

PS-TEENS (AGES 13-17)

Rooted in Christ: Seed, Blood, and Fruit

Galatians 2:20 • John 15 • Galatians 5:22-23 • Romans 12:2

#	Section	Key Passage
1	The Seed of the Gospel	1 Peter 1:23; John 12:24
2	Pistis Christou — The Faith OF Christ	Galatians 2:20
3	The Vine and the Blood	John 15:1-5; Romans 8:4
4	The Fruit of the Spirit: One Fruit, Nine Expressions	Galatians 5:22-23
5	Metamorphosis — Completely Made New	2 Corinthians 5:17; Romans 12:2
6	Application: Abiding vs. Striving	John 15:4-5

1 The Seed of the Gospel

Every transformation in nature starts small. An oak tree that stands for centuries began as an acorn no bigger than your thumb. The Gospel works the same way. It enters your life as a seed—small, hidden, seemingly insignificant—but it carries the power of eternal life.

“For you have been born again, but not to a life that will quickly end. Your new life will last forever because it comes from the eternal, living word of God.”

1 Peter 1:23 (NLT)

Peter calls the Word of God a **living seed**. Unlike natural seeds that grow into plants that eventually wither and die, this seed produces imperishable life—a life that never decays, never fades, and never ends.

But there is a cost to this kind of life. Jesus Himself taught a hard truth about seeds:

“I tell you the truth, unless a kernel of wheat is planted in the soil and dies, it remains alone. But its death will produce many new kernels—a plentiful harvest of new lives.”

John 12:24 (NLT)

The seed must **die** before it can bear fruit. Jesus was talking about Himself—He would go to the cross, be buried like a seed in the ground, and rise again to produce an enormous harvest of transformed lives. But this principle also applies to us: the old self must die so that the new life in Christ can grow.

Think About It: A seed that refuses to be buried never becomes a tree. In what areas of your life is God asking you to “let go” so something new can grow?

2 Pistis Christou — The Faith OF Christ

One of the most powerful verses in the New Testament is Galatians 2:20. Read it carefully:

“My old self has been crucified with Christ. It is no longer I who live, but Christ lives in me. So I live in this earthly body by trusting in the Son of God, who loved me and gave himself for me.”

Galatians 2:20 (NLT)

In Greek, the phrase translated “trusting in the Son of God” is rooted in the words *πίστις Χριστοῦ* (**pistis Christou**). This phrase has been debated by scholars for centuries because it can mean two things:

- **“Faith IN Christ”** — Our trust and belief in Jesus as Savior
- **“The faithfulness OF Christ”** — Jesus’ own faithful obedience to the Father, even unto death on the cross

Here is the beautiful reality: **both are true**. Our salvation is not just about our faith reaching up to God—it is primarily about Christ’s faithfulness reaching down to us. He was faithful to go to the cross. He was faithful to take our sin. He was faithful to rise again. And *because* of His faithfulness, we can place our faith in Him.

Why This Matters for Teens: You might feel like your faith is weak, unstable, or full of doubt. That’s okay. Your salvation doesn’t rest on the strength of *your* faith. It rests on the faithfulness of *Christ*. He doesn’t let go, even when you struggle to hold on.

3 The Vine and the Blood

In John 15, Jesus uses one of the most vivid metaphors in all of Scripture:

"I am the true grapevine, and my Father is the gardener. He cuts off every branch of mine that doesn't produce fruit, and he prunes the branches that do bear fruit so they will produce even more. You have already been pruned and purified by the message I have given you. Remain in me, and I will remain in you. For a branch cannot produce fruit if it is severed from the vine, and you cannot be fruitful unless you remain in me. Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing."

John 15:1-5 (NLT)

The Greek word for "remain" is μένω (**menō**), and Jesus uses it **eleven times** in John 15 alone. It means to stay, dwell, abide, or make your home. This isn't a casual visit—it's a permanent residence. Jesus is inviting you to make your home in Him.

