



Journal Prompts: Growing the Fruit of the Spirit

Use these prompts throughout the week to reflect on how the Spirit is shaping you.

1. Which fruit of the Spirit do I see most clearly in my life right now?
2. Which fruit feels the hardest for me to grow, and why?
3. Where do I notice the “flesh” showing up in my attitudes or reactions?
4. What situations in my life right now might God be using to grow spiritual fruit?
5. How can I stay more connected to the Spirit this week?
6. What old habits or desires do I need to “crucify” so the Spirit has room to work?
7. Who in my life displays the fruit of the Spirit, and what can I learn from their example?
8. What small, daily choices can help me keep in step with the Spirit?
9. How has God grown fruit in me over the past year? Where do I see progress?
10. Write a prayer asking the Holy Spirit to cultivate specific fruit in your life.