DESTINED 4 PURPOSE

# WALKING IN THE FRUIT OF THE SPIRIT

Nine lessons. Real stories. A faith that changes your everyday life.



**A FREE GUIDED BIBLE-STUDY COURSE**

PURPOSE DRIVES. DESTINY FOLLOWS.

START HERE

# How to use this course

A Spirit-filled life is not merely a powerful moment during worship. It is also the way we love people when nobody is watching, respond when plans go wrong, and remain faithful through ordinary days.

Etienne's book is full of cross-cultural surprises, parenting honesty and unexpected lessons. We use those moments to ask a practical question: what is the Holy Spirit growing in us today?

Use one lesson each day or each week. Read the Bible reference; reflect on the story; try one intentional action. You do not have to be perfect to begin.

## Your rhythm

Read the Scripture references in your own Bible. Reflect without rushing. Write a personal response. Pray naturally, and take one small step of love or obedience. You can complete the course alone or with a trusted Christian mentor.

LESSON 01 / 09

# Love — before you achieve

**SCRIPTURE:** Galatians 5:22; John 15:9–12; 1 John 4:7–19

Love is the beginning of spiritual maturity, not the prize at the end. The Father's love meets people before they have perfect words, an impressive ministry or a polished life.

Etienne reflects on loving his children before they could do anything to earn his affection. He uses family life—and a little hilariously earthy honesty about parenting—to point towards a Father whose love is not cancelled when we make a mess.

Ask not only, "Do I believe God loves me?" but "What would change today if I received that love?"

## REFLECT

- When do I try to earn God's love?
- How can I communicate love without waiting for someone to deserve it?

## PRACTISE

Write a short letter to yourself beginning "I am loved by God even when…". Then act on that love by encouraging someone else.

## PRAY

Father, teach me to receive Your love and to give it freely.

MY RESPONSE / JOURNAL NOTES

LESSON 02 / 09

# Joy — the prophet face in the mirror

**SCRIPTURE:** Galatians 5:22; Nehemiah 8:10; Philippians 4:4–7

Etienne tells how, early in faith, he practised looking solemn in a mirror because he thought a serious face made him look more spiritual. The lesson is memorable: holiness is not measured by how intimidating our expression looks.

Joy is not constant laughter or pretending painful things are easy. It is a deep strength that can coexist with tears and setbacks.

In his book, Etienne remembers a woman who rejoiced over finding a single shoe after a devastating fire. Her response challenged him to see gratitude amid loss—not to minimise it.

## REFLECT

- Where have I confused seriousness with spiritual maturity?
- What small gift can I thank God for today?

## PRACTISE

Write three honest thank-yous and share one moment of appropriate joy with someone today.

## PRAY

God, give me joy that is rooted in You, not in perfect circumstances.

MY RESPONSE / JOURNAL NOTES

LESSON 03 / 09

# Peace — more than the absence of a storm

**SCRIPTURE:** Galatians 5:22; John 14:27; Philippians 4:6–9

Peace does not require that everything around us be calm. Jesus speaks of His peace in a world where trouble is real.

Etienne shares an adventure involving a challenge called the “Leap of Faith,” using it to explore the difference between a comfortable situation and the peace God gives when fear is present.

Peace grows as we learn to bring worries honestly before God and move forward with wisdom.

## REFLECT

- What situation is making my heart restless?
- What is one wise step I can take without needing every answer first?

## PRACTISE

Pause twice today, name a worry clearly, pray about it and take one small responsible action.

## PRAY

Jesus, give me Your peace in the middle of uncertainty.

MY RESPONSE / JOURNAL NOTES

LESSON 04 / 09

# Patience — the unglamorous miracle

**SCRIPTURE:** Galatians 5:22; James 1:2–4; Colossians 3:12–14

Few people ask for another queue, a slow driver or a delayed reply. Yet ordinary frustrations reveal our character with uncomfortable accuracy.

Etienne's India story began with a simple request for salt. His host warmly sprinkled and mixed it into his food by hand. He felt shocked, yet learned to look beyond his own assumptions and recognise the kindness intended.

Patience can make room for a different culture, another person's pace and God's longer work in us.

## REFLECT

- Where do I become impatient most quickly?
- What might I misunderstand about someone else's intentions?

## PRACTISE

Choose one inconvenient moment today to respond slowly, respectfully and with curiosity.

## PRAY

Spirit of God, make me patient enough to see the person, not just the inconvenience.

MY RESPONSE / JOURNAL NOTES

LESSON 05 / 09

# Kindness — retiring the death stare

**SCRIPTURE:** Galatians 5:22; Luke 6:31; Ephesians 4:32

Etienne describes his old habit of giving other drivers a fierce “death stare” when they made mistakes. One morning after a woman cut him off, he sensed the Holy Spirit prompting him to respond differently.

