



Tree of Life Discipleship Series

Booklet 5

Fruit


This is to my Father's glory,
that you bear much fruit,
showing yourselves to be my disciples.
John 15:8


Booklet 5 – Fruit


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Symbols Used in the Series

 When you see this symbol in the booklets, stop and pray right then about what God is saying to you.

 When you see this symbol it means there is a homework assignment to do.

 When you see this symbol it means the subject is like a deep well and requires special thought.



Lesson 1 – Fruit Comes From the Spirit

In this lesson you will learn:

- Fruit grows naturally, not by force.
- You must abide in Jesus the vine.

As you worked through the first four booklets, your tree was rooted in Jesus, fed with nutrients from the Word of God, powered by the sap of the Holy Spirit, and pollinated with fellowship in the church. It is time to allow fruit to grow. Fruit is the beautiful change in your character that makes you like Jesus. Fruit brings glory to God and eternal rewards to you.

The sweetest fruit is not what you do for Jesus, but what he does in you. He uses life, suffering, the Bible, fellowship, teaching, and his Spirit in the process of growing fruit in you. Changing your character is your biggest challenge and main job.

Fruit does not come from your effort, but from your connection to Jesus.

1) Read John 15:1-17. This wonderful passage holds several truths you will explore. According to verses 4 and 5, what can you do on your own?

2) According to verse 16 what did Jesus appoint you to do?

3) In verse 4 Jesus tells you to remain in him. List some ideas for how you can remain in him.

Review of Lesson 3

- Qualities of the fruit of the Spirit.
- How to connect your branch to the vine.

Summary of Booklet 5 - Fruit

- Fruit comes from the Spirit.
- You are pruned to increase fruit.
- The fruits are love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

4) Fruit naturally grows on a branch when it is connected to the trunk and the sap flows out to the twigs, leaves, and flowers. In the same way you do not need to force fruit to grow in your life; it will come joyfully when you are well connected to the trunk. According to verse 1, who is your trunk?



5) What will happen if you try to work for God on your own? See verse 6.

6) Circle the activities that are Jesus working in you, and cross out activities that are self-effort.

- | | |
|------------------------------|-----------------------------------|
| Pray with a listening heart | Give everyone the gospel |
| Break habits with willpower | Demand God heals you |
| Wait on the Lord's timing | Obey the Spirit's prompt to speak |
| Repent when convicted of sin | Live according to rules |



See how the great work of Paul was accomplished:

We proclaim him, admonishing and teaching everyone with all wisdom, so that we may present everyone perfect in Christ. To this end I labor, struggling with all his energy, which so powerfully works in me. Colossians 1:28, 29

36) Gentleness does not mean weakness. How is this taught in Ephesians 4:15?

Self-control

37) Draw lines to match the verses with the descriptions of self-control.

- | | |
|-----------------------|--------------------|
| James 1:19, 20 | Control lust |
| James 3:2-12 | Control thoughts |
| 1 Thessalonians 4:3-7 | Control anger |
| Romans 13:14 | Control the tongue |



As you pursue these beautiful fruits of the Spirit in your life, remember they are of the Spirit, not of you. Therefore, your task is to abide in Jesus Christ with all your heart, soul, and mind. The definition of abide is: to wait upon the guiding of the Lord; to rest in him; look to him for direction and guidance in life. As you press close to the Spirit of Jesus, his fruit will come naturally. In Booklet 3 – Sap, lesson 3, you learned the disciplines necessary to stay filled by the Holy Spirit:

- Read the Bible
- Pray/Meditate/Fast
- Worship
- Fellowship/ Accountability
- Empty Yourself
- Serve Others

Whatever you do, work at it with all your heart, as working for the Lord, not for men, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving. Colossians 3:23, 24

Faithfulness

31) Are you true to your promises to God and others, even when it means loss to yourself? Can you give an example, either bad or good?

32) In 3 John 1:3, the Christians are praised for their faithfulness to what?

33) How does Paul show sacrificial faithfulness in Acts 20:24?

Gentleness

34) What words does Matthew 12:15-21 use to describe the gentleness of Jesus?

35) What reason does Philippians 4:5 give you for being gentle?

Review of Lesson 1

- Fruit grows naturally, not by force.
- You must abide in Jesus the vine.



Lesson 2 – You Are Pruned to Increase Fruit

In this lesson you will learn:

- Why bad things happen.
- How to turn trials into good.
- The result of pruning.

WARNING: The truth in this lesson goes against human nature so it may take a long time to learn, even a lifetime.

