



WELLSPRING

# Living a Fruitful *Life*

*A thoughtful guide to  
help nurture the Fruit of  
the Spirit in your life*

*"By their fruit, you will  
recognize them."*

*– Matthew 7:16*





# LOVE



## Group Engagement

### Opening Activity

Divide into small groups (4–5 people). Each person takes a turn sitting in the “hot seat” while the others share one genuine affirmation about that person—something they appreciate, admire, or value.

### Discussion

- 1) What is something big that someone else did for you that made you feel loved?
- 2) What was a small, simple act that someone did that made you feel loved?
- 3) Before Christmas, we went through a series in 1 John that spoke a lot about God's love for us and how we can love each other. What are some things that you took away from that series?
- 4) How does God's love differ from human affection?
- 5) What barriers prevent us from showing love to others (whether larger sacrificial acts or smaller acts)?

### Closing Activity

Closing activity:

Love starts with paying attention. Take a few minutes to remember and write down:

- 2-3 people who have blessed/helped you
- 2-3 people you delight in / bring you joy
- 2-3 people who you know are going through a difficult time or who might be overlooked

Take 5-10 minutes to think of how you could bless each one (write a note, call/schedule time, send a gift, etc..) and make a plan to do so.



# PERSONAL PRACTICE



## Drawing Deep

### Meditation

*Read:*

John 13:34-35, John 17:20-23 , 1 Thessalonians 3:12, 1 Corinthians 13:4-8

**Bonus: pick one to memorize!**



*Listen to:*

*Our salvation is Bound Up Together* by Paul Zach

### Prayer

*We pray along with Paul, saying, 'May the Lord make our love increase and overflow for each other and for everyone else, just as we are loved.'*

*We pray along with Jesus, asking the Holy Spirit to bind your church together in unity. Make us as one body: feeling the pains of another and the joys of another as if they are our own.*

*Help me to know and trust your love for me, to remember all you have done for me and not forget. Help me to walk with you and to be aware of your presence within and around me.*

*Lord, give me eyes to see the beauty of the people around me. Help me to delight in the people I encounter today - their unique quirks, talents, and attributes. Help me to appreciate and notice someone who feels forgotten.*

*Help me also to share in the burdens others are carrying and to be willing to share my load with others when I am overwhelmed so that none of your children feel alone.*





## Bearing Fruit

### Habits Worth Forming

- Take time to observe and pay attention to the people around you and show concern for their well-being.
- Routinely pray blessings over others—including people you are in conflict with.
- Regularly encourage and appreciate others through kind words and actions.

### Practice

*(If not already completed earlier)*

1) Take a few minutes to remember and write down:

- 2-3 people who have blessed/helped you
- 2-3 people you delight in / bring you joy
- 2-3 people who you know are going through a difficult time or who might be overlooked

☐

2) Take 10 minutes to think of how you could bless each one (write a note, call/schedule time, send a gift, etc..) and make a plan to do so.

☐

3) Take time to pray for each person.

☐

4) Follow up on the activities you identified.

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**Have I spoken words of affirmation and value to the people around me?**

**Did people feel noticed and appreciated because of my actions?**







## Journal / Notes

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# JOY



## Group Engagement

### Opening Activity

Take a few minutes to recall and remember things in your life worth rejoicing about (an answered prayer, a meaningful moment with family or friends, a simple pleasure like a good meal, etc.)

Then pick a meaningful way for you to be present with that memory and joy -- could be through art, a song, dance, writing, speaking to someone about it, etc...

Share these with your group (and maybe the larger gathering also if you feel comfortable)

### Discussion

1) Think of some recent moments you experienced joy (such as holiday traditions, a vacation, time spent in nature, singing to a good song, etc...). What were you rejoicing in at that moment? What helped you to stop and appreciate it?

2) We are told "the joy of the Lord is our strength" (Nehemiah 8:10). Pausing to notice or experience joy can give us strength to carry on through difficulty. When you have been in a difficult season, what have you found to be the difference between finding joy that strengthens you to continue vs pursuing pleasure to distract yourself/escape?

