

LIVING BEYOND YOURSELF

EXPLORING THE FRUIT OF THE SPIRIT

BETH MOORE

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To Barbara O'Chester

Founder of Great Hills Retreat Ministry

A radiant example of a Spirit-filled woman.

Thank you for your tireless devotion to the Lord's Christ.

You remain one of my most cherished heroes.

I love you.

ABOUT THE AUTHOR

Beth Moore realized at the age of 18 that God was claiming her future for Christian ministry. While she was sponsoring a cabin of sixth graders at a missions camp, God unmistakably acknowledged that she would work for Him. There Beth conceded all rights to the Lord she had loved since childhood. However, she encountered a problem: although she knew she was “wonderfully made,” she was “fearfully” without talent. She hid behind closed doors to discover whether a beautiful singing voice had miraculously developed, but the results were tragic. She returned to the piano from which years of fruitless practice had streamed but found the noise to be joyless. Finally accepting that the only remaining alternative was missions work in a foreign country, she struck a martyr’s pose and waited. Yet nothing happened.

Still confident of God’s calling, Beth finished her degree at Southwest Texas State University, where she fell in love with Keith. After they married in December 1978, God added to their household two



priority blessings: daughters Amanda and Melissa.

As if putting together puzzle pieces one at a time, God filled Beth’s path with supportive persons who saw something in her she could not. God used individuals like Marge Caldwell, John Bisagno, and Jeannette Cliff George to help Beth discover gifts of speaking, teaching, and writing. Twelve years after her first speaking engagement, those gifts have spread all over the nation. Her joy and excitement in Christ are both contagious;

her deep love for the Savior, obvious; her style of speaking, electric.

Beth’s ministry is grounded in and fueled by her service at her home fellowship, First Baptist Church, Houston, Texas, where she serves on the pastor’s council and teaches a Sunday School class attended by more than two hundred women. Beth believes that her calling is Bible literacy: guiding believers to love and live God’s Word. *Living Beyond Yourself: Exploring the Fruit of the Spirit* grew from her fervent desire that women know greater intimacy with God.

FOREWORD

I met Beth Moore by phone while I was serving on staff at Green Acres Baptist in Tyler, Texas. We met personally at the taping of the first women’s discipleship study LifeWay published in 1995, *A Woman’s Heart, God’s Dwelling Place*. Little did we know then what would happen with these God-inspired studies, how women’s lives would be changed, how some would come to know Him as personal Savior, how the studies would be a catalyst for beginning or revitalizing women’s ministries in churches across the country. Beth has become a sweet friend and co-laborer in Kingdom ministry. Her heart for teaching God’s Word to women is so evident, with all glory going to

Him. God continues to use Beth’s obedience to write and teach as you will see through this study.

Biblical discipleship studies are a part of a larger picture of women’s enrichment ministries in churches today. What is happening in your church? Are women being reached and discipled for Christ? What a privilege we have as women to be used by God to touch the lives of other women. As you study, I pray His fruit will become more and more evident in your life.

Chris Adams

Women’s Enrichment and Minister’s Wives Specialist
LifeWay Christian Resources

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INTRODUCTION

Welcome to *Living Beyond Yourself: Exploring the Fruit of the Spirit*. In the next few weeks I pray that you will learn about, but much more importantly, grow in and experience the work of the Holy Spirit. We will be studying the wonderful Book of Galatians, concentrating on Galatians 5:22-23.

Living Beyond Yourself was published originally as a print-only resource in 1998, and I can't tell you how excited I am to see this study from a different perspective—and from several years later! It's one of my favorite studies.

While we will concentrate our study on Galatians 5:22-23, always remember that John 14 tells us that God gives us the Holy Spirit to be in us—Christ in us, the hope of glory.

God wants to speak to you through this study. God is still working in you. He has timed this message for your needs and concerns—even though you may be studying this years after I wrote it! He knows you intimately. Lay your life before Him and let Him speak.

Perhaps you are familiar with *A Woman's Heart: God's Dwelling Place*, *A Heart Like His: Seeking the Heart of God Through a Study of David*, or *To Live Is Christ: The Life and Ministry of Paul*. You will find *Living Beyond Yourself* to be similar to these studies in format but quite different in content.

All four Bible studies are 10-week interactive courses that invite your personal involvement. Each week contains five lessons which each require 30-45 minutes to complete. If you spend this kind of time in the Word of God, I assure you, He will change your life. I urge you not to miss a single lesson. Ask God daily what He wants to say to you personally.

