

Adventures in Renewal

Listen. Learn. Be Transformed.



Greater Milwaukee Synod

Naming God's Activity

The "Fruit of the Spirit" Exercise

This simple exercise can use scripture to help members of your church begin to name where they are seeing God in the world, in each other, and in the stories they share.

Materials Needed:

A whiteboard or flipchart with easel, plus some markers

Step 1: Read Galatians 5:22-23 together and note each of the Fruit of the Spirit:

²²By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, ²³gentleness, and self-control. There is no law against such things.

Step 2: Take a few minutes of silence to jot down your own notes in response to one of the questions below. *Note: Each of these Fruit could be considered separately over a number of gatherings.*

Think of a story...of a time when...

- **You experienced unconditional love**
- **Someone's joy brightened your day**
- **Someone helped you make peace in some way**
- **Someone's patience with you was a gift for you**
- **Someone's kindness gave you hope**
- **Someone's generosity impacted you**
- **Someone's faithfulness inspired you or supported your faith**
- **Someone's gentleness helped you navigate a difficult time**
- **Someone's self-control made grace filled space for you**

Step 3: Find someone you don't know as well as others.

Pair up to share your stories. (Each person gets 3 minutes). *Note: As we will be sharing what we noticed in each others' stories, if there is part of your story you would rather your partner not share, let them know.*

Step 4: Come back to the large group to discuss:

What did you notice in your partner's story?

What about God's work might God be revealing in your partner's story?

Step 5: Have a large group conversation to discuss:

What might God be nudging us to consider as a group through what we are learning and naming together today?

(Take notes on the wisdom shared to add to the congregation's "learnings log")