

# spiritual caffeine

*a monthly shot of encouragement and equipping for student leaders*



Cadre Ministries

## discovering your super powers (part 2): super fruit

*7 studies on a fruitful life*

### day 1: from the heart

*Read Luke 6:43–45; Matthew 15:17–20*

Jesus is saying something really profound here: that every evil action (unkind words, impure thoughts, theft, immorality) is really just a symptom. The real problem is a heart issue. If our heart is pure, our actions and words will be as well. Nothing comes out in our lives that didn't originate in our hearts. Using this criteria, what state is your heart in? Spend some time praying that God will make your heart reflect his so that the fruit of your life will look like Jesus.



### day 2: fruit of the Spirit

*Read Galatians 5:16–25*

Good character traits are a byproduct of letting the Holy Spirit lead your life, according to Paul. You can tell who is following the Spirit by what kind of life they lead. How are you doing at keeping in step with the Spirit? Do you know how to hear his voice, and do you obey when you do? Ask God today to show you some ways that you can live more fully by the Spirit.

### day 3: rejected by God

*Read 1 Samuel 15:1–26*

To me, this is one of the most sobering passages in all of Scripture. Saul lost the kingship because he spared some sheep and goats when he fought a battle. Does that seem a little severe to you? It does, if we look only at the fruit (Saul failed to obey in what we see as a somewhat minor thing). But God looks deeper, and he knew that Saul's disobedience was a sign of a bigger problem in his heart. What do you think Saul's actions show us about his heart? Why was it a big enough deal to God that he took away Saul's position as king? Is there anything in your life that reveals a heart problem that might disqualify you from the work God wants to do through you?

### day 4: after God's heart

*Read Acts 13:22; 1 Samuel 24:1–22*

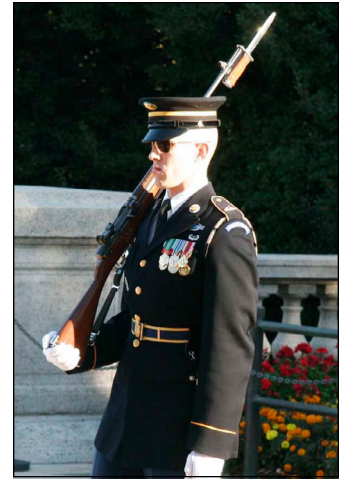
David is the man God chose to replace King Saul, and God called David a man after his own heart. How does this story show David's character—and therefore his heart—to be made of something different from Saul's? Why is it important to God to choose someone of character to lead his people?



## day 5: heart guards

*Read Proverbs 4:20–27*

Why does Solomon say to guard our hearts above all else? What does it even mean to guard our hearts? You can't stick your heart in a safe, build a tower, or station a security guard. But just because guarding your heart is less tangible than, say, guarding your wallet, doesn't mean it's less important. Take a sheet of paper and list some ways you can guard your heart. Ask God in what ways you may be letting your guard down and ask Him to help you protect your heart.



## day 6: connected

*Read John 15:1–17*

I love having fresh-cut flowers in a vase on my table. But the problem is that they don't last very long. Cut the stem from its source of nourishment, and it's only a matter of time before they wither. Jesus says we are like those branches, and he is the root source, the vine, the source of our nourishment and growth. Unless we stay connected to him, we'll never be able to produce fruit. We'll actually just wither! How are you doing at remaining in Christ? Is he producing fruit in your life?



## day 7: first things first

*Read Matthew 22:36–40*

It says a lot about God when we know the most important thing to him isn't what we do but what has our hearts. I think that's because he knows that if we love him with everything, we'll love people more, and our actions won't be an issue. So our biggest task as Christians isn't to try to live better but to try to love God more. Our actions will follow our heart. What can you do today to love God better than you did yesterday?

