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 [thegoodbook.com](https://thegoodbook.com)

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“If Kristin Couch had only helped me to better understand the fruit of the Spirit, I would be grateful. But this book does far more; through brilliant storytelling, Couch makes the Spirit’s fruit smellable, tasteable, and alluringly beautiful.”

**Scott Hubbard**

“Filled with Scripture-saturated encouragement. Kristin has a gift for pairing observation with inspiration. She makes me want to be more like Jesus.”

**Kurt Goff**

# Deep Roots, Good Fruit

## Seeing the Fruit of the Spirit through Story & Scripture

**W**hat does the fruit of the Spirit look like in everyday life, and how can we become the people the Holy Spirit calls us to be?

Author Kristin Elizabeth Couch invites you to explore the fruit of the Spirit through captivating stories of people she’s known: there’s a father who goes missing in a snowstorm; a boss who shouts like a drill sergeant; a neighbor with a refrigerator full of eggs; and Grandpa, who smells of Old Spice!

By combining memorable stories with rich meditations on Scripture, Kristin encourages us to see that God is at work even in life’s mundane moments, and that although our growth may seem slow, in the Spirit’s power we really can become more like Jesus.

As you reflect on the fruit of the Spirit, you will long for it more deeply, pray for it more fervently, and see afresh how the Spirit is at work in your own life and the lives of others. Put deep roots into God’s word and enjoy bearing more and more of his good fruit.

## About the Author

Kristin Elizabeth Couch is a pastor's wife, the mother of four grown children, and a grandmother. She graduated from Taylor University in 1994 with a Bachelor of Arts in English Writing. Kristin has written for Desiring God and Legacy Coalition, is a regular contributor to "Written" for SBC Virginia, and has also been a featured guest on Moody Radio's Kurt and Kate Mornings. Kristin's first book was published in 2022 and is entitled *It Began on Washington Street: Tracing the Goodness of God through All of Life*. She invites you to read her stories published weekly at The Palest Ink.



[the-palest-ink.com](https://the-palest-ink.com)

# Suggested Interview Questions

1. You frequently write about God's work in the everyday by sharing stories. Why did you decide to focus on the fruit of the Spirit in this book?
2. What are some ways we can cultivate the fruit of the Spirit in our lives?
3. What is the balance between the Holy Spirit working in and through us versus our own efforts at growth?
4. What are some things that can get in the way of us cultivating the fruit of the Spirit in our lives?
5. What is the difference between the world's version of characteristics like kindness, love, etc. versus the kind of kindness and love that only comes from the Holy Spirit?
6. Do you think that there are any fruit of the Spirit that can be misunderstood or misinterpreted?
7. Can you briefly share one of the stories from your book?
8. How can we train ourselves to spot the Lord's work in the lives of others?
9. What is your hope for the readers of your book?