## PERSONAL PRACTICE



### Drawing Deep

### Meditation

*Read:*

Psalm 16:11, Philippians 4:4, Deut 12:18, 1 Thessalonians 5:16-18

**Bonus: pick one to memorize!**



*Listen to:*

*I've got the Joy* by Dee Wilson / Common Hymnal



## Prayer

(In addition to your prayers of gratitude)

*O heavenly Father, who has filled the world with beauty: Open our eyes to behold your gracious hand in all your works; that, rejoicing in your whole creation, we may learn to serve you with gladness; for the sake of him through whom all things were made, your Son Jesus Christ our Lord. Amen.*

(From the Book of Common Prayer)



## Bearing Fruit

### Habits Worth Forming

- Prioritize fun and joy-filled activities.
- Celebrate milestones and small victories as a community.

## Practice

Practice gratitude by journaling or praying daily about one thing that brings you joy.

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Plan at least one joyful activity: It could be an opportunity to be fun or creative or an event to celebrate a milestone/small victory.

☐

**Am I taking breaks from work and normal routines/worries of life to enjoy the blessings and good things around me?**

**How have I shared joyful moments or celebrations with others?**







## Journal / Notes

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# PEACE



## Group Engagement

### Discussion

- 1) How does understanding biblical peace move beyond the absence of conflict? (Peace keeping vs peace making)
- 2) Where in your life do you need peace and how can you pursue it?
- 3) What is required of you to be a calming and peaceful presence to someone who is in turmoil? (What sort of actions are helpful? What kind of actions escalate stress and conflict?)

### Closing Activity

“Peace Letters” – Each person writes a brief prayer for a situation they want peace in on one side of a notecard, and on the other side, one small action step they’ll take to foster peace.

Consider: Do you have a relationship that is broken? What would it take to repair it? Out of that, what do you have control over?

## PERSONAL PRACTICE



### Drawing Deep

### Meditation

*Read:*

John 14:27, Colossians 3:15, Romans 12:18

**Bonus: pick one to memorize!**



*Listen to:*

*Your Peace Will Make Us One* by Audrey Assad



## Prayer

Prayer of St Francis of Assisi:

*Lord, make me an instrument of your peace:  
where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
where there is sadness, joy.  
O divine Master, grant that I may not so much seek  
to be consoled as to console,  
to be understood as to understand,  
to be loved as to love.  
For it is in giving that we receive,  
it is in pardoning that we are pardoned,  
and it is in dying that we are born to eternal life.*



## Bearing Fruit

### Habits Worth Forming

- Be aware of areas of disconnection and chaos in your life and seek out healing connections with God and other people.
- Keep an eye out for areas of distress and/or disconnection in other's lives and take stock of if/how you can help.

## Practice

Continue to pray for peace in a situation where it is needed, and for God to continue to shape you into a peace-maker.

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Follow through on the action step you identified earlier.

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**How often am I praying for someone in need of peace?**

**Do people feel a sense of peace after connecting with me?**







## Journal / Notes

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# PATIENCE



## Group Engagement

### Opening Activity

“Shared Puzzle” – Work together on a small puzzle. The catch: no one can speak for the first five minutes. Reflect on what it felt like to wait and watch others.

### Discussion

- 1) When did someone show patience to you? What did that look like?
- 2) What makes patience challenging?
- 3) How does God’s patience toward us inspire patience with others?
- 4) What do you think is the difference between patience and resignation or accommodation?

