



THE BRAVE SPACE ✦

This Thursday
June 25, 2026

Fruit-Full Living

"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control."

Galatians 5:22–23 (NIV)



Summertime *BRAVE SPACE* ✦

This Thursday
June 25, 2026

This Fruit is FOR YOU!

*What does it mean to receive **HIS FRUIT**
BEFORE we ever bear it?*

TODAY'S JOURNEY

01

Open Up with Fruit

Group chat community

02

Root Deep

Scripture, thoughts &
reflection

03

Me-O-Meter

Personal Fruit of the Spirit
assessment

04

Just Between You
and Jesus

Reflective coaching discovery

05 ♦ Harvest Together | Personal steps, collective take-aways & closing

Let's Open Up With Fruit

Questions for the Group Chat

 If your **personality** were a fruit, which fruit would you be?
Give 1-2 reasons that make you say that.

 "What's one fruit you **LOVE** and one you absolutely **CANNOT STAND**?
In what ways could this fruit reflect what you **value in others**?
what you value in yourself?

 "If the current season of your life were a piece of fruit, would it be **ripe**, **still growing**, or honestly a little **bruised** right now?"
What are the 2-3 driving factors that make your fruit be such right now?



Fruit of the Spirit

Living **FROM** personally receiving The **FRUIT** of The Spirit, enables you to overflow with:

**Love, Joy, Peace, Patience, Kindness, Goodness,
Faithfulness, Gentleness, Self-Control**

When you're personally receiving the Fruit of the Spirit,
personally experiencing His Fruit,
personally allowing His Fruit to guide how you
behave towards yourself,

God will enable you to have the following qualities:

**Calmness, Clarity, Curiosity, Compassion,
Confidence, Courage, Creativity, Connectedness**

ME-O-METER™ | Rate Each Fruit 1–10 |

1–3: Growing

4–6: Tending

7–10: Flourishing

LOVE

1

2

3

4

5

6

7

8

9

10

*I act with genuine **warmth** and **care**, toward myself AND others. I'm not just going through the motions.*



When did I last receive OR give **love** without an agenda?

JOY

1

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*I experience a **deep, steady delight** that isn't dependent on my circumstances being perfect.*



What would **JOY** feel like in my body right now if I let it in?

PEACE

1

2

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4

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*There is a **settledness in my soul**. I'm not driven by worry, and I'm not white-knuckling my way through life.*



What area of my life feels LEAST **peaceful** — What makes that so?

PATIENCE

1

2

3

4

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*I can hold **space for process**, in myself, others, and **God's timing**, without forcing things forward.*



Who or what am I most **impatient** with lately?

♦ 1 = "This is barely a seed in me right now"

♦ 10 = "This is genuinely flourishing"

ME-O-METER™ | Rate Each Fruit 1-10 |

1-3 Growing

4-6 Tending

7-10 Flourishing

KINDNESS

1

2

3

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I extend genuine **kindness (grace)** to others, and I include MYSELF in that circle of kindness too.



Am I as **kind** to myself as I am trying to be to others?

GOODNESS

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My life reflects **integrity**. I do the right thing even when no one is watching.



Where have I let guilt or shame crowd out my sense of being declared **good** in Christ?

FAITHFUL- NESS

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I show up **consistently** — in my **commitments**, to God, to the people I love, and to my own soul.



What is one **commitment** I've been **faithful** to that deserves celebration?

GENTLE- NESS

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There is a **softness** in how I approach the **tender** places — in myself and in others. I'm **not** harsh.



How does my inner voice mostly speak to me, with a harsh rod or a **gentle** hand?

SELF- CONTROL

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I make choices that **align** with who I want to **become**, not just what my impulses are asking for in the moment.



What area of my life is asking me to **pause** and choose differently?



Me-O-Meter Debrief

Group Sharing — What Did You Notice?



Which fruit scored **highest** for you?

What do you think has been **nurturing** it in this season?



Which fruit is most in **need of attention** right now?

Describe what that area of your life feels like right now.



What **surprised** you about your scores?



Where do you notice yourself **being hardest on yourself** in this assessment?

What would **compassion** say instead?

Psalm 34:8 — *"Taste and see that the Lord is good."*



"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control."

Galatians 5:22–23 (NIV)

Receive the Fruit — Just Between You and Jesus



Receiving the Fruit — Just Between You and Jesus

My heart has heard you say, "Come and talk with me." And my heart responds, "LORD, I am coming." *Psalm 27:8 (NLT)*



Receiving His Fruit — Just Between You & Jesus

LOVE

sacrificial, unmerited deeds to help a needy person

the love he speaks of involves concrete and objective acts.

⁸But God demonstrates his own love for us in this:
While we were still sinners, Christ died for us.

-Romans 5:8 (NIV)



What would change in the way you talk to yourself today if you allowed yourself to be fully convinced, deep in your bones, that **you are the one Jesus loves** — not trying to earn it, not afraid of losing it, just... **held in it?**

Receiving His Fruit — Just Between You & Jesus

JOY

Psalm 16:11 — *"In your presence there is fullness of joy."*
Joy is found in proximity to Him, not in perfect circumstances.

As a young man marries a maiden,
so will your sons marry you;
as a bridegroom rejoices over his bride,
so will your **God rejoice over you.**

-Isaiah 62:5 (NIV)

If you were to receive **THE JOY** of Jesus in you, a
quiet, steady delight that weaves throughout
everything you are, not about your feelings or
circumstances being perfect—

what would it feel like **in your body** to actually
receive that JOY right now, in the middle of
your real, unedited life?



