Hearts of Grace MINISTRIES

Discovering Who You Are in Christ

WORKSHEET 1 OF 3 · FRUIT

What Kind of Fruit Am I Producing?

Jesus said a tree is known by its fruit. Fruit is simply what grows out of a life - the words, attitudes, and actions others can see - and it tells the truth about what the heart is rooted in. This is not about shame. It is about looking honestly, with grace.

"You will recognize them by their fruits... So, every healthy tree bears good fruit, but the diseased tree bears bad fruit."

Matthew 7:16-17, ESV

"Either make the tree good and its fruit good, or make the tree bad and its fruit bad, for the tree is known by its fruit."

Matthew 12:33, ESV

Fruit grows from the root

You cannot fix fruit by polishing it. Lasting change starts underneath - in what you believe, what you feed your heart, and who you stay close to. Tick what is true for you today:

- ☐ **Rooted in God's Word**
  His truth shapes how I think and choose.
- ☐ **Quick to repent**
  I turn back to God instead of hiding.
- ☐ **Honest about my heart**
  I let God search what is really there.
- ☐ **Feeding on what is good**
  What I watch, hear, and dwell on helps me grow.
- ☐ **Surrounded by godly voices**
  The people closest to me point me to Jesus.
- ☐ **Guarding a tender heart**
  I do not let bitterness or pride take root.

In your own words

When Jesus talks about fruit, what do I think He is really looking at in my life?

If someone watched my everyday life for one week, what fruit would they see most?

One root in my life I want God to tend - a belief, a habit, or an influence - is:

A gentle reminder: God is the Gardener, not a harsh inspector. He shows us our fruit so He can grow something better - and He is patient as He does it.

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Good Fruit and Bad Fruit

In Galatians 5, Paul sets two harvests side by side: the works of the flesh and the fruit of the Spirit. Read both lists slowly. Neither list is here to condemn you - together they help you see your life clearly, so you can bring what you find to God.

Fruit of the Spirit

"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control." **Galatians 5:22-23, ESV**

- ☐ **Love**
  Putting others before myself, even when it costs.
- ☐ **Joy and peace**
  A settled gladness that does not depend on circumstances.
- ☐ **Patience and kindness**
  Slow to anger, gentle with difficult people.
- ☐ **Goodness and faithfulness**
  Doing right and staying true, again and again.
- ☐ **Gentleness**
  Strength that does not have to prove itself.
- ☐ **Self-control**
  Saying no to impulses that would harm me or others.

Works of the flesh

"Now the works of the flesh are evident: ...enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, envy..." **Galatians 5:19-21, ESV**

- ☐ **Strife and jealousy**
  Comparing, competing, and keeping score.
- ☐ **Fits of anger**
  Words and reactions I later regret.
- ☐ **Envy and division**
  Resentment that separates me from people.
- ☐ **Impurity**
  Letting my eyes, thoughts, or actions wander from God's ways.
- ☐ **Idolatry of the heart**
  Anything I run to before I run to God.
- ☐ **Selfish ambition**
  My way, my credit, my comfort - first.

A gentle heart-check

Circle a number for each line - 1 means "rarely true of me," 5 means "usually true of me." Scripture invites this: "Examine yourselves, to see whether you are in the faith." **2 Corinthians 13:5, ESV**

My words build people up more than they tear down.	(1) (2) (3) (4) (5)
I respond with patience when I am frustrated or hurt.	(1) (2) (3) (4) (5)
I can celebrate others without comparing or envying.	(1) (2) (3) (4) (5)
My private choices match what I profess in public.	(1) (2) (3) (4) (5)

Think it through

The good fruit I see growing in my life right now - and how God has grown it:

The bad fruit I most need to bring honestly to God is:

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Staying Connected to the Vine

A branch does not strain to produce fruit - it simply stays connected to the vine, and the life of the vine does the growing. Your part is to abide in Jesus. His part is the fruit.

"Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing."

John 15:4-5, ESV

Practices that keep you connected

- ☐ **Stay in the Word**
  Let Scripture feed the root every day, even briefly.
- ☐ **Pray honestly**
  Tell God the truth about your heart, not a polished version.
- ☐ **Repent quickly**
  Name bad fruit early, before it ripens and spreads.
- ☐ **Choose your soil**
  Spend time with people who help good fruit grow.
- ☐ **Sow small seeds**
  One kind word, one act of service, one obedient step.
- ☐ **Prune what drains you**
  Make room by letting go of habits that crowd out growth.

"Whatever one sows, that will he also reap... the one who sows to the Spirit will from the Spirit reap eternal life." **Galatians 6:7-8, ESV** - so sow on purpose, a little every day.

How I am living - honestly

1. Where in my life is the fruit sweet - and who is being blessed by it?

2. Where is the fruit bitter or missing - and what might God be showing me there?

3. What is one thing I keep sowing that I need to stop - and one seed of good I will sow instead?

My commitment

"By this my Father is glorified, that you bear much fruit and so prove to be my disciples." - **John 15:8, ESV**

This week, I will stay connected to Jesus by:

"Lord, You are the Vine and I am the branch. Keep me close to You. Grow in me the fruit I cannot grow myself - love, joy, and peace - and gently prune whatever does not belong. I do not have to strive - only to stay, and Yours. There is freedom in Christ. Amen."

Come as you are. Grow in His grace.