Think about what flows through a grapevine: **sap**—the lifeblood of the plant. Without sap, the branches die. In a spiritual sense, what flows from Christ the Vine into us the branches? His very **life**. Paul connects this to walking in the Spirit:

"He did this so that the just requirement of the law would be fully satisfied for us, who no longer follow our sinful nature but instead follow the Spirit."

Romans 8:4 (NLT)

The life of Christ flows through us by the Holy Spirit, fulfilling God's purposes in us and through us. We don't produce righteousness on our own—it flows into us from the Vine. The blood of Christ, shed on the cross, is the basis for this new life. His sacrifice is the root system that makes everything else possible.

4

The Fruit of the Spirit: One Fruit, Nine Expressions

"But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!"

Galatians 5:22-23 (NLT)

Notice carefully: Paul writes "fruit" (*καρπός*, **karpos**)—*singular*, not plural. He doesn't say "fruits of the Spirit," as if you can pick and choose which ones you want. It is **one fruit** with **nine expressions**. Like a single beam of white light passing through a prism and splitting into a full spectrum of colors, the life of Christ flowing through you expresses itself in these nine qualities.

Fruit	Greek	Transliteration	Definition
Love	<i>ἀγάπη</i>	agapē	Selfless, unconditional love that seeks the good of others regardless of cost
Joy	<i>χαρά</i>	chara	A deep, settled gladness rooted in God's character, not in circumstances
Peace	<i>εἰρήνη</i>	eirēnē	Inner wholeness, harmony, and rest that comes from trusting God's sovereignty
Patience	<i>μακροθυμία</i>	makrothymia	Long-suffering endurance; the ability to bear with difficult people and circumstances without retaliation
Kindness	<i>χρηστότης</i>	chrēstotēs	Active goodwill that expresses itself in generous, helpful action toward others

Fruit	Greek	Transliteration	Definition
Goodness	ἀγαθωσύνη	agathōsynē	Moral excellence and integrity; the quality of being genuinely good in character and conduct
Faithfulness	πίστις	pistis	Trustworthiness, reliability, and steadfast loyalty—being someone whose word can be depended on
Gentleness	πραΰτης	prautēs	Power under control; strength that is submitted to God and expressed with humility
Self-Control	ἐγκράτεια	egkrateia	Mastery over desires, impulses, and passions; the Spirit-empowered ability to govern yourself

Key Insight: The fact that *καρπός* is singular tells us something profound: you cannot have genuine love without joy, or peace without patience. These nine qualities are interconnected aspects of the character of Christ Himself. As His life grows in you, *all* of these begin to emerge together.

5 Metamorphosis — Completely Made New

The growth of the Fruit of the Spirit is part of a larger transformation that God is doing in you. Paul describes it powerfully:

"This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!"

2 Corinthians 5:17 (NLT)

And in Romans, Paul tells us *how* this transformation continues:

"Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect."

Romans 12:2 (NLT)

The word "transform" here comes from the Greek *μεταμόρφωσις* (**metamorphōsis**)—the same root word we use for the transformation of a caterpillar into a butterfly. This isn't a minor adjustment or a quick fix. It is a **complete restructuring** from the inside out. The caterpillar doesn't just get wings glued onto it; its entire DNA-level structure is remade.

That's what God is doing in you through the Holy Spirit. He is not just changing your behavior—He is **changing who you are**. And the evidence of that change? The Fruit of the Spirit.

The Three Stages of the Seed



Stage 1: Death & Burial

The seed falls into the ground and dies (John 12:24). The old self is



Stage 2: Hidden Growth

Underground, unseen, the seed begins to germinate. In your



Stage 3: Fruit-Bearing

The plant breaks through the surface and produces visible

crucified with Christ (Galatians 2:20). This is the starting point—surrender.

spiritual life, this is the season of learning, praying, wrestling with doubt, and building roots in Christ. Nobody sees it yet, but transformation is happening.

fruit. Your character is changing. People notice. Love, joy, peace, patience—they are becoming real in your daily life. This is the evidence that Christ is alive in you.

