

Lesson 1 **He's God**

1. From Psalm 1, what does “Blessed” mean? (Go deep)
2. Why will you be blessed?
3. What will keep you from wickedness?

 How hard is it to keep from that wide, wicked path?
4. Why should God’s Word be your delight?

 If it truly is, what should you be doing with it?
5. What actually, does “meditate” mean?

 What will it produce?
6. Explain:
 - a. the tree
 - b. planted by streams of water
 - c. yields its fruit in season
 - d. whatever he does prospers
7. Is that a great way to live?

 How come?
8. What will God do with the righteous?
9. Why is Psalm 2:2 such a contrast to Psalm 1
10. Why is Psalm 2:2 so very dangerous?
11. Why does that Lord laugh?

12. Despite evil all around, why can you take comfort in this Psalm?

13. From Psalm 8, why is your God so great?

14. What value is man to God?

15. Why is the Lord's name majestic in all the earth?

How can you be a part of making sure His name is majestic in your part of the world?

Lesson 2

He's Personal

1. Psalm 23: List characteristics of a shepherd.

How is Jesus your personal Shepherd?
2. List all the ways this Psalm gives you comfort?
3. In Psalm 46, what do you have to do to turn your weakness into strength?

Is it your choice?
4. How does Psalm 51 cleanse you and make you feel clean again?
5. What will God NEVER despise? Why?
6. In Psalm 91, what is the shelter of the Most High?
7. What does "rest" mean?

How does that feel in the middle of your trouble?
8. To guarantee God's rescue, what must you do?

To guarantee your protection, what must you do?

To guarantee His answer, what must you do?
9. What ingredients are necessary in a healthy relationship?
10. From Psalm 136, what should you desire to remember always and live out through every circumstance in your life?
11. From Psalm 139, why is it important to continually remind yourself of how much the Lord knows you?
12. What does "hem" in mean?
When is the Lord right next to you?

- 13.** Take a look in the mirror and tell yourself what your creator and Savior thinks of you.
- 14.** Why should verse 16 be a verse of complete security?
- 15.** Like David, why should you open yourself up to the Lord's searching?

Lesson 3 He's Your Helper

1. When you fear, how does Psalm 27 help you overcome that fear?
2. Through it ALL, how can you be confident that the Lord knows what He's doing?

What spiritual tools has He given you? Ephesians 6:14-19.

3. What is the battle you are constantly in?
4. Where are God's safe places?
5. What is His way? (v 11)
6. Why is it hard to wait?

Why is waiting for the Lord crucial?

7. In Psalm 119, what is the simple way to keep your life pure?

List as many verses in this Psalm as you can to prove your answer.

8. What do you need from the Lord so that you can understand His Word?
9. How do you know that God's Word is true and you can put your complete trust in it?

10. In Psalm 121, what must you do to get the help you need?

Is there anyone else that could do that?

11. What will keep you from "slipping"?
12. What does verse 4 mean to you?

13. Even though bad things can happen to this "shell" of yours, what does He promise that will never be harmed or taken away--ever?
Why is "Blessed Assurance" such a wonderful song?

14. What does the Lord watch in your life?

Lesson 4

He Loves Praise

1. What is praise?
2. In Psalm 34, list all the reasons why praise should be on your lips?
3. In Psalm 145, list all reasons you should praise the Lord.
4. What does Psalm 146, warn you not to put your trust in? Why?
5. Why is the Lord worthy of your trust from this Psalm?
6. In Psalm 147, who does He sustain? Explain.
7. In this Psalm, what does the Lord take pleasure in?
8. From Psalm 148,

Who should praise the Lord?

Where should you praise the Lord?

When should you praise the Lord?
9. From Psalm 149, why should you be singing a new song?
10. Are you a saint? Why?
11. What does Psalm 150 sound like to you?

Is your heart excited?
12. What does heaven sound like? Revelation 5:8-13.

Now are you excited?
13. What have these Psalms opened your eyes and ears to?

