



A 6-WEEK STUDY

Abundant

A Bible Study on the Fruit of the Spirit

WELL-WATERED WOMEN CO.



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WEEK ONE

Bearing Fruit



MEMORY VERSES

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

Galatians 5:22–23

Day One | Preparing to Study the Fruit of the Spirit



Throughout this week, try to read or listen to the entire book of Galatians.

A NOTE FROM MAGGIE

I want to be a good person—a good friend, a good mom, a good church member, a good wife, a good daughter, and even a good Christian. But my life is riddled with weakness. Instead of being good, I’m sinful and selfish. I’m insufficient and limited. It’s impossible for me to measure up to the standards of the world or of a holy God, but—thank goodness—I have a Savior.

Jesus Christ came to earth to be good in all the circumstances where I can’t. He is the embodiment of righteousness itself, and although he experienced the weakness of humanity, he did not give into sin. Through his sacrificial death and resurrection, he is my righteousness. He met God’s perfect standard so that I can hide myself in him. Now I am good in Christ, standing in a righteous position before God, yet I’m still becoming good—growing in righteousness in my everyday life as I become more like my Savior.

If you are in Christ, this is also true of you! And since you decided to study the fruit of the Spirit, I’m guessing that you also long to be good—no, *godly*—in your everyday life. Jesus didn’t save you to continue on the path of the world and stay stuck in the shackles of sin. He came to give you abundant life in him—a gift of grace cultivated by the Holy Spirit bearing fruit in your heart and actions through the powerful Word of God.

Content Director

A NOTE FROM GRETCHEN

If I were to describe my daily life, I probably wouldn’t use the word *abundant*. I would be more likely to say *overwhelming*, *busy*, or *tiring*. Abundance feels elusive, crowded out by survival mode, worry, and self-reliance, signaling to me that I’ve turned my eyes from my Savior to myself. Though we all experience seasons of distress, exhaustion, or busyness, when we abide in Christ, the Spirit can still bear abundant fruit in and through us.

Abundance isn’t determined by our circumstances but by our reliance on our Savior. When we bring our tiny seed of faith to him, the Holy Spirit nourishes and cares for it, and from the abundance of his power, he produces fruit that brings God glory. Spiritual abundance is the result of walking in step with the Holy Spirit by holding fast to God’s Word and obeying its commands. My most fruitful seasons occurred when I loved and obeyed God by the power of the Holy Spirit in me, no matter what hard things were happening in my life. No matter what season or circumstance you’re walking through, the Holy Spirit—the third person of God himself—has all power and purpose to tend, cultivate, and bear abundant fruit.

Founder

A Prayer Before You Begin Your Study

Heavenly Father, I confess that apart from Jesus, my heart is filled with weeds and my actions are centered on myself. Thank you for sending Jesus to rescue me from a sinful and fruitless life. Dig up the weeds and till up the soil of my heart. Cultivate the fruit of the Spirit in me and grow new life for your glory. Sanctify me and form me into the character of my Savior. In Jesus' name, amen.

What to Expect from This Study

- Six weeks of in-depth Bible study on the fruit of the Spirit
- Five days of Bible study per week
- A daily Abundant Life section with application questions and Scripture memory practice
- Weekly reflections to summarize and apply what you've learned
- Bible-centered study to discover the meaning of the text before making application to your current circumstances
- Gospel-rich content to draw your soul into the presence of God



Abundant Life Heart Check

How are you experiencing suffering or everyday trials in your current season?

What sins are you struggling with in your current season?

In what circumstances do you tend to rely on yourself?

Which fruit of the Spirit is evident in your responses to your current circumstances?

Which fruit of the Spirit are you lacking in your current season?

How do you hope to grow in godliness through this study?

Pray over your time in God's Word, asking the Holy Spirit to convict your heart of sin, deepen your knowledge of your Savior, and transform your actions to be more like Christ.



Practice this week's Scripture memory by writing Galatians 5:22–23.



WEEK TWO

Love



MEMORY VERSES

Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things.

1 Corinthians 13:4–7

Day One | God Is Love



Pray for humility and insight before you study God's Word.



