatically. The clothes we wear, food we eat, how we spend free time, and the words we say are just a few. Today our guest speaker challenges us to apply the fruits of the Spirit to our every day choices.

*(Passages: Galatians 5:22-23)*

**Discussion Questions:** Take your time and dig into these questions.

Consider the choices you make every day. Do you think before acting? Are your words loving and kind? Do you handle conflict gently and patiently? Are your thoughts faithful? How often do you experience peace?

Read Galatians 5:22-23. What stands out to you about this passage? Why?

Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. The fruits of the spirit are contrary to our human nature, so it's no wonder we struggle to practice them. It takes humility, intention, and God's help to make these reflexive. To put our inherently selfish perspective on the backburner, we must acknowledge the value of those around us and the benefit of inviting God into our choices. Which present the biggest opportunity? What are some practical (even small) ways you can apply the fruits to your decision-making?

Don't feel overwhelmed trying to implement these. God does not expect mastery overnight. Think of the long journey from a seed to finally bearing fruit — it is a process. And God is there to guide and strengthen us throughout. In 2 Corinthians 12:9, Paul reminds us that God is strong where we are weak. He is glorified when we triumph over difficulties that we would otherwise never see through. Start with trying to be extra mindful of a few you feel are lacking, and prayerfully pursue the fruit of the Spirit.

**Weekly Challenge:** Introduce yourself to someone you haven't spoken to before at Worship Service this week!