

March 25, 2026

Fruit Is Evidence, Not Effort

March Series: Living The Change

Week Focus: When Growth Becomes Visible

Scripture- Galatians 5:22–23

“But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.”

Devotional Reflection

Spiritual fruit is not something you force—it is something that grows. When you remain connected to God, transformation begins to take place within you, and your life starts to reflect that change naturally. What feels like quiet development is actually evidence that something deeper is happening within you as God works at the root of your life.

Many people approach growth by trying harder, focusing on behavior without addressing what is happening internally. But fruit is not produced through pressure—it is produced through transformation. God is not asking you to perform better; He is renewing your mind so that your life can reflect His nature in a lasting and authentic way.

As your thinking begins to change, your responses begin to follow. You start to see people differently, approach situations with greater peace, and respond with patience where you once reacted. These shifts may seem small, but they are powerful indicators that transformation is taking place from the inside out.

Trying to produce fruit without internal change often leads to frustration. It can feel forced, exhausting, and temporary because it is not rooted in true transformation. But when your thinking is renewed, fruit becomes a natural result rather than something you have to strive to maintain.

Today, focus less on trying to produce fruit and more on staying connected. As your mind aligns with God’s truth, your life will begin to reflect it more consistently. What grows from connection will always be more sustainable than what is produced through effort alone.

Focus for Today

Fruit flows from connection, not pressure.

Practice

- Identify one fruit of the Spirit you want to grow in
 - Focus on staying connected to God in that area today
 - Pause in one real moment today and choose connection over reaction—ask, “What would this look like if I stayed connected to God right now?”
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Prayer

Lord, help me stay connected so that fruit grows naturally in my life. In Jesus name, Amen.

Reflection Question

Am I trying to produce fruit, or am I staying connected?