



A LEADER GUIDE FOR

# Abundant

*A Bible Study on the Fruit of the Spirit*

WELL - WATERED WOMEN CO.

# A Letter from Gretchen

## DEAR SISTER,

First of all, I want to thank you for your willingness to lead a group of women through this study. Christ sees you, and he is greatly honored by your heart to serve him through serving others. Acts 2:42–47 is a beautiful picture of what fellowship among believers looked like in the early church. Verse 42 says, “And they devoted themselves to the apostles’ teaching and the fellowship, to the breaking of bread and the prayers.” Fellowship begins with worship and the Word. I pray that your group looks like this verse—devoted to Scripture, to serving one another, and to praying in Jesus’ name. I believe God is going to do a mighty work in your group as you meet together weekly to share what you’re learning and to encourage one another in the Lord.

Second, it’s my goal to help equip you to lead your group through this leader guide. Coordinating a group can be intimidating. Maybe this is your first time leading a group and you’re nervous just thinking about it, or maybe you’re a seasoned Bible study leader and already feel comfortable in this setting. Either way, I pray you would come to the Lord with open hands and a humble heart as you seek to pour into the women around you. Recognizing how small we are and how great God is is the best place to start.

On the following pages, you’ll find some practical encouragement for leading your group and questions to help spark conversation during your meetings. As you lead, prayerfully ask God to direct your time together in his Word, trusting the Holy Spirit to guide you into all truth (John 16:13) and to convict and transform your hearts. May this study on the fruit of the Spirit grow your love for God and his Word as you gather to discuss it with your group each week.

Before you begin, I want to pray for you.

*Father, you are high and holy, yet you are also near and always with us. The treasures you have stored up within your Word are innumerable. We want to spend our days digging for treasure and dining at your table. Thank you for the woman leading this study. Thank you for her heart to serve you and to teach others the truth of the gospel. I pray you would first change her own heart as she studies, and in turn, that you would give her the strength to teach and lead the women around her. As they study your Word together, open their eyes to behold wondrous things from your law (Ps. 119:18). I pray Christ would be glorified through this study and in all their lives. In Jesus’ mighty name I pray, amen.*

## YOUR SISTER,

*Gretchen Saffles*  
Founder of Well-Watered Women







# Preparing to Lead a Group



Create a space that's inviting and welcoming. If you're meeting in your home, don't feel that everything has to look perfect each week. God might use the mess to bring freedom to another woman! The way you show hospitality and welcome women will show them the unfailing love of Christ. If you're meeting in a church or another local area, try to find a spot without distractions that will be a safe place for women to talk and participate in the group.



You set the level of vulnerability for your group. As you share from your own heart and personal experiences, other women will open up to share. As this happens, make sure your group is not a place to gossip. Set the standard from the start that group meetings will be confidential and that any conversation steering in the wrong direction will be redirected.



Pray to begin and end your time together. It's easy to rush through group meetings without first quieting our hearts to pray, but this is vital. Lead the group in prayer and ask other women to pray as well.



Protect your meeting time. It's good to have some structure and a time limit for your meetings. That way, each group member knows the allotted time and will feel comfortable leaving once the meeting time is over, even if some women decide to stay and fellowship.



# Introductory Session



## 1. Share the dates and times that you'll meet so your group members can commit to being there.

Pass out the study books if the women don't already have them and instruct them to complete the first week before the next meeting. There are five days of study each week plus a weekly reflection.

## 2. Share the guidelines of the group.

Guidelines could include:

- This group is a confidential, safe place, unless there is any indication of harm or danger.
- This group is a commitment.
- This group is a place to ask questions, encourage one another, and seek Christ together. It's a place where we will speak life, hope, and freedom into others, not a place to gossip.

## 3. Consider beginning with an icebreaker game or question to introduce the women to one another.

You could ask get-to-know-you questions such as: If you were stranded on a desert island and could only have three items with you, what would they be and why? Or, if you could travel anywhere in the world, where would you go and why? Questions like these are designed to help women become comfortable with one another.

## 4. Next, share your story.

As the leader, sharing your testimony will help the women in your group to know you and trust you. Tell them how you came to know Jesus and why you're leading the group. Remember, women will follow your lead about how to share. There will be plenty of opportunities to share more of your story throughout the following six weeks, so you can keep this just a brief introduction.

## 5. If you have time, give each woman three to five minutes each to share her own story with the group.

## 6. Close your time together by sharing contact information and praying for one another.



## WEEK ONE

# Bearing Fruit



**OPEN IN PRAYER:** Ask God to open the eyes of your hearts as you study.

**WEEKLY MEMORIZATION:** Begin with the weekly memory verses. Offer to practice as a group or ask if a volunteer wants to recite them. Be willing and prepared to share yourself.