## PERSONAL PRACTICE



## Drawing Deep

### Meditation

*Read:*

James 5:7-11, Psalms 27:14, Romans 8:25

**Bonus: pick one to memorize!**



*Listen to:*

*My Soul in Stillness Waits* by Marty Haugen



## Prayer

*We ask for patience in our lives. In moments of frustration and impatience, help us to take a deep breath and find calm. Guide us to be more patient with ourselves and with those around us. Let patience be a virtue that we strive to embody each day.*

*Thank you for your patience with us, even when we fall short. Help us to practice that same patience in our daily lives. May we learn to embrace the process and to find peace in waiting, knowing that good things often take time. Help us to cultivate patience in our relationships, understanding that growth and change take time and effort. Guide us to be patient with our own progress, recognizing that personal growth is a lifelong journey.*

*We pray for those who struggle with impatience. Help them to find peace and to trust in your timing. Thank you for the lessons that patience teaches us. Help us to apply those lessons and to live with grace and serenity.*

(from TUMC)



## Bearing Fruit

### Habits Worth Forming

- Offer a listening ear and show genuine interest in others.
- Give people your time without rushing them.

## Practice

Identify one relationship or circumstance where you will practice intentional patience this week (e.g., waiting before responding to a difficult person).

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**Am I taking time to and engage with people without rushing them?**

**How am I responding when God/another person does not move on my timeline? Do I give up quickly or can I persist in hope/trust even when I do not have control?**







## Journal / Notes

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# KINDNESS



## Group Engagement

### Opening Activity

“Kindness Cards” – Provide each group member with strips of colored paper and pens. Ask everyone to write down one act of kindness they have experienced or witnessed recently (e.g., “A friend helped me when I was struggling,” or “Someone smiled and encouraged me today”). After writing, each person reads their act aloud and then links their strip into a paper chain using glue or tape.

### Discussion

- 1) What’s the difference between mere niceness and biblical kindness?
- 2) How can showing kindness transform a community?

## PERSONAL PRACTICE



### Drawing Deep

### Meditation

*Read:*

Ephesians 4:32, Titus 3:4-5, Romans 2:4

**Bonus: pick one to memorize!**



*Listen to:*

*If We Are the Body* by Casting Crowns

### Prayer

*Lord, I know that kindness is not always easy, especially when I encounter difficult people or situations. I pray that you would give me the strength and wisdom to respond with grace and love. May I be quick to listen, slow to speak, and slow to anger.*

Continued on next page



*I also ask that you would help me to see the needs of those around me. Sometimes people are hurting, and they don't know how to ask for help. Give me eyes to see and ears to hear so that I can be a source of comfort and support to those in need.*

*As I go about my day, I pray that you would help me to be intentional about showing kindness to others. Whether it's a smile, a kind word, or a simple act of service, may I be a reflection of your love and grace.*

*Finally, Lord, I ask that you would bless me with a heart of gratitude. Help me to recognize the blessings in my life and to be thankful for them. May my gratitude overflow into acts of kindness and generosity toward others.*

(By Stephanie Reed for Abide)



## Bearing Fruit

### Habits Worth Forming

- Invite people home or take them out for meals or coffee or any other activity that shows you value them.
- Identify and meet small needs within the community.

### Practice

Plan a simple act of kindness for a neighbor or coworker this week



(Ex: take someone out for a meal or coffee, identify a need in your community that you can meet, be generous with someone who may not expect it, etc...)

**How many needs (big or small) did I address in some way?**

**Do my interactions with others reflect a desire for their goodness and flourishing?**







## Journal / Notes

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# GOODNESS



## Group Engagement

### Opening Activity

Go through a list below. For each thing, let people say what they think is required for it to be "good".

*(For example: What makes a good pillow? Some might say it should be fluffy, maybe someone likes it to have more ergonomic shapes, cost effective, clean, ... etc...there are different attributes, but in the end it essentially should help support your head so you can sleep comfortably, whatever that looks like for each person)*

Objects:

Car

Earphones

Home

Vacation

### Discussion

- 1) What do you think it means to be a good person? A good Christian?
- 2) How does true goodness differ from doing good deeds for recognition?
- 3) What does it mean to reflect God's goodness in challenging situations?
- 4) How can we be a part of making the world good? Is there a situation where we can be a part of redeeming or bringing about it's purpose?