14. Do you believe that a Psalm a day could keep Satan, worry, and “self” away?

P.S. Then do it!!!

Lesson 1

Introduction and Fruit #1 Love

1. Read Ephesians 1:13. Before the fruit of the Spirit can be produced in your life, what must happen to you? From this verse, stat the step-by-step process. Define each step.
2. Read Galatians 5:16-26. What is the difference between a life lived by the Spirit and a life lived according to your natural sinful nature?
3. From that passage, what does “keep in step with the Spirit” mean? (Really think about this one.)
4. How can you tell who is sitting on the “throne” of your life each second? Who prevents the Holy Spirit from producing His beautiful fruit in you? (It’s not the devil, either!)
5. According to Matthew 7:20, Matthew 12:33-34, and John 10:10, why is the fruit of the Spirit so important in your life?
6. How and why can the fruit of the Spirit make your life full and complete?
7. Read I John 4:7-12. Explain real love. Why do you think love is listed first of the nine fruit of the Spirit?
8. What is counterfeit love?
9. Read John 13:34, Romans 5:8, and Romans 12:1. How can what Jesus did for you motivate you to really love others? Read Matthew 5:44. Why is it so hard to love the unlovable?
10. Real love is not based on feelings. Think of your “unlovable” person. What is it going to take to love them the way Jesus does? Why is this course of action a choice?

Lesson 2

Fruit #2 Joy

1. Read Luke 24:13-35. Who were these men and what were they talking about?
2. What did these men at first choose to see? How can emotions blind us from the truth?
3. Who is JOY? When did these men experience joy?
4. What did Jesus say about joy in John 15:1-11?
5. Real joy is when your spiritual eyes are opened. Describe the difference between joy and happiness. Give examples of each.
6. Joy is the root word of “rejoice.” If joy and happiness were the same, why would Romans 5:3-5 and James 1:2-4 not make sense?
7. Can you explain why joy and suffering go together more than joy and happiness?
8. Even during difficult days and circumstances, we can still choose to bear the fruit of joy to others. Who will produce real joy in you? Is real joy possible without Him?
9. David was in a very difficult time in his life when he wrote Psalm 51. He had just been rebuked for his sin with Bathsheba. Can you think of a reason why he wrote verse 12?
10. In your own words, explain this beautiful verse: Hebrews 12:2

Lesson 3

Fruit #3 Peace

1. Can you describe peace?
2. What is the opposite of peace?
3. Read Isaiah 43:1-3, Why should those verses give you peace?
4. What are some of your “waters”, “rivers” or “fires”? (Personal)
5. Should you be surprised when troubles and trials come your way? Read John 16:33.
6. What does the Lord promise in John 14:27 and Hebrews 13:5?
7. How did the apostle Paul demonstrate peace in II Timothy 1:12?
8. If the peace of God does not depend on freedom from adversity, on what does it depend?
9. Do you see a growing connection between know who God is and being able to receive the peace He offers? How do you get to know the person or Person in your life that you live, trust, and understand the most?
10. Worry seems to come so naturally. What does Jesus say about worry? (Matthew 6:25-34). What does Paul say about it? (Philippians 4:6-7) Follow those verses of Paul step by step.

Lesson 4

Fruit #4 Patience

1. What is patience? Why is it so difficult?
2. How does impatience “look” on a person?
3. What does Isaiah 40:31 (KJV) say about waiting? How can the Lord use waiting for your good? What is the danger of your impulsive behavior?
4. Sometimes problems are not resolved in a short time. We have to wait on the Lord to work out the situation or work in person, and His timetable is perfect. But we have to go on “living”. How do we do that? Read Matthew 18:21-35. What had Peter been wondering as he listened to Jesus’ answer?
5. Describe the parable of the unmerciful servant.
6. What happened to this man between verses 27 and 28?
7. If you fail to treat others with patience and forgiveness, how will God treat you? (v35) Why is God’s judgement so harsh?
8. Where can an unforgiving spirit lead you?
9. When you fail to forgive, who is the one that is miserable?
10. Forgiveness is a sheer act of obedience. Why do we need the Holy Spirit to forgive the way Jesus wants us to?

