

FRUIT

A good tree

The condition of a tree is revealed by the kind of fruit it produces. You may not be able to see beneath the soil or inside the trunk, but eventually, you can see the fruit.

The same is true in our lives. What is happening inside our hearts eventually shows up on the outside. It appears in the words we speak, the choices we make, the way we treat people, and how we respond when life doesn't go according to plan.

A gardener doesn't fix unhealthy fruit by simply removing it from the branches. The problem must be addressed at its source. In the same way, God wants to do more than change our outward behavior. He wants to transform our hearts.

And as He does, different fruit begins to grow.

This Week's Verse

A good tree produces good fruit, and a bad tree produces bad fruit.

Matthew 7:17 NLT

Hidden Word

A G T P G F
A A B T P B F

Truth to Carry This Week

The fruit of my life reveals what is growing in my heart

READ IT SLOWLY

*A good tree produces good
fruit, and a bad tree
produces bad fruit.*

Matthew 7:17 NLT

WRITE IT OUT

Write the verse below



WHAT DOES THIS VERSE MEAN TO
YOU RIGHT NOW?



WHAT THIS VERSE MEANS

In Matthew 7, Jesus is nearing the end of the Sermon on the Mount when He gives His followers an important warning: “Beware of false prophets.” He explains that they may appear harmless on the outside, but what is inside will eventually be revealed by the fruit their lives produce. A tree can appear healthy at first glance. It may be tall and impressive, with strong branches and plenty of green leaves. But leaves aren’t what ultimately determine the health of a fruit tree. You have to look at the fruit.

In the same way, someone can look like a faithful follower of Christ on the outside. They can know the right words, attend church, quote Scripture, serve in ministry, or even teach others about God. But outward appearances do not always reveal what is happening within the heart. Eventually, the fruit does.

While Jesus was specifically warning His followers about recognizing false prophets, His words also give us an important truth to consider in our own lives. Our fruit tells a story about what is growing within us. The way we speak to others is fruit. The way we respond when someone hurts us is fruit. Our honesty when no one is watching is fruit. The way we handle disappointment, conflict, success, temptation, and inconvenience is fruit. Our choices and actions reveal things about our hearts that outward appearances sometimes hide.

Maybe everything looks healthy from the outside, but our words have become harsh. Maybe we faithfully attend church while bitterness continues growing in our hearts. Maybe we know Scripture but struggle to extend grace to others. Maybe worry, pride, jealousy, selfishness, or unforgiveness keeps appearing in our responses. Those moments of bad fruit can reveal that something deeper needs our attention.

A gardener wouldn’t look at unhealthy fruit and simply try to make the fruit appear better. He would look deeper. He would examine the tree, its roots, its nourishment, and anything that might be affecting its health.

We should be willing to do the same.

God isn’t interested in simply making our lives look fruitful. He wants to transform us from the inside out. As we remain connected to Christ and allow Him to work within our hearts, the evidence of that relationship should increasingly become visible in the way we live.

We won’t produce perfect fruit all the time. We are still growing, and there will always be areas God is working on. But over time, there should be evidence of His work within us. So don’t only look at the leaves.

Look at the fruit.

WEEK 7

Hide it in your heart.

VERSE

*A good tree produces good fruit, and
a bad tree produces bad fruit.*

Matthew 7:17 NLT

*Cover the full verse. Use
only the letters.*

A G T P G F
A A B T P B F

REFLECTION

What kind of fruit has my life been producing lately?

What do my reactions during difficult moments reveal about what is growing in my heart?

FILL IN THE MISSING WORDS

*A _____ tree produces
_____ fruit, and a _____
tree produces _____ fruit.*

You can do this

Each time you practice
you are hiding God's
Word deeper in your
heart

WEEK 7

Activity.

Look at the fruit

What is my life producing?

My words

What do they reveal?

My choices

What do they reveal?

My priorities

What is getting most of
my attention?

My relationships

How am I treating
others?

Is there any "bad fruit" that keeps
showing up in my life? What might be
growing beneath it?

I WANT MY LIFE TO PRODUCE MORE:



WEEK 7

Talk to God.

A prayer to start

God,
Help me honestly look at the fruit my life is producing. Show me anything growing in my heart that does not belong there, and help me surrender it to You. Continue changing me from the inside out so that my words, choices, and actions reflect You. May the fruit of my life be evidence of Your work within me.

Amen.

END OF WEEK CHECK-IN

This week I practiced the verse:

☐

1 time

☐

3 times

☐

2 times

☐

More than 3 times!

Can I say the verse using only the Hidden Word?

☐

Not yet

☐

Yes!

☐

Almost

This week, God reminded me:

MY PRAYER

God, today I feel:

God, I need help with:

God, thank You for:

MEMORY CHECK

Try to write this week's verse from memory. Don't worry if you can't get every word. God is still teaching your heart.

Use this space to slow down and reflect. Write what stood out to you, what God may be showing you, or a prayer you have.

Use this space to practice this week's Hidden Word.