**DISCUSSION:** Walk through the following questions from each day with your group. Remember that answering the simple questions can help women feel prepared to answer the more difficult questions.

### Day One | Preparing to Study the Fruit of the Spirit

Which fruit of the Spirit is evident in your responses to your current circumstances? (page 7)

Which fruit of the Spirit are you lacking in your current season? (page 7)

How do you hope to grow in godliness through this study? (page 7)

### Day Two | The Helper

Read John 14:15–17. What does a lover of God do? What does the Father give those who love him? (page 8)

The Greek word for *Helper* also means “advocate” or “counselor.” How does this kind of Helper enable God’s people to follow verse 15? (page 8)

Read John 16:7–15 and discuss what it looks like for the Holy Spirit to convict, guide, and glorify. (page 8)

Have you noticed the Holy Spirit convicting or guiding you as you read the Bible? (page 9)

### Day Three | Law vs. Grace

Read Galatians 2:16. How is a person not justified? What is the only way to be justified? (page 10)

Read Romans 7:7. What purpose does the law serve? (page 11)

Read Galatians 5:1–6. Why did Jesus set believers free? How should believers respond to this freedom? (page 11)

What outward actions are you tempted to rely on for salvation? (page 11)

## Day Four | Flesh vs. Spirit

Describe life in the flesh and life in the Spirit by discussing your answers in the chart. (page 12)

What won't you do if you are walking by the Spirit? (page 12)

Read Galatians 2:20. What happened to the sinful nature of those in Christ? How do they live now? (page 13)

Do you see more evidence of the flesh or more evidence of the Spirit in your life? (page 13)

## Day Five | Works vs. Fruit

Read John 15:1 – 11. Who is the Vine? Who is the Vinedresser? (page 14)

Share your list of descriptions of those who abide in Christ from these verses. (page 14)

According to verse 10, what does this life of abiding in Christ include? What is the result (v. 11)? (page 14)

What false vines are you tempted to attach yourself to in hope of abundant life? (page 16)

Is there anything else from this week's study that stood out to you?



## Weekly Application

Before you wrap up, share something new you learned about God or the gospel in your study this week. Then share how you can apply that truth to your daily life.

End your time together by using the weekly memory verses, Galatians 5:22–23, to guide your closing prayer.

*God, we confess that we are broken women in need of your grace. Thank you for sending the Spirit, our Helper, to dwell within us and sanctify us. We need your Spirit working in our hearts to help us bear good fruit. Dig up the weeds in our hearts and cultivate love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control, that we may glorify you. Amen.*



## WEEK TWO

# Love

**OPEN IN PRAYER:** Ask God to open the eyes of your hearts as you study.

**WEEKLY MEMORIZATION:** Begin with the weekly memory verses. Offer to practice as a group or ask if a volunteer wants to recite them. Be willing and prepared to share yourself.

**DISCUSSION:** Walk through the following questions from each day with your group. Remember that answering the simple questions can help women feel prepared to answer the more difficult questions.

### Day One | God Is Love

Read God's proclamation about his name and character to Moses in Exodus 34:5–7. What words does God use to tell Moses his name? (page 19)

Consider God's use of *hesed* in Exodus 34:5–7. Which part of those verses seems to stand in opposition to a modern concept of love? Explain how God's steadfast love can coexist with his judgment. (page 19)

Which description of God's steadfast love from the Psalms ministered to you today? (page 21)

How does it change your actions to remember that you are loved with this kind of steadfast love? (page 21)

### Day Two | Sacrificial Love

Who did Christ die for? What does this demonstrate? (page 22)

How is God's love made manifest? What did God send his Son to do? (page 22)

Are you more comfortable with knowing God's love objectively or experiencing God's love personally? Why? (page 23)

How does defining love as "laying down your life for another" convict you? (page 23)

### Day Three | Loving God

How shall God's people respond to him? (page 24)

Read Mark 12:28–31. What is the greatest commandment according to Jesus? (page 24)

Now read Mark 12:32–34. What does the scribe say these commandments are more than? How does Jesus answer him? (page 24)

Share what loving God with all your heart, soul, and might would look like this week. (page 25)

## Day Four | Loving Others

Read John 13:34–35. Jesus is speaking to his disciples. What command does he give them? (page 26)

What's so special about the way Jesus loves? (page 26)

Share your one-sentence summary of 1 Corinthians 13:1–3. (page 26)

Describe what it would look like to love the people around you based on the descriptions of love in 1 Corinthians 13. (pages 26–27)