Ideally, these courses are targeted for group participation each week. An 11-session video set will greatly enhance your experience. Participating groups will meet weekly to view the (approximately) 60-minute video and join in discussion of the previous week's study. The listening guide for each video segment is located at the end of each week's study.

In *Living Beyond Yourself* each week's introduction includes five Principal Questions. Each Principal Question is derived from one of the five lessons for the week and is marked with a leaf symbol in black (☛). Discussing the answers to these questions weekly in small group will help ensure your basic understanding of the material.

In addition to these five content-oriented questions, you will find Personal Discussion Questions in each lesson. These questions appear in color and are marked with a colored leaf (☛). These learning activities help group members personally apply the material to their own lives. These are also formatted for discussion each week; therefore, the weekly small-group discussion may consist of five Principal Questions and five Personal Discussion Questions designed to further enrich each person's experience.

Your small-group facilitator also has been provided the option of introducing enrichment activities to enhance the week's learning. These principles will help you review and reflect on the truths that the Holy Spirit illuminated for you during your daily personal study.

You will be invited to share in your small group, but no one will ever be expected to share personal experiences with the group. Sharing with your small group is strictly voluntary, and I hope no one will share anything causing herself or others discomfort. Please answer the questions in each lesson whether or not you choose to share them in small group. Any questions you skip will reduce the study's effectiveness in your personal life. I want you to get the very most out of this journey! God will do amazing things among us if we grant Him full access to our minds, wills, and emotions!

Each daily lesson is introduced by a Scripture called Today's Treasure. Your daily treasure is the Scripture best representing the theme of the lesson. I encourage you to join me in memorizing the selected Scriptures. Choose at least one of these treasures to



memorize each week. Try writing the Scriptures on three-by-five-inch cards and taping them to the mirror or refrigerator. Carry them with you to review in the car or as you wait in line. Jesus said that the Holy Spirit “ ‘will remind you of everything I have said to you’ ” (John 14:26).

Each lesson will invite your full participation through Bible reading and various kinds of questions and activities. You will find multiple choice exercises, yes/no activities, fill-in-the-blank statements, creative thinking exercises, hypothetical situations, or straightforward questions which you will answer in your own words. These interactive exercises are designed for your sake. I don't want you to simply read my journey through Scripture: I want this book to become your journey. Your full participation will guarantee God's freedom to accomplish a fresh and wonderful work in your life.

In *Living Beyond Yourself* I primarily use the *New International Version* of the Bible. If you do not own one, you will still be able to answer virtually every question without significant confusion. However, if you're able to get your hands on an inexpensive paperback NIV, I think you would be blessed by an easy-to-read version which, in my opinion, does not compromise the text.

Allow God to do a fresh work in your life for the next 11 weeks. Let every journey through His Word be a new experience, a new opportunity. Resist comparisons to other studies. Welcome changes. Invite Him to have His perfect way.

I conclude each lesson with a margin question asking you to consider how God wants you to respond to what He showed you today. I encourage you to expand your learning beyond the pages of *Living Beyond Yourself*. Keep your own personal journal. Record what God does and teaches you as you pursue this journey.

If you have Internet access, you might enjoy going on-line for deeper study. By going to LifeWay.com

and clicking on Bible Search Tool, you can explore different Bible versions, use commentaries, and access devotionals, dictionaries, and Strong's word studies. May you have joy in God's Word as you study!

Living Beyond Yourself resources include a Leader Guide which offers step-by-step instructions for facilitating 11 group sessions, using the member book and the video (0-6331-9378-X); a Leader Kit which contains one member book, one leader guide, and 11 video sessions on 6 DVDs (0-6331-9379-8); a Member Book that includes personal interactive study five days a week plus viewer guides for the group video sessions (0-6331-9380-1); and an Audio CD Collection which provides audio portions of Beth Moore's video sessions on 11 audio CDs and includes one listening guide that is not sold separately (0-6331-9375-5).

Resources by Beth Moore include:

*Believing God: Experiencing a Fresh Explosion of Faith**

Beloved Disciple: The Life and Ministry of John

Breaking Free: Making Liberty in Christ a Reality in Life

A Heart Like His: Seeking the Heart of God Through a Study of David

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*Living Beyond Yourself: Exploring the Fruit of the Spirit**

Living Free: Learning to Pray God's Word

To Live Is Christ: The Life and Ministry of Paul

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