

Growing the Fruit of the Spirit

Nine days through Galatians 5 — love, joy, peace, and the rest — for the whole family.

9 days · about 8 minutes a day · for the whole family

How to use this

Pick a time you already gather — dinner, or just before bed — and keep it there. The whole thing takes about ten minutes.

1. Read the passage together. On a busy night, just read the memory verse — that counts.
2. Read the short devotion out loud.
3. Talk through the questions. Let everyone answer in their own words; there are no wrong answers.
4. Say the memory verse together, and try to remember it tomorrow.

DAY 1 Love Galatians 5:22-23; 1 Corinthians 13:4-8; 1 John 4:7-12

Love is the first fruit of the Spirit because it is the foundation of all the others. When we allow God's love to flow through us, the other fruits naturally follow. Today we explore what true love looks like - not a feeling, but a choice to put others first.

TALK ABOUT IT

1. What does it mean that 'love is patient and kind'? Can you think of a time you showed patience to someone?
2. How does knowing that 'God is love' change how we should treat others?
3. What is one way our family can show love to someone this week?

MEMORY VERSE · 1 JOHN 4:7

“Beloved, let us love one another, for love is of God; and everyone who loves has been born of God, and knows God.”

DAY 2 Joy Galatians 5:22; Philippians 4:4-7; Nehemiah 8:10

Joy is different from happiness. Happiness depends on what happens to us, but joy comes from God and can be with us even in hard times. Paul wrote about joy while in prison! Today we discover that true joy is found in the Lord.

TALK ABOUT IT

1. What is the difference between happiness and joy?
2. Paul says to 'rejoice always.' How can we have joy even when things are difficult?
3. What gives you joy? How can you share that joy with others?

MEMORY VERSE · NEHEMIAH 8:10B

“Then he said to them, “Go your way. Eat the fat, drink the sweet, and send portions to him for whom nothing is prepared, for today is holy to our Lord. Don’t be grieved, for the joy of Yahweh is your strength.””

DAY 3 Peace Galatians 5:22; John 14:27; Philippians 4:6-7

The world offers a peace that depends on circumstances, but Jesus offers a peace that passes understanding. This peace guards our hearts and minds even in storms. When we trust God completely, His peace replaces our anxiety.

TALK ABOUT IT

1. What does Jesus mean when He says His peace is 'not as the world gives'?
2. What worries do you have that you can give to God today?
3. How can prayer help us feel more peaceful?

MEMORY VERSE · JOHN 14:27

“Peace I leave with you. My peace I give to you; not as the world gives, give I to you. Don’t let your heart be troubled, neither let it be fearful.”

DAY 4 Patience Galatians 5:22; James 1:2-4; Colossians 3:12-13

Patience is the ability to wait without complaining, to endure difficulties without giving up, and to deal with others kindly even when they frustrate us. God is incredibly patient with us, and He calls us to be patient with others.

TALK ABOUT IT

1. When is it hardest for you to be patient? At home? At school? In traffic?
2. How has God been patient with you?
3. What does it mean to 'bear with one another'? How can we practice this in our family?

MEMORY VERSE · COLOSSIANS 3:12

“Put on therefore, as God’s chosen ones, holy and beloved, a heart of compassion, kindness, lowliness, humility, and perseverance;”

DAY 5 Kindness Galatians 5:22; Ephesians 4:32; Proverbs 11:17

Kindness is showing care and concern for others through our words and actions. It's treating others the way we want to be treated. Because God has been so kind to us through Jesus, we are called to show that same kindness to everyone around us.

TALK ABOUT IT

1. Can you remember a time when someone was kind to you? How did it make you feel?
2. Why do you think the Bible says being kind to others is actually good for us too?
3. What is one specific act of kindness you can do today?

MEMORY VERSE · EPHESIANS 4:32

“And be kind to one another, tender hearted, forgiving each other, just as God also in Christ forgave you.”

DAY 6 Goodness Galatians 5:22; Romans 12:9-21; Micah 6:8

Goodness is doing what is right because it pleases God, not just because others are watching. It means standing up for what's right and doing good even when it's hard. God calls us to overcome evil with good.

TALK ABOUT IT

1. What does it mean to do good 'as unto the Lord'? How does that change how we act?
2. How can we 'overcome evil with good' in our daily lives?
3. What does God require of us according to Micah 6:8?

MEMORY VERSE · MICAH 6:8

“He has shown you, O man, what is good. What does Yahweh require of you, but to act justly, to love mercy, and to walk humbly with your God?”

DAY 7 Faithfulness Galatians 5:22; Proverbs 3:3-4; Matthew 25:21-23

Faithfulness means being reliable and trustworthy. It means keeping our promises and following through on our commitments. God is completely faithful to us, and He calls us to be faithful in the small things so we can be trusted with greater things.

TALK ABOUT IT

1. What does it mean to be faithful? Who in your life is very faithful?
2. Why does Jesus say being faithful in small things is important?
3. How can you show faithfulness at home, school, or church this week?

MEMORY VERSE · MATTHEW 25:21

““His lord said to him, ‘Well done, good and faithful servant. You have been faithful over a few things, I will set you over many things. Enter into the joy of your lord.’”

DAY 8 Gentleness Galatians 5:23; Matthew 11:28-30; 1 Peter 3:15-16

Gentleness is not weakness - it takes great strength to be gentle! Jesus described Himself as gentle, yet He was the most powerful person who ever lived. Gentleness means handling others with care, speaking softly, and being humble.

TALK ABOUT IT

1. How can someone be both strong and gentle at the same time?
2. Jesus says He is 'gentle and humble in heart.' How does this help us come to Him?
3. How can we share our faith with 'gentleness and respect'?

MEMORY VERSE · MATTHEW 11:29

“Take my yoke upon you, and learn from me, for I am gentle and humble in heart; and you will find rest for your souls.”

DAY 9 Self-Control Galatians 5:23; Proverbs 25:28; 2 Peter 1:5-8

Self-control is the ability to control our actions, words, thoughts, and emotions. It's saying no to things that hurt us and yes to things that help us grow. Like a city with strong walls, self-control protects us from making bad choices.

TALK ABOUT IT

1. What does it mean that a person without self-control is like a city with broken walls?
2. What areas of your life need more self-control? Words? Actions? Screen time?
3. How can asking the Holy Spirit for help give us more self-control?

MEMORY VERSE · 2 PETER 1:5-6

“Yes, and for this very cause adding on your part all diligence, in your faith supply moral excellence; and in moral excellence, knowledge; and in knowledge, self-control; and in self-control perseverance; and in perseverance godliness;”

Want this built into your week? Join the waitlist at shprd.us

Scripture quotations are from the World English Bible (public domain). Devotions and reflection questions © Genesis Labs.
shprd.us