## Day Five | Grounded in Love

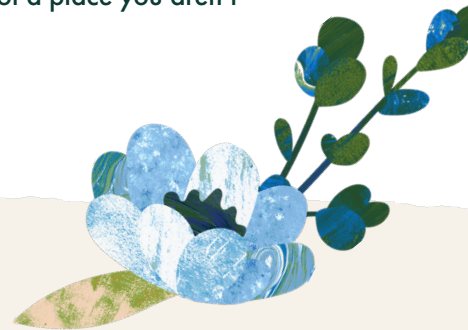
How are we strengthened (v. 16)? What is the purpose of this strengthening (v. 17)? (page 28)

What happens when we know the love of Christ (v. 19)? (page 28)

When we are abundant according to the Holy Spirit's power at work within us, who receives the glory? (page 29)

In what areas are you failing to love others well? How might these areas be indications of a place you aren't trusting in God's love? (page 29)

Is there anything else from this week's study that stood out to you?



## Weekly Application

Before you wrap up, share something new you learned about God or the gospel in your study this week. Then share how you can apply that truth to your daily life.

End your time together by using the weekly memory verses, 1 Corinthians 13:4–7, to guide your closing prayer.

*God, we thank you for your hesed, your steadfast love! As we study your Word and walk in relationship with you and grasp the depth of your love for us, transform our hearts so that we may love others in this way. Help us be patient and kind. Help us not to envy or boast, be arrogant or rude, be irritable or resentful. Help us rejoice in the truth and bear patiently with others. Help us endure in love. May we reflect your love to others because of your love for us. Amen.*





## WEEK THREE

# Joy and Peace

**OPEN IN PRAYER:** Ask God to open the eyes of your hearts as you study.

**WEEKLY MEMORIZATION:** Begin with the weekly memory verses. Offer to practice as a group or ask if a volunteer wants to recite them. Be willing and prepared to share yourself.

**DISCUSSION:** Walk through the following questions from each day with your group. Remember that answering the simple questions can help women feel prepared to answer the more difficult questions.

### Day One | God's Delight

Read Psalm 51:16–17. This is a psalm of repentance. What kinds of sacrifices does God delight in? (page 33)

Read Zephaniah 3:15–17. What actions of pleasure does God do in verse 17? What has God done that leads to this delight? (page 33)

Read Hebrews 11:6. What is required to please God? (page 33)

How do you see the relationship between faith and joy play out in your life? (page 34)

### Day Two | Count It All Joy

What does the testing of your faith produce? What is the effect of steadfastness? (page 35)

What recent trial exposed an insufficient thing that you tend to cling to for comfort or happiness? (page 35)

Why does hope not put us to shame? (page 35)

Share how you want to begin cultivating joy through the spiritual disciplines listed on the chart. (page 37)

### Day Three | God of Peace

What does it mean to be reconciled to God? (page 38)

Read Romans 5:1–2. How do we have peace with God? What is the relationship between joy and this peace? (page 38)

How did Jesus reconcile all things to himself and make peace? (page 38)

What circumstances of your life threaten to rob you of peace? How does remembering your standing with God help you experience peace in those circumstances? (page 39)

## Day Four | Peace in Life

How does reasonableness promote peace in community? (page 40)

What practical command does Paul offer to combat our worries? (page 41)

How is the peace of God described in verse 7? What does it do? (page 41)

How might obeying the command in verse 8 promote peace in your life? (page 41)

## Day Five | Peace with Others

Read Romans 12:18. How are we supposed to live peaceably with others? (page 42)

Read James 3:18. What harvest comes from sowing peace with others? (page 42)

What connection do you see between righteousness and peace? (page 43)

Who are you struggling to live peaceably with? How can remembering the gospel help you give this person grace? (page 44)

Is there anything else from this week's study that stood out to you?



## Weekly Application

Before you wrap up, share something new you learned about God or the gospel in your study this week. Then share how you can apply that truth to your daily life.

End your time together by using the weekly memory verses, Romans 5:1–2, to guide your closing prayer.

*God, thank you for sending Jesus to offer up his life as the perfect sacrifice for our sin to reconcile us to you. Though we were once your enemies, we are now at peace with you, only because of your perfect plan of redemption and Jesus' saving work. We rejoice in this good news! Fill us with joy and peace as we rejoice in the hope we have in you. Amen.*



## WEEK FOUR

# Patience and Kindness



**OPEN IN PRAYER:** Ask God to open the eyes of your hearts as you study.

**WEEKLY MEMORIZATION:** Begin with the weekly memory verses. Offer to practice as a group or ask if a volunteer wants to recite them. Be willing and prepared to share yourself.

