



spiritual adult

DISCIPLE ME

TRACK 1: DISCOVERING YOUR GIFTS

BEARING LASTING FRUIT

ICEBREAKER: NORMAL PEOPLE OLYMPICS 🏆

If there were an Olympic Games for normal, everyday life, what event would you win a medal in?

Maybe you'd take gold in speed unloading groceries - weaving through the kitchen like a professional athlete against the clock. Maybe your specialty is competitive napping, able to fall asleep anywhere, anytime, under any conditions. Or perhaps you dominate in the art of avoiding awkward conversations, slipping out of small talk with elite-level precision. Some of you might even qualify in group text ghosting - silently observing, never responding, but somehow always knowing what's going on. So... what's your event, and why would you take home the gold?

STUDY: THE FRUIT OF THE MATTER

Alright, as funny as it is to imagine people winning Olympic medals for napping - here's the deeper question underneath that icebreaker: If your life were an event... what would you actually be producing?

When Jesus talks about spiritual maturity, He doesn't describe it like a trophy case. He doesn't measure it by how much information we've stored up, how many sermons we've heard, or how long we've been around church. He measures it by something far more tangible. He says the thing that matters is - fruit.

Spiritual maturity is not measured by how much we know, but by the fruit we produce. And the fruit that lasts is the result of staying deeply connected to Jesus. Spiritual Adults understand that growth isn't about building a platform or a following. It's about bearing fruit. It's not about being impressive - it's about being productive and becoming the kind of person whose life naturally nourishes others.

To explore this idea more, let's open to John 15 and listen to how Jesus defines what real growth actually looks like.

READ John 15:1-8

- In this passage, how does Jesus define what makes someone a true disciple?
- What do you think Jesus means by "bearing much fruit"?
- What is the difference between temporary results and lasting fruit?
- What kinds of "fruit" does our culture celebrate that may not actually last?

- What kinds of fruit do you think will still matter 10 years from now? 50 years from now?
- How might pruning contribute to fruit that lasts instead of fruit that fades?
- Can you think of a time when God removed something from your life that later resulted in deeper growth?

Later in **John 15:16**, Jesus says, *“I chose you and appointed you so that you might go and bear fruit - fruit that will last.”*



That phrase changes how we measure growth. Lasting fruit is not temporary success, emotional spiritual highs, or personal comfort. It’s not a moment of inspiration that fades by next week. Lasting fruit is character shaped into the likeness of Christ. It’s people strengthened in their faith because you walked with them. It’s lives changed through steady obedience over time.

This is the kind of fruit that multiplies, as Paul describes in **2 Timothy 2:2**, where truth is entrusted to faithful people who will teach others also. It’s the kind of fruit Jesus references in **Matthew 7:16–20**, where a tree is recognized by what it consistently produces. And it reflects what Paul prays for in **Philippians 1:11**, that believers would be filled with the fruit of righteousness. Spiritual maturity doesn’t just grow inwardly - it multiplies outwardly.

ACTIVITY: FRUIT AUDIT

In **Galatians 5:22–23**, the Apostle Paul lists the fruit the Holy Spirit produces in the life of a mature believer. For each fruit listed below, take a moment to honestly evaluate how evident it is in your life right now.

Write a number from **1–10** in the corresponding box - **1** meaning there is very little evidence of this fruit, and **10** meaning it is clearly and consistently present in your daily life. Be honest about your current reality, not just where you hope to be. Growth begins with honest self-awareness.

Love 		Joy 		Peace 	
Patience 		Kindness 		Goodness 	
Faithfulness 		Gentleness 		Self-Control 	

CHALLENGE: STREAMS & VINES

Read Psalm 1:1-3. Here, the psalmist describes a tree planted by streams of water that naturally yields fruit in season. It doesn’t strain - it simply stays rooted near its source. Jesus echoes this in John 15, calling us to remain in Him. Fruit isn’t produced by effort alone, but by connection. When you stay rooted, when you abide - spiritual fruit follows. This week, choose one intentional way to “plant yourself by the stream.” Set aside protected time each day to remain in Christ - through Scripture, prayer, silence, or worship. Guard it like an appointment. Then pay attention: Where do you begin to notice stability, nourishment, or small signs of spiritual fruit forming?