

9-PART MINI SERIES

# *Fruit of the Spirit*

WORKBOOK



COURTNAYE RICHARD

# Hey, there!



## HEY THERE, I'M COURTNAYE!

FOUNDER OF INSIDE OUT WITH COURTNAYE

I'M SO EXCITED TO HAVE YOU HERE AND I CAN'T WAIT TO HELP YOU TRANSFORM YOUR LIFE.

THIS WORKBOOK ACCOMPANIES A 9-PART MINI VIDEO SERIES AND IT WAS CREATED TO HELP YOU GROW IN CHRISTIAN CHARACTER THROUGH THE FRUIT OF THE SPIRIT. INSIDE, YOU'LL DISCOVER ENCOURAGEMENT, REFLECTION QUESTIONS FOR EACH PIECE OF FRUIT, PRAYER PROMPTS, AND BIBLE VERSES THAT WILL CHANGE YOUR LIFE!

ALSO, IF YOU NEED PRAYER, PLEASE FEEL FREE TO EMAIL ME DIRECTLY @ [INSIDEOUTWITHCOURTNAE@GMAIL.COM](mailto:INSIDEOUTWITHCOURTNAE@GMAIL.COM). I ALSO WANT TO INVITE YOU TO CHECK OUT MY WEBSITE BELOW FOR MORE FREE RESOURCES, VIDEOS, THE BLOG, AND PODCAST ENTITLED, "INSIDE OUT WITH COURTNAE."

*It's time to start growing from the inside out!*

# Session 1 - Love

God is big on love. As believers, He calls us to love Him and others. So, how can you grow in your love walk? In what ways do you feel as though you need to grow? Take some time to talk to God through a written prayer below.

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## Scriptures

"Let all that you do be done in love."

~1 Corinthians 16:14

"If someone says, 'I love God,' but hates a Christian brother or sister, that person is a liar; for if we don't love people we can see, how can we love God, whom we cannot see? And he has given us this command: Those who love God must also love their Christian brothers and sisters."

~1 John 4:20-21

## Session 2 - Joy

Joy is something that comes supernaturally. Sometimes it's easy to show the fruit of joy, but when there are hardships happening in our lives, it's harder. Yet, the Holy Spirit can help us. Will you allow Him to help you smile, laugh, and enjoy your life in this season no matter the circumstances? Write out a prayer to God related to growing in joy, today.

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## Scriptures

"Always be full of joy in the Lord. I say it again-rejoice!"

~Philippians 4:4

"You love him even though you have never seen him. Though you do not see him now, you trust him; and you rejoice with a glorious inexpressible joy. The reward for trusting him will be the salvation of your souls."

~1 Peter 1:8-9

## *Session 3 - Peace*

There is nothing like the peace of God. Sometimes when the Holy Spirit blesses us with peace, it is oftentimes indescribable. Peace is a sense of calm and stillness in your soul, heart, and mind. Do you need peace right now? Also, would you say that you are a person that brings peace in a room or in a hostile situation? Take a moment to pray for peace or ask God to help you to be a peacemaker?

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## *Scriptures*

"You will keep in perfect peace those whose minds are stayed on you, because they trust in you."

~Isaiah 26:3

"Blessed are the peacemakers, for they will be called the children of God."

~Matthew 5:9

## Session 4 - Patience

Believe it or not, we *can* be patient. All we need is the help of the Holy Spirit and the will to want to be patient in times when the enemy or our flesh wants to be impatient. Jesus can help us to wait well. Do you struggle with being patient? If so, how so? Are you waiting on God to move in your life or someone close to you? Take some time to write out a prayer specific to growing in the fruit of patience.

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## Scriptures

"Love is patient."  
~1 Corinthians 13:4

"Let us not grow weary in well doing. For at the proper time,  
we will reap a harvest if we do not give up."  
~Galatians 6:9

## Session 5 - Kindness

Being kind takes action. Being kind is about being mindful of how we treat others and how we say things to each other. If you struggle with being kind, you can grow in this area. You can start today or continue being kind if you're pretty okay in this area. The Bible encourages us to keep doing good (see Psalm 37:3). Write out a few ways that you can show acts of kindness throughout the year, but also take some time to pray and ask God to help you.

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## Scriptures

"Love is kind."

~1 Corinthians 13:4

"Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen."

~Ephesians 4:29

## Session 6 - Goodness

When you and I do good in our homes, cities, churches, jobs, and in our world, guess what? People will see the goodness of God shining through us. We are called to be lights wherever we are or wherever we go. So, how are doing with showing forth the goodness of God? Do you feel like you could grow in this piece of fruit? If so, pray and ask God to help you to shine brighter and do good so that others may glorify Him.

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## Scriptures

"Trust in the Lord, and do good."

~Psalm 37:3

"In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven,"

~Matthew 5:16

# Session 7 - Faith

God calls us to have faith and be faithful. Faith is believing in Christ for our salvation, but then in moments where He calls us to trust Him is up next. The Bible tells us that the righteous will live by faith. So how is your faith walk right now? Is it strong or shaky? He also calls us to endure unto the end and to remain faithful in Him. How are you persevering? Pray and talk to God to help you wherever you are today?

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## Scriptures

"For we walk by faith, not by sight."

~2 Corinthians 5:7

"Patient endurance is what you need now, so that you will continue to do God's will. Then you will receive all that he has promised. For in just a little while, the Coming One will come and not delay. And my righteous ones will live by faith. But I will take no pleasure in anyone who turns away."

~Hebrews 10:36-37

## Session 8 - Meekness

Meekness is about being humble instead of being prideful. It's also about being gentle. It's taking the low road and being tender in touch and tone. It's oftentimes expressed as "power under control." Do you need to practice being meek (humble or gentle)? Take some time to ask God to help you to live humbly, while surrendering any pride when it raises its ugly head. God can do a lot with a humble person?

Pray, today.

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## Scriptures

"Be completely humble and gentle; be patient, bearing with one another in love."

~Ephesians 4:2

"But he gives us more grace. That is why Scripture says, 'God opposes the proud but shows favor to the humble.'"

~James 4:6

## Session 9 - Self-Control

The fruit of self-control is really about *controlling yourself*. It's yielding to the Holy Spirit when the flesh or Satan wants you to do something sinful, say something hurtful, or think impure or negative thoughts. The list could literally go on and on. But if you want to grow in this area, pray and ask the Holy Spirit to help you to control yourself. For a moment, write out a prayer of forgiveness if you've acted out of character (Jesus will forgive you) and begin moving forward again. Talk to God about it.

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## Scriptures

"A person without self-control is like a city with broken down walls."

~Proverbs 25:28

"My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak, and slow to get angry."

~James 1:19

*That's it for now!*



## Closing Prayer

"FATHER, IN THE NAME OF JESUS, HELP US TO GROW IN THE FRUIT OF THE SPIRIT. WE WANT TO LIVE FOR YOU AND SHOW FORTH YOUR GOODNESS THROUGH CHRISTIAN CHARACTER. BUT WE CAN'T DO THIS ALONE. PLEASE HELP US WITH THE POWER OF YOUR PRECIOUS HOLY SPIRIT TO LIVE A FRUITFUL LIFE. THANK YOU AND AMEN."

*Until next time, remember Jesus Christ is coming back soon,  
so let's get ready from the inside out!  
~Courtneye Richard*