Receiving His Fruit — Just Between You & Jesus

PEACE

I'm leaving you **well and whole**.
That's my parting gift to you. Peace.
I don't leave you the way you're used to
being left—feeling abandoned, bereft.
So don't be upset. Don't be distraught.
-*John 14:27 (MSG)*



a settled certainty in the
middle of conflict

It **passes** understanding
because it cannot be explained
by the circumstances.

It can only be explained by
proximity to the Prince of
Peace Himself.



Imagine for a moment that **the peace Jesus offers** isn't
waiting for your circumstances to calm down — it's
already sitting inside you **right now**, fully available.
What would you have to lay down to actually feel it?

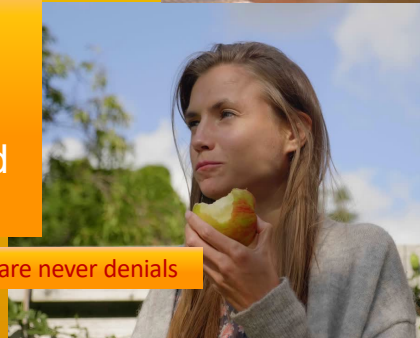
Receiving His Fruit — Just Between You & Jesus

PATIENCE

But for that very reason I was shown mercy so that in me, the worst of sinners, Christ Jesus might display **his unlimited patience** as an example for those who would believe on him and receive eternal life. -**1Timothy1:16 (NIV)**

God is operating on an eternal timeline and that His delays are never denials

His patience is rooted in Eternal Perspective



Knowing patience wasn't something you have to manufacture through gritted teeth, but something God Himself pours into you from **His own endless, unhurried nature** —

what would it feel like to receive **His Patience** today, specifically in the one situation where you feel most impatient right now?

Receiving His Fruit — Just Between You & Jesus

KINDNESS

"in order that in the coming ages he might show the incomparable riches of his grace, expressed in his **kindness** to us in Christ Jesus. *Ephesians 2:7 (NIV)*

it is God's **kindness** that leads people to change, not His wrath. This means **kindness** is not soft — it is the most powerful change agent in the universe.

Or do you show contempt for the riches of **his kindness**, tolerance and patience, not realizing that **God's kindness** leads you toward repentance? *Romans 2:4 (NIV)*



God's kindness toward you is not occasional or earned — it is **constant, personal, and specifically tailored to you**. If you let yourself receive that today, not just **know** it, but actually **feel** it — what do you think receiving **HIS KINDNESS** would do to the way you speak to yourself when you make a mistake?

Receiving His Fruit — Just Between You & Jesus

GENTLENESS

Zephaniah 3:17: *"He will quiet you with his love."*

Receive His gentleness toward you. Let Him be gentle with you before you practice it with anyone else. Notice the tone of His voice in Scripture — it is rarely harsh toward the broken.



What would it feel like to let God be **genuinely, unhurriedly gentle** with you — not correcting you, not rushing you, not disappointed in you — just quietly, tenderly present with you in **the exact place where you are...**

What might shift if you let that be real?

Receiving His Fruit — Just Between You & Jesus

FAITHFULNESS

Lamentations 3:22–23 — "His mercies... are new every morning; great is your **faithfulness**." He models **faithfulness** to us every single day.

Anchor your **faithfulness** to His — not to your feelings or your results.



If you **stopped** measuring your faithfulness **by your track record** and started anchoring it to **His faithfulness** — the **One who is called Faithful** and True —

What would you finally be free to **stop** beating yourself up about?

Receiving His Fruit — Just Between You & Jesus

GOODNESS

Psalm 34:8 — *"Taste and see that the Lord is good."*

His **goodness** is something we experience,
not just believe.



Knowing **God's goodness** flowing through you isn't about performing or proving anything but was simply the natural overflow of **staying close** to a God who **IS good** —

What would **become lighter** for you?

What **pressure** would lift?

Receiving His Fruit — Just Between You & Jesus

SELF-CONTROL

Self-control is not punishment; it is **partnership** with the Spirit who already lives in you.

1 Peter 2:23 — Jesus, *"when they hurled their insults at him... made no threats."*

He held His power with perfect restraint.



If the **Spirit's self-control** over your thoughts, your reactions, your choices felt less like a rule and more **like a gentle hand on your shoulder** from Someone who genuinely knows you and is completely for you —
What restraint might become possible that feels impossible right now?





Brave Space Group Chat — Collective Harvest Questions

Fruit of the Spirit Gathering

OPEN THE HARVEST

Drop one word in the chat that describes what today stirred in you. Just one word. Don't overthink it. 

AWARENESS — What Did You See?

What is the one thing about yourself you became aware of today that you didn't walk in knowing?

WHAT YOU'RE STILL WRESTLING WITH

What did today stir up in you that you know you are going to have to take to Jesus this week?

THE MOMENTS THAT MATTERED

Where did you feel the Holy Spirit most tangibly present today — in a question, a silence, a moment of connection? What was happening?

What is the one sentence from today — from the content, from a song, from a question, from another woman in this room — that you are going to write down and keep?

WHAT YOU LEARNED

What did today teach you about how you have been relating to Jesus — and what might you want that to look like going forward?

ACTION STEPS — What's Moving Forward With You?

What is **ONE** specific thing you are going to do differently this week because of today?

TAKE-AWAYS YOU DON'T WANT TO FORGET

If you could send a voice memo to yourself from six months ago using what you learned today — what would you say?



CLOSING Today's BRAVE SPACE...

- What are you most grateful for about **this specific group of women** today?
- What did **this community** make possible for you today that you couldn't have gotten alone?
- What is your prayer for a **specific color in our group today**—
...as she moves today's Brave Space forward into her week?
- Drop a word of encouragement in the chat **for the whole group**: one true thing you want **every woman** here to know as she logs off today.
- Last one: *"Because of today, I believe ____."*

NO BRAVE SPACE NEXT THURSDAY JULY 2