**DISCUSSION:** Walk through the following questions from each day with your group. Remember that answering the simple questions can help women feel prepared to answer the more difficult questions.

### Day One | The Patience of God

Turn to Exodus 34:5–6 and read God’s proclamation about his name and character to Moses again. What descriptions are related to God’s patience? (page 47)

Read 2 Peter 3:8–10. Why is it taking so long for the day of the Lord—the second coming of Jesus—to arrive? (page 47)

What do you think it looks like to establish your heart? (page 48)

Describe a time in your life when God was patient with you. (page 48)

### Day Two | Wait on God

Read all of Psalm 62. How does David’s soul wait? (page 49)

What are David’s circumstances (vv. 3–4)? What is David’s hope (vv. 1, 2, 6, 7)? (page 49)

What two things belong to God according to verses 11–12? (page 50)

What are you waiting for right now? How do all the statements about God in Psalm 62 give you the courage to trust in God and wait patiently on him? (page 50)

### Day Three | Quick and Slow

What is the difference in speed of response between the foolish and the wise? (page 51)

Read Luke 8:15. When Jesus explains the meaning of the good soil in the parable of the sower, what role does patience have? (page 52)

What circumstances tempt you to respond quickly? (page 52)

What do you need to remember about God's patience to equip you to be quick to listen, slow to speak, and slow to become angry? (page 52)

## Day Four | The Kindness of God

Share what you noticed about the kindness of God after reviewing what you learned about God's *hesed* from the book of Psalms. (page 53)

According to verse 15, in what way is God's kindness displayed to us in Jesus? How then can we respond? (pages 53–54)

What is the purpose of God's kindness? (page 54)

What is God's kindness leading you to repent from today? (page 54)

## Day Five | Show Kindness

Read Ephesians 4:32. What does kindness toward others look like? (page 55)

Why do you think King David was able to extend this kindness to Mephibosheth? (page 55)

How are we to forgive one another? (page 56)

What have you learned about God's kindness that could soothe your place of hurt? (page 56)

Is there anything else from this week's study that stood out to you?



## Weekly Application

Before you wrap up, share something new you learned about God or the gospel in your study this week. Then share how you can apply that truth to your daily life.

End your time together by using the weekly memory verses, Colossians 3:12–13, to guide your closing prayer.

*God, we stand in awe of your grace—that you would choose us, make us holy, call us beloved. You have been patient and kind with us in our sin, forgiving us through Jesus. Help us put on the same patience and kindness you show us. Help us to forgive as you have forgiven us. We know we can't do this in our own power; we need the supernatural work of the Spirit to transform our hearts. Work in us, Lord. Amen.*





## WEEK FIVE

# Goodness and Faithfulness

**OPEN IN PRAYER:** Ask God to open the eyes of your hearts as you study.

**WEEKLY MEMORIZATION:** Begin with the weekly memory verses. Offer to practice as a group or ask if a volunteer wants to recite them. Be willing and prepared to share yourself.

**DISCUSSION:** Walk through the following questions from each day with your group. Remember that answering the simple questions can help women feel prepared to answer the more difficult questions.



### Day One | The Goodness of God

Read Psalm 119:68. What is God? What does he do? What is the psalmist's response to this truth about God? (page 59)

What did you learn about God's goodness toward his people from Matthew 7:11, James 1:17, and Romans 8:28? (page 60)

When you desire to be a good friend, wife, coworker, mom, etc., what definition of good are you using? (page 60)

Describe a time you've doubted the goodness of God. How does the definition of goodness transform your doubt into faith? (page 60)

### Day Two | Good Fruit

What are the requirements to inherit eternal life—to be good? Is it possible for a person to meet these requirements? (page 61)

Read Luke 6:43–45. What does a good tree bear? How does a person produce good fruit? (page 61)

What action displays what our heart is treasuring? (page 61)

What does your life look like when you're trying to be good by your own power? (page 62)

### Day Three | A Faithful God

Read 1 Corinthians 10:13. How does God's faithfulness help us in temptation? (page 64)

Read 1 John 1:9. What does the combination of God's faithfulness and justice lead to when we confess our sins? (page 64)

Read 1 Thessalonians 5:23–24. What is God faithful to do? (page 64)

What truth about God’s faithfulness will you preach to your soul today? (page 65)

## Day Four | By Faith

Where does your faith originate? (page 66)

Read Hebrews 12:2. How is Jesus described in this verse? (page 66)

Read Hebrews 11:1. How is faith defined? (page 66)

How can you turn your eyes from that earthly help to the eternal hope of your faithful God? (page 67)

## Day Five | Everyday Faithfulness

Read 2 Peter 1:3. What does the Holy Spirit (called “his divine power” in this verse) at work within us grant us? (page 68)

Discuss how the Proverbs 31 woman displays faithfulness in her relationships, in her work, in the home, and in her heart by sharing your answers from the chart. (pages 68–69)

Read verse 30 again. What is this excellent woman marked by more than worldly charm or beauty? (page 69)

In what areas of your life are you lacking the kind of everyday faithfulness described in Proverbs 31?  
How can you grow in faithfulness in these areas? (page 70)

Is there anything else from this week’s study that stood out to you?