He smiled and waved instead. In the story, the woman seemed relieved, and Etienne saw how easily self-righteousness had crowded out compassion.

Kindness is more than politeness; it is choosing to see another person with dignity, including on ordinary roads and in ordinary mistakes.

## REFLECT

- Who receives my harshest judgment?
- What could a kind response look like without pretending wrong behaviour is good?

## PRACTISE

Replace one critical reaction today with a gracious word or gesture.

## PRAY

Jesus, let my kindness be more than a public performance.

MY RESPONSE / JOURNAL NOTES

LESSON 06 / 09

# Goodness — when life interrupts your plans

**SCRIPTURE:** Galatians 5:22; Psalm 33:5; Micah 6:8

Goodness is a quality of the heart expressed in actual choices. In the book, Etienne shares unexpected cross-cultural moments during ministry in Madagascar that challenged his assumptions about what is normal.

His stories are funny, sometimes awkward, and ultimately invitations to listen before judging. The call to goodness is bigger than liking people who behave just like us.

God's goodness invites integrity, justice, compassion and a willingness to serve when there is nothing glamorous about it.

## REFLECT

- What does goodness look like in my workplace or neighbourhood?
- Where might I be judging people by my own customs?

## PRACTISE

Do one useful, generous thing today without announcing it.

## PRAY

Lord, help me do what is right with humility and compassion.

MY RESPONSE / JOURNAL NOTES

LESSON 07 / 09

# Faithfulness — stay when the spotlight is gone

**SCRIPTURE:** Galatians 5:22; Luke 16:10; Hebrews 10:23–25

Faithfulness is often less dramatic than a breakthrough story. It looks like showing up again, keeping a promise and telling the truth when it would be easier not to.

Across Fuel Your Future, Etienne insists that a calling without character is fragile. Faithfulness helps make love and service dependable.

Our daily choices can become a quiet witness: to families, teammates, churches and people who may never hear us preach.

## REFLECT

- What small commitment have I been neglecting?
- Who depends on my consistency more than my enthusiasm?

## PRACTISE

Choose one promise you can keep this week and follow it through without fanfare.

## PRAY

Father, give me a faithful heart in big and small things.

MY RESPONSE / JOURNAL NOTES

LESSON 08 / 09

# Gentleness — strength under control

**SCRIPTURE:** Galatians 5:23; Matthew 11:28–30; Proverbs 15:1

Gentleness is not weakness. Jesus describes Himself as gentle. It takes strength to respond without humiliating someone who is vulnerable.

Etienne recalls painful moments from his youth when harshness and conflict shaped behaviour. He uses them to contrast the Spirit's gentleness with the temptation to dominate.

A gentle person can still speak truth, set boundaries and protect others. The difference is the heart and manner of the response.

## REFLECT

- When do I use my words to win rather than to serve?
- Who needs a gentler tone from me this week?

## PRACTISE

In one difficult conversation, slow down, listen fully and speak truth without contempt.

## PRAY

Gentle Jesus, teach me to be both courageous and kind.

MY RESPONSE / JOURNAL NOTES

LESSON 09 / 09

# Self-control — the long taxi ride

**SCRIPTURE:** Galatians 5:23; Proverbs 25:28; 2 Timothy 1:7

While ministering in Madagascar, Etienne describes a frustrating encounter with a pastor and a much longer taxi ride than expected. He had to choose not to let anger direct his actions.

Later in that ministry visit, he recounts praying for people and witnessing what he describes as remarkable healings. The story's point is not that suppressing frustration guarantees miracles. It is that the Spirit can form character even in stressful, messy moments.

Self-control protects relationships and our calling. It helps us pause between emotion and action.

## REFLECT

- What kind of irritation most quickly controls my words?
- What could one Spirit-led pause change this week?

## PRACTISE

Use a three-step pause: notice the emotion, pray briefly, choose a response that honours the other person.

## PRAY

Holy Spirit, help me govern my words and actions with Your grace.

MY RESPONSE / JOURNAL NOTES

THE NEXT STEP

# Character that carries a calling.

In Fuel Your Future, Etienne explores how spiritual gifts and the fruit of the Spirit belong together. Gifts can equip us to serve; the fruit shapes how we love.

Return to Galatians 5:22-23. Which fruit do you see growing? Which needs attention? Growth can be slow, personal and deeply practical.

Our calling is not about becoming more impressive. It is about becoming more like Jesus and championing people with humility and love.

## KEEP GROWING

Choose one fruit and practise it for 30 days. Read Fuel Your Future in full, share your reflections with someone you trust, and continue exploring Scripture.

## LET'S KEEP THE CONVERSATION GOING

Would you like to invite Etienne to minister, ask a question about this course, or send a prayer request? You are welcome to get in touch.

**etienne316@gmail.com**