



*Our Talk It Over is designed to prompt insights and dialogue based on the life experience of each participant. Using these in a group setting after hearing the message is similar to the practices of the early church in Israel. Choose just one or a few of the questions to consider this week. It's also a great tool for individual reflection.*

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### Warm Up

What's one plant, tree, or flower you've tried to grow? Did it thrive...or did it need a little more care than you expected?

### Discuss

1. Healthy things need to stay connected to their source of life. What are some everyday habits or relationships that help you feel grounded and healthy?
2. The Fruit of the Spirit includes love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Which one do you find easiest to practice? Which one tends to be the biggest challenge?
3. Jesus' command was simple but challenging: "Love each other." What does genuine love look like in ordinary, everyday life—not just in big moments?
4. Growth often involves pruning—letting go of something so something better can grow. Is there a habit, attitude, distraction, or commitment that you sense needs attention in this season of your life?
5. Many people want the fruit of a healthy life without slowing down enough to stay connected to its source. How does our busy culture make it difficult to remain connected to Jesus, and what practical changes might help create more space for that relationship?



### Apply

Choose **one** Fruit of the Spirit from discussion question #2 that you'd like to intentionally cultivate this week. Each morning, ask God to help that quality grow in your life, and each evening take a minute to reflect on one opportunity you had to practice it. Don't focus on perfection -- simply pay attention to how God is shaping you.

### Pray

God, thank you for inviting us into a relationship with you instead of asking us to figure life out on our own. Help us stay connected to you throughout this week. Grow in us the kind of character that reflects your love, and give us the courage to be honest about the areas where we need your help. May our lives become a source of encouragement and hope to the people around us. Amen.