Knowing how much God has demonstrated His patience and forgiveness for you, how can that help you when you do not feel like forgiving someone else? Review the story of the prodigal son in Luke 15:11-32.

Lesson 5
Fruit #5 Kindness

1. What do you think kindness is? How is it far more than just being nice?
2. Read II Samuel 9. Considering the circumstances between Saul and David, why was it unusual for David to show kindness to Mephibosheth?
3. Describe Mephibosheth.
4. What kindness did David show Mephibosheth? How was it demonstrated?
5. How do you think Mephibosheth felt when he was summoned to appear before David?
6. What do you think his reaction was to what occurred in verse 7?
7. How can you show God's kindness? What will it cost?
8. Jesus is the ultimate example of kindness. How does He act it out in the lives of people? Matthew 9:18-25, Matthew 20:29-34, Luke 5:12-13 and John 8:3-11.
9. How can sharing God's kindness change someone's life?

Lesson 6

Fruit #6 Goodness

1. God is good all the time. All the time God is good. How and why is that true?
2. How does God's goodness really show up in your life? Read Ephesians 1:3-10.
3. Read Psalm 107. In verses 1-3, how does the writer express himself because of God's goodness?
4. Things and people of this world get us sidetracked from God's path for our lives, and then out of His goodness He uses discipline to get us back on track. Why did the Israelites need discipline in the Psalm?
5. In each instance, what action was taken by the people resulted in their deliverance?
6. How does this Psalm relate to you today? Do you ever get off the spiritual track?
7. Do you need (not like) God's discipline?
8. Do you call out to Him or fall into self-pity? What happens if you choose to call on Him?
9. God has reasons for everything He does. From this lesson, what is His purpose for disciplining in Romans 8:28-29 and Hebrews 12:11?
10. What does Lamentations 3:21-23 mean to you today? Watch how this verse leads to the next fruit--faithfulness.

Lesson 7

Fruit #7 Faithfulness

1. From Hebrews 11:1 and your own personal definition, what is faith? Why is it so fundamental in your Christian life?
2. Explain why the people in Hebrews 11 were listed in the “hall of faith”. Pick out a few, and be specific.
3. Read II Chronicles 20:1-30. What was the situation, and what was Jehoshaphat’s immediate response to the news?
4. After his immediate response, what did he do to face the problem?
5. Describe Jehoshaphat’s prayer. Why did he start the way he did and what progression did he follow?
6. Jehoshaphat listened to the words of the Lord. What were they (v15-17)? How do you “take up your positions”?
7. How did Jehoshaphat and all the people demonstrate faith?
8. Why do you think the singers led the way?
9. How did God answer? What was the people’s response after the Lord’s victory?
10. Faith is essential for every day on your Christian journey. But when will you not need faith anymore?

Lesson 8
Fruit #8 and #9 Gentleness and Self-Control

1. What is your definition of gentleness? What is it, and is it not?
2. Read I Thessalonians 2:1-12. What are some wrong ways to share the gospel of Jesus with others?
3. What were Paul's motives? Why is motive so important?
4. Why is Jesus the best example of gentleness? Look at His different yet very confident reactions to different people in different circumstances. Luke 18:16, Matthew 21:12-16, Matthew 23 and Luke 23:32-34. Gentleness is a silent strength.
5. What is self-control? Why do you think this fruit is the last of the nine?
6. Describe the story in I Samuel 26. Why did David resist the temptation and take matters into his own hands?
7. When you feel powerless under temptation's attraction, how can 1 Corinthians 10:13 help?
8. Satan is great at dangling the bait of temptation that appeals to your human nature and its natural response. But according to James 1:13-15, who has the responsibility for whether or not to give into temptation?
9. Jesus died on the cross to save you from yourself. Why is that a blessing?
10. Why do self-control and surrender go hand in hand? (Luke 9:23 and Matthew 16:24-25)