## Drawing Deep

### Meditation

Read:

Romans 12:9-21, Genesis 1:12, Matthew 12:33,35



Listen to:

Lead Us Back by Soujourn



## Prayer

*Transform me, Lord. Make me into a reflection of you. Let me take the seriousness of reverence for you and give me a passionate pursuit of your purposes for my life. You do not force yourself into my life, but I don't want to resist your call. I surrender my life and my days to you. I know I will face hardships and I may forget to rely on you and to trust in you. Turn my eyes to you and remind my heart of my commitment to follow you all the days of my life. I want your work to be evident in my heart as I choose faithfulness toward you. I will cooperate with your Holy Spirit to transform me. Take my willing heart and make me into a reflection of you.*

(From CrossWalk)



## Bearing Fruit

### Habits Worth Forming

- Spend time in prayer and spiritual disciplines to continually align yourself with the will and purposes of God.
- Offer mentorship or guidance to support the spiritual and personal growth of others.

## Practice

Choose one thing God has given to you (talents, resources, situations, etc) and identify a way you can use it to glorify God or to build up another person.

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(Especially focus on opportunities to help bring someone or something else closer to the potential that is within them).

**How did someone grow personally or spiritually because I took interest in their journey?**

**Where do I feel a sense of purpose in partnering with God to see his will done "on Earth as in Heaven".**







## Journal / Notes

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# FAITHFULNESS



## Group Engagement

### Opening Activity

“Faith Timeline” On a piece of paper, each member quickly sketches a timeline of key faith moments in their life (highs, lows, answered prayers). Share briefly in pairs.

### Discussion

Faithfulness can be understood as being full of unwavering trust and/or fidelity.

- 1) What helps strengthen your trust in God’s faithfulness?
- 2) How has someone else showed faithfulness to you?
- 3) How has someone's unfaithfulness impacted your life?
- 4) What are ways we can demonstrate trust and loyalty to God?
- 5) *Personal reflection - can be shared out loud if you feel comfortable:* Is there someone who you are bound to (or who is dependent on you) who needs you to renew your trust and/or commitment to them?



## Drawing Deep

### Meditation

*Read:*

Hebrews 10:23, Hebrews 11:8-11, Matthew 25:21, 1 Timothy 2:13



*Listen to:*

*Faith to be Strong* by Andrew Peterson



## Prayer

*We pray for faithfulness in our lives. Help us to stay true to our commitments and to honor our promises. May we be faithful in our relationships, showing loyalty and trustworthiness. Let our actions reflect our dedication and integrity.*

*Thank you for your faithfulness to us, even when we falter. Help us to be faithful in return. Guide us to be faithful stewards of the resources and opportunities you have given us. Help us to remain faithful in our spiritual practices, seeking to grow in our relationship with you. May we be examples of faithfulness to others, inspiring them to live with integrity and commitment.*

*We pray for faithfulness in our communities and institutions, asking for honesty and accountability in all that we do. Thank you for the strength and stability that faithfulness brings. Help us to cultivate it in every aspect of our lives.*

(From TMUMC)



## Bearing Fruit

### Habits Worth Forming

- Follow up on conversations and situations that people share with you.
- Follow through on what you promise to do.
- Take time to remember the promises of God.

## Practice

Commit to a consistent spiritual practice (daily prayer, scripture reading, etc...) this week as a tangible way to exercise faithfulness.

OR

Identify an area you struggle to trust God with and commit to pray every day this week to surrender this to God.

AND

Think of a relationship you have where there is some level of expected commitment (friend, family, spouse, business partner, neighbor, etc...) and choose one way where you can show up and tangibly demonstrate your faithfulness to them. (Following up on conversations or promises, being trustworthy and fair, being a dependable help as they need it, etc...

Example: Ruth)

☐☐



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## Journal / Notes

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# GENTLENESS



## Group Engagement

### Opening Activity

As a group, list out 10 things we tend to be gentle with and why.

(Ex: babies, new plants, puppies, glass vessels, etc.)