As the Beatles so aptly put it: *all you need is love*. The problem isn't our culture's overemphasis on love but its mistaken definition of love. We don't define love by allowing humans to explain what loving them should look like. Instead, we define love by the way God loves us. So maybe the Beatles were right—all we need is love because God is love, and he is truly all we need. Scripture describes God's unfailing and unchanging love for his people.

In the lives of the patriarchs, God displayed his love by calling and setting apart a specific people for his name.

In Israel's history, God displayed his love through his faithfulness despite their faithlessness.

In the Psalms, God's people sing of his steadfast love and cling to it in joy and sorrow.

In the Prophets, God displays his love by punishing sin and promising a Savior.

In the Gospels, the Son of God comes to earth as fully God and fully man, incarnating God's enduring, holy, patient, steadfast love that covers the pages of Scripture.

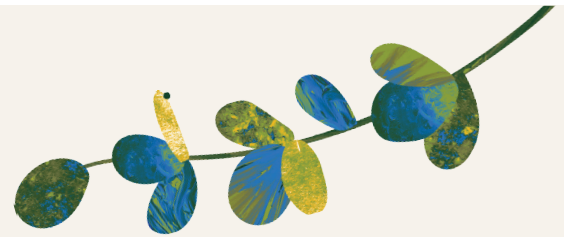
The cross is the ultimate display of God's love, where Jesus offered himself as a sacrifice for the sins of those who did not love him first.

In the resurrection, Christ offers all who follow him the opportunity to be born again, loving God and others with the love of Christ birthed in them.

Read God's proclamation about his name and character to Moses in Exodus 34:5–7. What words does God use to tell Moses his name? Put a star by any repeated words or phrases.

Twice God mentions his steadfast love. This is the Hebrew word *hesed*, which refers to God's strong, unselfish, and unconditional love.⁹ It describes God's special relationship with his covenant people and is a theologically-rich term that denotes "kindness, love, loyalty, and mercy."¹⁰

Consider God's use of *hesed* in Exodus 34:5–7. Which part of those verses seems to stand in opposition to a modern concept of love? Explain how God's steadfast love can coexist with his judgment.



God's love is different from the world's definition of love. It's not based on his emotions or whims but on his character. Because God is merciful and gracious, he displays his love in being slow to anger and in being faithful to his people. Because God is holy, he lovingly executes justice against those who reject his mercy. Sin has implications for multiple generations. His steadfast love has implications for thousands of generations of those who love him and keep his commandments.

The book of Psalms is full of proclamations about God's *hesed*, or steadfast love. Read the following verses and write what you learn about God's *hesed*.

PSALM 5:7

PSALM 25:7

PSALM 32:10

PSALM 33:18

PSALM 63:3

PSALM 69:13

PSALM 90:14

PSALM 94:18

PSALM 103:17

PSALM 107:43

In the Old Testament (written in Hebrew), *hesed* is the word for God's steadfast love, but the New Testament (written mostly in Greek) has a theologically-rich term for God's love too: *agape*. Just like the word *hesed*, *agape* is best defined within the explanations of love in the Bible, not from any definition from Greek culture.¹¹ It wasn't commonly used in Greek, so it's likely that the New Testament writers chose it as something unique to God.¹²

Read Romans 8:38–39. Make a list of the things that can't separate us from the love of God.

God created life and is sovereign over death. God is the reigning King of any spiritual or political rulers present in this world. God exists outside of time, and all things happen by his providence. God is not limited by space, so we cannot be removed from his presence. God created the world and rules over it, so nothing in it can separate us from his love.

Look again at the end of Romans 8:39. How do we receive this love of God?

If we are in Christ Jesus our Lord, we have this certain and steadfast love of God. We live in his *hesed*, his *agape*. This love is only defined by God's own character, and it's better than any imperfect love we experience in our earthly circumstances. So remember today: God is merciful and gracious, slow to anger and abounding in steadfast love and faithfulness, keeping his steadfast love to a thousand generations of those who love him.

Abundant Life

Which description of God's steadfast love from the Psalms ministered to you today?

How does it change your actions to remember that you are loved with this kind of steadfast love?



Practice this week's Scripture memory by writing 1 Corinthians 13:4-7.

