



A 5-WEEK SERMON SERIES

HEALTHY *Things* GROW

GOD TRANSFORMS US FROM THE INSIDE OUT.

BEFORE GOD CHANGES WHAT IS AROUND US, HE BEGINS BY CHANGING WHAT IS WITHIN US.

Keep thy heart with all diligence; for out of it are the issues of life.
PROVERBS 4:23

 WEEK 1 GUARD YOUR HEART PROVERBS 4:20-27	 WEEK 2 HEALTHY RELATIONSHIPS EPHESIANS 4:25-32	 WEEK 3 HEALTHY MINDS ROMANS 12:1-2	 WEEK 4 HEALTHY HABITS JOHN 15:1-11	 WEEK 5 THE FRUIT OF A HEALTHY LIFE GALATIANS 5:22-25
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THE FRUIT OF A HEALTHY LIFE

GALATIANS 5:16-25

SURRENDER TO CHRIST • STAY CONNECTED • LET THE SPIRIT PRODUCE FRUIT

Pastor Travis M. Tullis

Week 5: The Fruit of a Healthy Life

SURRENDER • CONNECTION • FRUIT

BIG IDEA

Healthy fruit is the visible evidence of the invisible work of the Holy Spirit. We do not manufacture fruit. As we surrender to Christ, remain connected to Christ, and walk in the Spirit, the Spirit forms the character of Christ in us.

Governing Scripture

“But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance...” — Galatians 5:22-23 (KJV)

The Movement of Formation

Jesus does not tell us to manufacture spiritual fruit. The branch remains connected to the Vine, and the Spirit produces what only He can produce. Galatians 5 calls us to walk in the Spirit, crucify the flesh, and allow the character of Christ to become increasingly visible in us.

THIS WEEK'S FRAMEWORK

SURRENDER → CONNECTION → FRUIT

This Week's Movements

- 1 Choose what leads you.
- 2 Recognize that what leads you will show up in you.
- 3 One Fruit — Not Nine Personalities.
- 4 Refuse to excuse the flesh as personality.
- 5 Let the Spirit form Christlike character under pressure.
- 6 Bear fruit that glorifies God and helps others grow.

Sunday Message Notes

LISTEN FOR WHAT GOD IS REVEALING, CORRECTING, AND CALLING YOU TO DO

Key Lines

- Surrender does not mean there is no struggle. Surrender determines who gets authority in the struggle.
- The Spirit does not merely comfort me. The Spirit leads me.
- Activity does not automatically equal maturity.
- ONE FRUIT — NOT NINE PERSONALITIES.
- We have to stop baptizing dysfunction by calling it personality.
- The world has convinced us that sacrifice for success is normal — but sacrifice for the Kingdom is extreme.
- Pressure does not create the fruit. Pressure reveals what has been growing.

What the Holy Spirit Is Saying to Me

My Immediate Response

Monday: Choose What Leads You

READ Galatians 5:16-18; Romans 8:14

TODAY'S TRUTH

Surrender determines who gets authority in the struggle.

Reflect

Paul does not tell believers merely to try harder. He says, “Walk in the Spirit.” Something is always shaping and leading us — our appetites, anger, hurt, ambitions, culture, feelings, or the Spirit of God. Spiritual maturity includes learning to feel without being ruled by every feeling and to desire without obeying every desire.

Heart Check

What has been leading my reactions most often lately?

Where is the Holy Spirit asking me to surrender control?

Pray

Holy Spirit, lead me today. Give me grace to surrender my reactions, desires, and decisions to Your authority.

My One Faithful Step

Tuesday: What Leads You Will Show Up

READ Galatians 5:19-21

TODAY'S TRUTH

The flesh eventually becomes visible in our attitudes, relationships, and actions.

Reflect

Paul says the works of the flesh are manifest — they show up. His list includes obvious sins, but it also includes hatred, wrath, strife, envy, and division. The flesh can show up in church activity just as easily as anywhere else. A title, gift, or years of service do not automatically equal maturity.

Heart Check

Which work of the flesh most often appears when I am pressured or frustrated?

Have I mistaken church activity or longevity for spiritual maturity?

Pray

Father, expose what is unhealthy in me without allowing me to hide behind activity, position, or reputation.

My One Faithful Step

Wednesday: One Fruit — Not Nine Personalities

READ Galatians 5:22-23

TODAY'S TRUTH

The fruit of the Spirit describes Christlike character, not nine personality options.

Reflect

Paul says fruit — singular. Love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, and temperance belong together as the Spirit's work in us. We may need greater growth in some areas, but we cannot dismiss patience, gentleness, or self-control by saying, “That is just not me.”

Heart Check

Which expression of the Spirit's fruit is becoming more visible in me?

Which area have I been tempted to excuse as “not my personality”?

Pray

Holy Spirit, form the full character of Christ in me. Grow what is weak and correct what I have excused.

