



Sunday Equipping



Perimeter
CHURCH

Table Discussion

Introductions

- Introduce yourself – name, how long you have been at Perimeter, where you are from
- As a table: Discuss the following questions:
 1. What are some of the things you look forward to about spring/summer?
 2. What is your relationship to patience and self-control, the two aspects of the fruit of the spirit we are looking at today? When you hear them do you feel a sense of achievement – I practice these pretty well? A sense of guilt? Shame?



Walking by the Spirit: The Fruit of the Spirit



Perimeter
CHURCH

Schedule



- April 7, 2024 - Intro to the Fruit of the Spirit - Love
- April 14, 2024 - Fruit of the Spirit – Joy and Peace
- April 21, 2024 - Fruit of the Spirit – Patience and Self-Control
- April 28, 2024 - Fruit of the Spirit – Kindness and Goodness
- May 5, 2024 - Fruit of the Spirit – Faithfulness and Gentleness



United with
Christ

WALKING WITH THE SPIRIT

WALKING WITH THE SPIRIT

MULTIPLYING
SPIRITUALLY

HOLISTIC
WORSHIP

ENGAGING
MISSIONALLY

EMBRACING
A KINGDOM
CALLING

DEMONSTRATING
GODLY
CHARACTER

STEWARDSHIP
RESOURCES

GOD-HONORING
RELATIONSHIPS

KINGDOM FLOURISHING (GOD, SELF, NEIGHBOR)

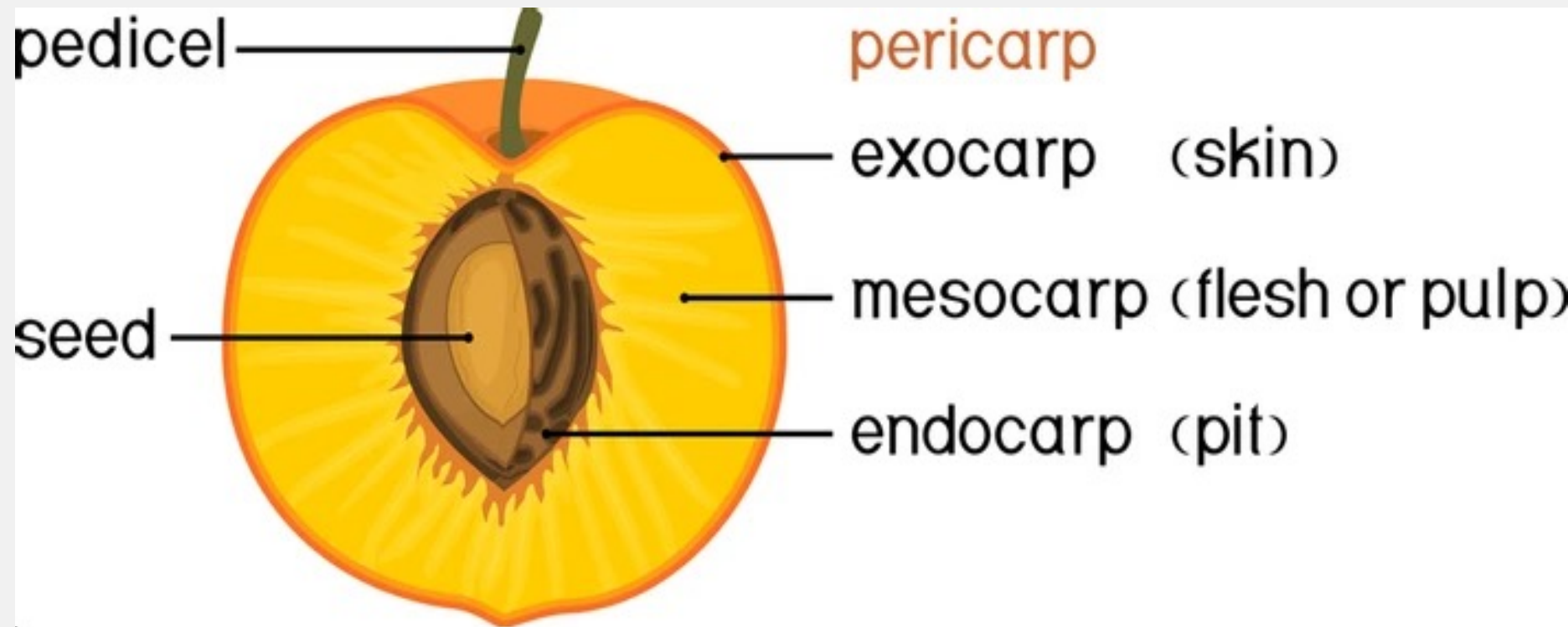
KINGDOM FLOURISHING (GOD, SELF, NEIGHBOR)

Walking By the Spirit



The Anatomy of a Peach

The fruit of the Spirit...grows as we remember the gospel, rejoice in our salvation, and use our gifts as a sacrifice of thanksgiving.



Walking By the Spirit



The Nature of the fruit of Spirit

1. One fruit
2. Interdependent with one another
3. Growth in grace measured by the least of these

“...we notice that we are naturally stronger in some rather than others. But our strengths, apart from the Holy Spirit, are due to natural temperament (we have a trait through brain chemistry and early training), or to natural self-interest (we learned a trait in order to handle some issue or condition we met). For example, some people are temperamentally gentle and diplomatic (gentleness). But the sign that this is not due so much to the Holy Spirit is that such people are usually not bold or courageous (faithfulness).”

- Redeemer Church, Galatians Study

Fruit of the Spirit: Joy & Peace



Cultivating Joy

- Thankfulness
- Godly Grief
- Empathy

Cultivating Peace

- Christian Meditation
- Pace and Peace
- Filling your mind, not emptying it
- Keeping Short Accounts:

Repentance and Forgiveness as a way of life

‘Fruit-bearing’ requires cultivation, but the fruit itself comes from a growth-process which is not directly the result of labor.

- John Sanderson

Galatians 5:22-26

²² But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness, self-control; against such things there is no law. ²⁴ And those who belong to Christ Jesus have crucified the flesh with its passions and desires. ²⁵ If we live by the Spirit, let us also keep in step with the Spirit. ²⁶ Let us not become conceited, provoking one another, envying one another.

Table Discussion

As a table:

Discuss the following questions:

1. How would you define patience?

2. How do the following passages refine your definition?

- Psalm 37:1-11
- Romans 2:1-4
- Romans 8:18-25
- James 5:7-11

Fruit of the Spirit: Patience



Patience Defined:

Steadfastness in obedience to God despite pressure to deny Him.
- Sanderson

Patience Counterfeit – it's weed

- Enduring for selfish gain
- Self righteousness

Patience Opposite

- Resentment towards God
- Resentment towards others

Table Discussion

As a table:

Discuss the following questions:

1. How would you define self-control?
2. How does 1 Corinthians 9:24-27 refine your definition?

Fruit of the Spirit: Self-control



Self Control Defined:

We exercise control over ourselves when we have some clear ambition or aim...The fruit of the Spirit gives us the best of all goals, God's glory, and the power to make progress toward it.

- Sanderson

Self Control's Counterfeit – it's weed

- Will power through pride or other idols.

Self Control's Opposite

- Impulsive behavior
- Undisciplined

Fruit of the Spirit: Patience & Self-Control



Cultivating Patience

- Endurance (Romans 5:3)

Cultivating Self-Control

- You are not your own. You are bought with a price. (1 Cor 6:19, 20)

Discussion

What was your most significant takeaway from today?

How do you want to cultivate patience and self-control in your life this week?