The present earth is a damaged, dark place. This brokenness was caused when mankind brought sin into the world; however, God has a plan to fix everything. Will you join Jesus to become part of the solution? The Bible promises this life will be difficult, then relief will come in paradise. Jesus said:

I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world. John 16:33

Do not let your hearts be troubled. Trust in God; trust also in me. In my Father's house are many rooms; if it were not so, I would have told you. I am going there to prepare a place for you. And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am. John 14:1-3

7) For now you must live in a fallen world. Romans 8:18-25 reveals the connection between earth's suffering and the

followers of God. What will happen to creation when Jesus comes for his loved ones?

8) According to 1 Peter 1:6, 7, what is the purpose of trials?

God temporarily permits evil and pain so you can be refined into Christ-likeness.

9) In 1 Corinthians 7, Paul gives advice to spouses, the uncircumcised, slaves, and the unmarried. What recommendation is repeated to these groups in verses 17, 20, 24, 26?

If you pray for things like, “Do not let my loved one die,” or, “Heal this sickness,” or, “Grow my ministry,” and God does not answer, your heart may develop an unspoken mistrust. Do not misunderstand God’s silence. He loves you very much and leaves problems in your life so you will be refined for eternity. You must learn to pray, “God do not remove this situation until you have used it to refine my faith.”

10) Read Hebrews 12:5-11. According to verse 6, does discipline prove God’s anger or his love?

Kindness

27) To most first century Jews, the Samaritans were considered outcasts and no good. Yet, in Luke 10:30-37 Jesus makes a Samaritan the hero of his parable. According to this teaching, who are you to show kindness to?

28) In Matthew 5:43-48, who does Jesus tell you to be kind to?

Goodness

29) Goodness can also be defined as righteousness or purity. Ephesians 5:8, 9 compares the goodness of your life in Christ to the darkness you were in. List some of the changes to goodness you have made since coming to Jesus.

30) Read Matthew 5:17-20. Jesus says the believer must be more righteous than the Pharisees and teachers of the Law. The Jewish leaders followed detailed rules for outward religion. In Luke 11:39-41 Jesus says they honored God with their rules, but not with their hearts. How can your righteousness go beyond that of the Pharisees? (Hint: see John 15:5.)

If you truly love Jesus, you will want to honor him with goodness, honesty, and purity in every action.

21) Is it possible to live in the midst of big problems and still enjoy peace?

22) According to Philippians 4:6, 7, what are you to do when you feel anxious? What result can you expect?

23) According to these verses, will peace in your spirit always make sense to your mind?

Patience

24) Read Colossians 3:13. What reason do you have to be patient with others?

25) According to Hebrews 6:12, what are the two traits necessary to receive your promised inheritance?

26) In James 5:7-11, what is patience compared to? According to these verses, what event will end your waiting?

11) Temporary problems are used to refine your faith and bring eternal glory. God values the eternal over the temporal. You should do the same. You can help the refinement process if you understand its benefit. Look again at John 15:1, 2. What is the purpose of pruning?



When Jesus spoke these words he was most likely thinking of grape vines. Vines only grow fruit on the branches grown in the current year. Therefore pruning produces new branches and more fruit.

The same is true in your life. By removing earthly attachments, God causes you to push energy into the best branch of your life, which is your relationship to him. He uses trials and temptations to prune everything but his love. To assist in God's work through trials you must move your attachments from earthly comforts to Jesus.



When you feel sadness over a trial, use it as a reminder to turn to Jesus in prayer and feel his love and thank him for your eternal blessings. Rather than focus on what you have lost, remember your heavenly blessings, such as forgiveness, adoption, forever family, heaven, etc. The result of this discipline is lasting joy.

If you cooperate, the final product of harsh pruning will be less attachment to this fading world and richer, fuller, more Christ-like character for eternity. You will develop better fruit.

12) James 1:2-4 tells us to embrace trials. What advantages of trials does James list?



Suffering can only hurt our inner self if we fail to use it to become more like Jesus.

Review of Lesson 2

- Bad things can refine you.
- Use trials to draw close to Christ.
- Pruning increases fruit.



Lesson 3 – Understand Your Fruit

In this lesson you will learn:

- About the fruit of the Spirit.
- How to connect your branch to the vine.

13) The list of the fruit of the Spirit is found in Galatians 5:22, 23. Write them here.



Memorize the nine fruits and pray through them one at a time. Seriously seek God's help in growing in these important areas.

Love

14) Read 1 Corinthians 13:1-13. Verses 4-6 list eleven qualities of love. Choose any two and write real-life examples of these qualities in action.

15) List the four qualities of love given in verse 7 and write a short description of each one.

Joy

16) Write the reasons for joy as found in Luke 2:10, 11; Luke 6:22, 23; Luke 10:21.

17) What is the difference between the joy found in these verses and happiness?

18) According to John 15:9-11, what reason do you have for complete joy?

Peace

19) Look up John 14:27; Colossians 3:15; 2 Thessalonians 3:16. What is the source of peace?

20) If peace is the result of a relationship with Jesus Christ, what does it mean when you are not experiencing peace?