

# THEME SUMMARY

## **Theme:**

Galatians 5:22-23 [New Living Translation]

But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!

## **Key Thought:**

Life is about choices, and every choice has consequences—either now or later. What we eat is a great example of this. Most people love to eat, and food brings people together in really fun and beautiful ways. Furthermore, we all have to eat to live. We can choose to eat or drink whatever we want. However, some foods and beverages give us health and energy and others cause destruction. We must be mindful of what we put into our bodies.

Just like we must be wise with the foods and beverages we put on our actual plates and in our actual cups, we must watch what we fill up on spiritually, mentally, and physically.

**Spiritually:** Too much TV, social media, and other distractions can keep us from establishing a strong and healthy relationship with Jesus.

**Mentally:** Are you following the crowd? Or are you following your calling? Our minds must be clear and our hearts clean and at peace in order to hear from God.

**Physically:** In order to have the endurance to run this Christian race, we must not be spiritually dehydrated or malnourished. The Bible is not a bag of trail mix. You can't eat what you want and throw away the rest.

Galatians 5:22-23 says, "But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!" (NLV) It is important to daily observe what you are feeding your soul. In our theme scripture passage (Gal 5:22-23), and throughout the Bible, the Lord has given some suggestions as to what you should put in your cup.

What are you serving yourself? And what are you serving to God's people? Is it the fruit of the spirit (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control)? Or is it anger, jealousy, envy, and things that are not of God? Make sure you're serving items that will have people wanting to come back for seconds!

## **The Gospel as reflected in the Theme:**

The church is a great place for the lost and found. But let me be clear: Jesus didn't die so people would come to the church. Jesus died so people can become the Church.

Christ as the sinless, Son of God took the punishment of sin so that those who believe can have their sins removed. Christ's death on the cross was no accident or afterthought. It had been part of God's plan from all eternity in order to bring about the salvation of all who believe. He was crucified and buried. He was raised on the third day according to the Scriptures. After he was crucified, buried, and raised again, he called all people to become the Church through the command to, "Go and make disciples."

We live in a world where information is accessible to all of us. This can be good and bad. Many people are misinformed and misguided when it comes to learning about and following Jesus Christ. Accepting Jesus Christ as our Lord and Savior, believing in our hearts that Jesus was raised from the dead and coming back again, and confessing that Jesus Christ is Lord is not about a religion. It's about a relationship. As God's people, we were created to be in relationship and fellowship with one another. And the way we build relationships, create unity, community, and, most importantly, love, is by spending time with one another. It's the same way with Jesus. We will never change the world by going to church. We will only change the world by being the Church.

Just like we must be wise with the foods and beverages we put on our actual plates and in our actual cups, we must watch what we fill up on spiritually, mentally, and physically. This week during SERVE, participants will be challenged to always be aware of what's in our "cups"- what we allow into our hearts and minds. Is it the fruit of the spirit (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control)? Or is it anger, jealousy, envy, and things that are not of God. Is our cup filled with godly things, or is it full of ourselves? Are there things we need to remove in order to make room for godly things? And let's make sure we are filling our cups and serving others things that will have people wanting to come back for seconds!

Sometimes the only Jesus people could ever meet is through you. In other words, you could be the reason someone accepts Jesus Christ as their Lord and Savior. It's not about being loud. It's about living loud for Jesus!

Join us at SERVE sites across North America as we fill our cups with the fruit of the spirit and share with others the goodness of God.

## **SESSION OUTLINE**

### **Session 1: What is in your cup?**

- **Session Focus:** We all have to eat to live. But we all have choices about what kinds of beverages we put in our cups. We also have to decide what to put in our spiritual cups. In this session, participants will be challenged to consider how they are feeding themselves spiritually, mentally, and emotionally.
- **Key Passage:** Galatians 5:22-23
- **Small Group Discussion:** Groups will be asked to consider what their cups look like coming here. They will be encouraged to consider the things that fill up their cup and to examine their thirst for God this week.

### **Session 2: What do you need to remove from your cup?**

- **Devotions:** Using Galatians 5:22-23 as a guide, each morning we will focus on a different fruit of the spirit. On this day the focus will be on self-control.
- **Session Focus:** Participants will be challenged to examine what in their cup might be distracting them from a personal relationship with God
- **Key Passage:** Matthew 19:16-30 or Mark 10:17-31
- **Small Group Discussion:** Time will be spent processing the day, considering what kinds of things need to be removed from our cups, and setting goals for the week ahead.

### **Session 3: Fill your cup with love.**

- **Devotions:** Again, using Galatians 5:22-23 as a guide, on this day the focus will be on the fruit of love.
- **Session Focus:** Tonight, we will look at different kinds of love, Eros, Phillia, Storge, and most importantly Agape; God's perfect love for each of us.
- **Key Passage:** 1 Corinthians 13:1-13, 1 Samuel 18:1-5
- **Small Group Discussion:** The discussions on this night will be about the amount of love in each of our cups and what kinds of love we share with others.

### **Session 4: Fill your cup with humility.**

- **Devotions:** Again, using Galatians 5:22-23 as a guide, this morning we will focus on the fruits of gentleness/humility.
- **Session Focus:** Participants will be challenged to listen more than they speak, consider others above ourselves, and to fill our lives (and our cups) with humility.
- **Key Passage:** Philippians 2:1-4
- **Small Group Discussion:** Groups will be encouraged to share a time when they were slow to listen and it got them in trouble. They will also have opportunities to debrief their day and pray together.

### **Session 5: Fill your cup with servanthood.**

- **Devotions:** Continuing to use Galatians 5:22-23 as a guide, today we will focus on kindness and goodness.
- **Session Focus:** Jesus is the ultimate servant.
- **Key Passage:** Mark 10:45
- **Small Group Discussion:** This evening we will admit to ourselves that it is easy to be a servant during a week like SERVE. Participants will be challenged to consider how they can be intentional about serving others after this week is over and we return back to our normal lives.

### **Session 6: Jesus fills our cups with salvation, joy, and peace.**

- **Devotions:** Using Galatians 5:22-23 as a guide, today we will focus on joy and peace
- **Session Focus:** Through Jesus Christ, there is salvation. We are called to share that good news with everyone. The Great Commission is our job description.
- **Key Passage:** Matthew 28:16-20
- **Small Group Discussion:** Tonight, participants will be asked to consider their own faith testimony. They will also be encouraged to share their testimony or to ask someone else to share their personal faith story with them.

## Session 7: Keep filling your cup.

- **Devotions:** Each morning, we will focus on a different fruit of the spirit. On this last day of SERVE, our focus will be on the fruit of faithfulness.
- **Session Focus:** We are called to be a people of faithfulness—people who keep the faith, pray for one another, and continue to do good in this world.
- **Key Passage:** Colossians 1:9-14
- **Small Group Discussion:** Participants will be encouraged to keep living a life worthy of the Lord—to keep going back to God in the good and bad times and to keep filling our cups with good fruit.



FILL YOUR  
CUP!