6 Application: Abiding vs. Striving

There is a fundamental difference between **striving** and **abiding**, and understanding this difference will change the way you live your faith.

- **Striving** says: "I need to try harder to be a good Christian. I need to force myself to be patient, kind, and loving. If I fail, God is disappointed in me."
- **Abiding** says: "I stay connected to Jesus. I read His Word, I pray, I worship, I walk with other believers. And as I remain in Him, His life naturally produces fruit in me."

Striving puts the burden on *you*. Abiding puts the power in *Christ*. A branch doesn't strain to produce grapes—it simply stays attached to the vine, and the fruit comes. Your job is not to manufacture the Fruit of the Spirit. Your job is to stay connected to the Vine.

This does not mean we are passive. Abiding is active: it means choosing daily to read Scripture, to pray, to repent when we stumble, to serve others, and to gather with the church. But the *source* of the fruit is always Christ, never our own effort.

This Week's Practice

Choose one of the following disciplines to practice this week as a way of abiding in Christ:

- **Scripture Soaking:** Read John 15:1-17 every day this week. Each day, write down one thing that stands out to you.
- **The Menō Prayer:** Each morning, pray this simple prayer: “Jesus, I choose to remain in You today. Let Your life flow through me.”
- **Fruit Journaling:** At the end of each day, write down one moment where you saw the Fruit of the Spirit show up in your life—or one moment where you wished it had.
- **Vine & Branch Accountability:** Partner with a friend and check in once this week. Share what “abiding” has looked like for each of you.

Greek Word Study Cards

πίστις Χριστοῦ

pistis Christou

Meaning: The faith/faithfulness of Christ. A phrase in Galatians 2:20 that can mean both our faith in Christ and Christ’s own faithfulness. Our salvation rests on His faithful obedience, and we respond with trust.

καρπός

karpos

Meaning: Fruit, produce, harvest. Used in the singular in Galatians 5:22 to describe the unified, interconnected character of Christ that the Spirit grows in believers.

μένω

menō

Meaning: To remain, abide, stay, dwell. Used 11 times in John 15 by Jesus. It describes a permanent, ongoing connection—not a visit, but a home.

ἀγάπη

agapē

Meaning: Selfless, sacrificial love. The first and foundational expression of the Fruit of the Spirit. Not a feeling but a choice to seek the highest good of another, rooted in God's own nature (1 John 4:8).

μεταμόρφωσις

metamorphōsis

Meaning: Transformation, a complete change of form. Used in Romans 12:2 for the radical inner renewal that God performs in believers—not behavior modification, but identity transformation.

ἐγκράτεια

egkrateia

Meaning: Self-control, mastery, inner strength. The final expression listed in the Fruit of the Spirit. It is the Spirit-empowered ability to govern one's own desires and impulses—strength from within, not willpower alone.

Discussion Questions

1. John 12:24 says a seed must die to bear fruit. What does this “dying” look like practically in your life as a teenager? What are some things God might be asking you to let go of?
2. The phrase *pistis Christou* can mean both “faith in Christ” and “faithfulness of Christ.” How does it change your perspective to know that your salvation depends more on Christ's faithfulness than on the strength of your own faith?
3. Jesus uses the word *menō* (remain/abide) eleven times in John 15. Why do you think He repeated it so many times? What does “abiding” look like in the daily life of a teenager—at school, with friends, on social media?
4. Paul says the Fruit of the Spirit is singular (*karpos*), not plural. Why is it important that these nine qualities come as a package rather than a menu? Can someone have real love without patience, or real joy without peace?
5. What is the difference between “striving” and “abiding” in your own experience? Can you think of a time when you were trying to be good in your own strength versus a

time when it felt like goodness was flowing through you?

6. Romans 12:2 says transformation happens “by changing the way you think.” What are some specific thought patterns in your life that need to be renewed? How might abiding in Christ change the way you think about yourself, others, and your future?

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