My One Faithful Step

Thursday: The Kingdom Challenge

READ Matthew 16:24; Romans 12:1-2

TODAY'S TRUTH

Sacrifice for the Kingdom should not seem unreasonable when we willingly sacrifice for everything else we value.

Reflect

We accept discipline for fitness, education, careers, sports, and personal goals. Yet prayer, forgiveness, service, generosity, Scripture, and self-denial can suddenly feel excessive. The world has discipleship too. Whatever repeatedly receives our attention, affection, obedience, and surrender is forming us.

Heart Check

What receives my best time, attention, energy, and sacrifice?

Where have I treated obedience to Christ as unreasonable while accepting costly demands elsewhere?

Pray

Jesus, reorder my priorities. Teach me to value Your Kingdom above comfort, convenience, and cultural pressure.

My One Faithful Step

Friday: Crucify What Cannot Lead

READ Galatians 5:24-25; Galatians 2:20

TODAY'S TRUTH

Personality may explain a tendency, but it cannot excuse what Christ calls us to crucify.

Reflect

Paul says those who belong to Christ have crucified the flesh with its affections and lusts. Jesus is not an addition to a life we have already decided to control. He is Lord. My plans, relationships, money, future, preferences, and even my need to have my own way belong to Him.

Heart Check

What have I been managing or excusing that God is asking me to crucify?

What would surrender look like in one concrete area of my life today?

Pray

Lord Jesus, You are Lord over all of me. Give me courage to crucify what resists Your leadership.

My One Faithful Step

Saturday: Look at the Fruit

READ John 15:4-8; Galatians 5:22-25

TODAY'S TRUTH

Pressure reveals what has been growing.

Reflect

We can imitate spiritual behavior for a while, but pressure exposes what is being formed within us. When irritation, disappointment, disagreement, or change comes, what comes out? When the response does not look like Christ, discipleship does not require pretending. We can surrender it and say, “Lord, this part of me still needs to grow.”

Heart Check

What usually comes out of me under pressure?

Where can I see genuine evidence that the Spirit is making me more like Jesus?

Pray

Father, let the fruit of my life glorify You. Use pressure to reveal where I need growth and keep me connected to Christ.

My One Faithful Step

Weekly Fruit Inventory

NOTICE WHAT IS GROWING — THEN SURRENDER WHAT STILL NEEDS FORMATION

1. What Has Been Shaping My Week?

Name the repeated inputs, relationships, reactions, and desires that have had the most influence on you.

2. Where Do I See the Fruit of the Spirit?

Love • Joy • Peace • Longsuffering • Gentleness • Goodness • Faith • Meekness • Temperance

3. What Has Pressure Revealed?

What came out of you when you were frustrated, disappointed, corrected, delayed, or challenged?

4. What Have I Called Personality?

Is there an attitude or reaction you have excused that the Spirit is calling you to surrender?

5. What One Area Needs Intentional Growth?

Choose one expression of the fruit where you will cooperate more intentionally with the Spirit this week.

Surrender: Connection Check

SURRENDER • REMAIN • RESPOND • BEAR FRUIT

REMEMBER

The branch does not manufacture fruit. It remains connected to the Vine. The Spirit produces fruit as we surrender and respond to God.

SURRENDER

What area of my life am I still trying to lead without yielding it to Christ?

REMAIN

How am I intentionally remaining connected and responsive to Christ?

RESPOND

What act of obedience is the Spirit asking of me?

BEAR FRUIT

What Christlike response needs to become more visible in me?

My Week 5 Growth Plan

SURRENDERED • CONNECTED • FRUITFUL

REMEMBER

Healthy fruit is not a spiritual performance. The Spirit produces fruit as we surrender to Christ, remain connected to Christ, and walk in the Spirit.

AREA	MY PERSONAL RESPONSE	MY CONNECTED PRACTICE
Surrender		
God's Word		
Prayer		
Obedience		
Relationships		
Service		

My Commitment

With God's help, the area I will surrender is:

The fruit I will ask the Spirit to grow in me is:

The person I will help grow is:

My Week 5 Declaration

I WILL WALK IN THE SPIRIT

I will not confuse activity with maturity. I will not try to manufacture spiritual fruit. I will surrender to Christ, remain connected to Christ, and walk in the Spirit. I will not excuse the flesh as personality. I will welcome the Spirit's work until the character of Christ becomes increasingly visible in me.

Prayer

Lord Jesus, I surrender my life to You. Holy Spirit, lead me. Keep me connected to Christ and expose whatever in me does not reflect His character. Grow love, joy, peace, patience, gentleness, goodness, faithfulness, meekness, and self-control in me. Let the fruit of my life glorify the Father and help somebody else grow. In Jesus' name, amen.

My Week 5 Declaration

I DECLARE

I will surrender. I will stay connected. I will walk in the Spirit. I will look for fruit, not merely activity. I will allow pressure to reveal where I still need growth. I will become more like Jesus.

HEALTHY THINGS GROW.

LET'S CONTINUE TO GROW TOGETHER! • FORWARD & HIGHER TOGETHER!