### Discussion

- 1) What might a world without any gentleness look like?
- 2) Share a time when you expected a harsh response from someone but they responded in gentleness instead (maybe when you were vulnerable, struggling, or had messed up). How did their response impact you?
- 3) How is gentleness sometimes misunderstood as weakness in our culture?
- 4) How can we be gentle in truth-telling and conflict resolution?



## Drawing Deep

### Meditation

*Read:*

Philippians 4:5, 2 Timothy 2:24-25, Isaiah 42:3



*Listen to:*

*Faith to be Strong* by Andrew Peterson

### Prayer

*Though the wolves and thieves are shaken by your might, your sheep come without fear to your side and feel your hand on their head.*



*You will not break the bruised reed or put out the wick that can yet barely hold a light. You do not place more burdens on the weary, but offer green pastures and gentle waters when we are in need of restoration. You are the conqueror who became soft enough to be pierced (and be victorious still), the king with children on his lap, a friend and father to the lost and weak.*

*Help me to not take your gentleness and your patience for granted but to find in it healing and security. Let me always remember your tenderness as an invitation to return if I wander.*

*Make me also a safe landing for the tired and a tender caretaker of the ones you entrust to me. Give me strength to not react with fear or pride against my brother or sister in their failings but rather respond like you with unshakeable grace.*



## Bearing Fruit

### Habits Worth Forming

- Create space for people's quirks, weaknesses, and mistakes.
- Practice responding with grace and curiosity rather than immediate judgment.

### Practice

Identify one interaction this week where you will deliberately respond with gentleness, especially in a tense or challenging scenario.

☐

**Are the people around me at peace in my presence?  
or do they fear uncontrolled outbursts?**

**How often do people feel safe enough to share  
their failures or insecurities with me?**

**Are others trusting me to be careful with people  
and items they value?**







## Journal / Notes

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# SELF-CONTROL



## Group Engagement

### Opening Activity

“Silent Reflection” – Everyone sits silently for a few minutes, thinking of an area where they struggle with self-control (time management, overeating, reacting in anger). Then, each writes down a practical step to exercise self-control in that area.

### Discussion

- 1) Why is self-control necessary for spiritual maturity?
- 2) How are self control and self denial similar? How are they different?
- 3) How does reliance on the Holy Spirit transform our self-discipline?



## Drawing Deep

### Meditation

*Read:*

1 Corinthians 9:24-27 , Titus 2:11-12, 2 Timothy 1:7, Proverbs 25:28



*Listen to:*

*I Have Decided to Follow Jesus* by S. Sundar Singh

### Prayer

*God, thank You for showing me the right way to live. I want to avoid pointless or sinful distractions, so please help me be self-controlled in my mind and my actions. When I'm tempted, please help me resist. Help me keep my focus on You as I show Your love in all the day-to-day opportunities that You open up for me.*

(From Life Church)





## Bearing Fruit

### Habits Worth Forming

- Intentionally include others' priorities in how you plan your day.
- Slow down to notice and engage with others.
- Take time to reflect on which actions contribute to what you want to do and who you want to be—and which are not.

### Practice

Practice one self-control exercise this week (e.g., limit screen time, schedule prayer breaks, or pause before responding angrily).



*Especially look at exercises of self control that make space for you to notice or prioritize others in a new way.*

**Am I following through on the plans and goals I've made?**

**Do people trust/depend me? Or are they feeling like they need to manage my time/actions/emotions on my behalf?**

**Have I taken time to reflect on behaviors and plan my actions, or have I been mostly reactive?**







## Journal / Notes

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Wellspring Fellowship is a community of christian believers in the north side of Bangalore. We are made up of diverse individuals united in our commitment to try and live out God's will on earth as we become more like Jesus, together.

At Wellspring, our decisions are guided by three main values: gospel-centered, inclusive, and outward-facing. We recognize that we will pursue these with imperfect attainment yet remain accountable and committed to live by them as best as we can.

**FOR MORE RESOURCES, VISIT OUR WEBSITE.**

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