

Confirmation Preparation – Session 2

“Fruits of the Spirit”

The fruits of the Holy Spirit are love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. In this session, we will explore what these fruits mean and how we can cultivate them in our daily lives. We will also share some practical tips and examples of how to apply them in different situations.

The session will be divided into three parts:

- Part 1: Introduction and icebreaker. We will start with a brief introduction of the topic and the objectives of the session. Then, we will do a fun icebreaker activity to get to know each other better and to warm up for the discussion.
- Part 2: Group discussion. We will split into small groups and discuss the following questions: What are the fruits of the Holy Spirit? How do they relate to our Christian identity and mission? How do they help us grow in holiness and happiness? How do we recognise them in ourselves and others? What are some challenges or obstacles that prevent us from bearing these fruits?
- Part 3: Reflection and action. We will come back together as a whole group and share some insights and learnings from the discussion. We will also reflect on how we can apply these fruits in our personal, professional and social lives. We will end with a prayer and a commitment to practice one fruit of the Holy Spirit this week.

Fruit of the Spirit Bible Verses

The Bible speaks of visible "fruits of the spirit" that are characteristics of a Christian. These are the attitudes, behaviours and traits that someone who believes in Jesus Christ should show. Every Christian is continually maturing toward Christ likeness and the Word of God helps us to understand how the Holy Spirit guides us!

[Galatians 5:22-23](#)

22 But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness,

23 gentleness and self-control. Against such things there is no law.

[1 John 4:16](#)

16 And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in them.

[Read Chapter All Versions](#)

4 Love is patient, love is kind. It does not envy, it does not boast, it is not proud.

5 It does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.

6 Love does not delight in evil but rejoices with the truth.

7 It always protects, always trusts, always hopes, always perseveres.

8 Love never fails. But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away.

[Romans 5:1](#)

1 Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ,

[Nehemiah 8:10](#)

10 Nehemiah said, “Go and enjoy choice food and sweet drinks, and send some to those who have nothing prepared. This day is holy to our Lord. Do not grieve, for the joy of the LORD is your strength.”

[Romans 15:13](#)

13 May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

[Colossians 1:11](#)

11 being strengthened with all power according to his glorious might so that you may have great endurance and patience,

[Ephesians 4:2](#)

2 Be completely humble and gentle; be patient, bearing with one another in love.

[2 Corinthians 6:6-7](#)

6 in purity, understanding, patience and kindness; in the Holy Spirit and in sincere love;

7 in truthful speech and in the power of God; with weapons of righteousness in the right hand and in the left;

[Ephesians 5:9](#)

9 (for the fruit of the light consists in all goodness, righteousness and truth)

Ephesians 3:16-17

16 I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being,

17 so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love,

Galatians 6:1

1 Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted.

2 Peter 1:5-7

5 For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge;

6 and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness;

7 and to godliness, mutual affection; and to mutual affection, love.