## Weekly Application

Before you wrap up, share something new you learned about God or the gospel in your study this week. Then share how you can apply that truth to your daily life.

End your time together by using the weekly memory verses, 1 Thessalonians 5:23–24, to guide your closing prayer.

*God, we praise you for abounding in steadfast love and faithfulness! Even when we’re faithless and fickle, you remain faithful to your people. Be at work in us, sanctifying us through your Spirit. We trust that you will complete this work in us because you always keep your promises. Help us be faithful servants as we follow you, our faithful God. Amen.*



## WEEK SIX

# Gentleness and Self-Control



**OPEN IN PRAYER:** Ask God to open the eyes of your hearts as you study.

**WEEKLY MEMORIZATION:** Begin with the weekly memory verses. Offer to practice as a group or ask if a volunteer wants to recite them. Be willing and prepared to share yourself.

**DISCUSSION:** Walk through the following questions from each day with your group. Remember that answering the simple questions can help women feel prepared to answer the more difficult questions.

### Day One | Gentle Savior

Read Matthew 11:28–30. Who does Jesus call to come to him? What promise does he give them in verses 28 and 29? (page 73)

Based upon what you may know about Judaism and the yoke metaphor, what kind of labor could the original audience of the book of Matthew have been doing that made them feel heavy-laden? (page 73)

How does Jesus describe his heart? What is inviting about this kind of Savior to a people burdened by trying to save themselves? (page 73)

What things tend to keep you from coming to Jesus? What truth will you preach to yourself to fight against these distractions or temptations? (page 74)

### Day Two | Put On Gentleness

Read Ephesians 4:1–3. How does Paul urge the church in Ephesus to walk? (page 75)

Why do you think it matters that the people of God walk this way? (page 75)

Discuss how God's people should interact with the world based on Philippians 4:5, Titus 3:1–2, James 3:13, 17, and 1 Peter 3:13–17. (page 76)

What can you do to fight for gentleness the next time you're tempted to respond harshly? (page 77)

## Day Three | Jesus Resists

What does the devil tempt Jesus with in verses 8 and 9? Does Jesus resist? (page 79)

What tool does Jesus use to respond to temptation in verses 4, 7, and 10? (page 79)

Consider the last week. When were you tempted to pursue your own comfort, the approval of others, or your own glory? (page 79)

How could Jesus' example help you resist that temptation? (page 79)

## Day Four | Spirit-Empowered Self-Control

Read Proverbs 4:23. What should we do with our hearts? Why? (page 80)

Read Titus 2:11–14. What is the source of salvation and training in godliness? (page 81)

Why are we able to renounce ungodliness and worldly passions to live self-controlled, upright, and godly lives (v. 14)? (page 81)

What are you currently doing to guard your heart and mind? (page 81)

## Day Five | Walk by the Spirit

Read Galatians 5:16–26. What should we do to keep from gratifying the desires of the flesh? What is true of those who belong to Christ Jesus (v. 24)? (page 82)

What does it look like to sow to the Spirit? (page 83)

What should we not grow weary of? Why? (page 83)

How have you grown from this study? What do you want to remember as you continue to grow in godliness? (page 83)

Is there anything else from this week's study that stood out to you?



## Weekly Application

Before you wrap up, share something new you learned about God or the gospel in your study this week. Then share how you can apply that truth to your daily life.

End your time together by using the weekly memory verses, Matthew 11:28–30, to guide your closing prayer.

*God, we thank you for the gentle Savior we have in Jesus. We are heavy laden, weak, and needy, in desperate need of your grace and rest. Thank you for offering it to us through Christ. Help our hearts respond to your invitation to come to you, and help us find comfort in and learn from Jesus' gentleness and lowliness as we study your Word. In Jesus' name we pray, amen.*





Gathering a group of five or more  
to study God's Word together?

Contact [hello@wellwateredwomen.com](mailto:hello@wellwateredwomen.com)  
for a special group discount on  
*Abundant: A Bible Study on the Fruit of the Spirit.*