



# Lesson 7

## Fruit of the Spirit

### INTRODUCTION

**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)**

The character traits in the above scripture are referred to as fruit. The Greek word translated "fruit" (Karpou, GK #2590) refers to the natural product of a living thing. This word was used to help us understand the product of Holy Spirit, who lives inside believers at the moment of new birth. When we are born again, we have Christ living in us. Through His Spirit living in us, this fruit becomes our very nature.

**The fruit of the Spirit is produced by Holy Spirit, not by the believer.**

In order for the fruit of the Spirit to grow and flourish in our lives, we must cooperate with the Spirit. We must obey the Word of God, spend time in prayer, and yield our lives to Him. As we give the Spirit more control of our lives, He begins to do in and through us what only He can do- to shape us and grow us to look like Jesus. It is pretty simple to discern a person who truly loves the Lord and determines to live according to His statutes...just look at their character traits, or their fruit.

**A TREE IS IDENTIFIED BY ITS FRUIT. IF A TREE IS GOOD, ITS FRUIT WILL BE GOOD. IF A TREE IS BAD, ITS FRUIT WILL BE BAD. MATTHEW 12:33 (NLT)**

**BUT THE WISDOM FROM ABOVE IS FIRST OF ALL PURE. IT IS ALSO PEACE LOVING, GENTLE AT ALL TIMES, AND WILLING TO YIELD TO OTHERS. IT IS FULL OF MERCY AND THE FRUIT OF GOOD DEEDS. IT SHOWS NO FAVORITISM AND IS ALWAYS SINCERE. JAMES 3:17 (NLT)**

“...PROVE BY THE WAY YOU LIVE THAT YOU HAVE REPENTED OF YOUR SINS AND TURNED TO GOD. DON’T JUST SAY TO EACH OTHER, ‘WE’RE SAFE, FOR WE ARE DESCENDANTS OF ABRAHAM.’ THAT MEANS NOTHING, FOR I TELL YOU, GOD CAN CREATE CHILDREN OF ABRAHAM FROM THESE VERY STONES. EVEN NOW THE AX OF GOD’S JUDGMENT IS POISED, READY TO SEVER THE ROOTS OF THE TREES. YES, EVERY TREE THAT DOES NOT PRODUCE GOOD FRUIT WILL BE CHOPPED DOWN AND THROWN INTO THE FIRE.” LUKE 3:8-9 (NLT)

## LOVE

In the Galatians scripture above, Paul lists the fruit of the Spirit that will be produced in believers as a result of the indwelling of Holy Spirit. Notice that love is first on the list. Because love is first on the list, we can infer that it is the most important.

In 1 Corinthians 13, Paul states that ministry of gifts is worthless without love.

Jesus teaches the greatest command from the Lord is to love. He emphasizes love over everything else.

“TEACHER, WHICH IS THE MOST IMPORTANT COMMANDMENT IN THE LAW OF MOSES?” JESUS REPLIED, “YOU MUST LOVE THE LORD YOUR GOD WITH ALL YOUR HEART, ALL YOUR SOUL, AND ALL YOUR MIND. THIS IS THE FIRST AND GREATEST COMMANDMENT. A SECOND IS EQUALLY IMPORTANT: LOVE YOUR NEIGHBOR AS YOURSELF. THE ENTIRE LAW AND ALL THE DEMANDS OF THE PROPHETS ARE BASED ON THESE TWO COMMANDMENTS.” MATTHEW 22:36-40 (NLT)

The love which is a fruit of the Spirit is more than natural love. **It is a choice, not a feeling.** It is Christ’s kind of abiding love. It is the abiding love that enables us to love our enemies (Matt 5:43-48); to bless those who curse us, to do good to those who hate us, and to pray for those who maliciously use us. (Luke 6:27-28)

Love truly is a bond of perfection.

ABOVE ALL, CLOTHE YOURSELVES IN LOVE, WHICH BINDS US ALL TOGETHER IN PERFECT HARMONY. COLOSSIANS 3:14 (NLT)

## JOY

Just as there is a natural love, so also there is a natural joy. But, natural joy is fleeting. It is based on physical circumstances.

Christ's kind of joy is not circumstantial. It is established in our spiritual, eternal circumstances. It was, is, and is to come. Jesus was full of joy in knowing God, the Father (Luke 10:21). His joy came from doing the will of God (John 4:34). His joy is also found in the hope of glory with God...

FOR THE JOY SET BEFORE HIM, HE ENDURED THE CROSS, SCORNING ITS SHAME, AND SAT DOWN AT THE RIGHT HAND OF THE THRONE OF GOD. HEBREWS 12:2 (NIV)

This joy is a deep, abiding gladness which continues with us throughout eternity.

...AND THOSE THE LORD HAS RESCUED WILL RETURN. THEY WILL ENTER ZION WITH SINGING; EVERLASTING JOY WILL CROWN THEIR HEADS. GLADNESS AND JOY WILL OVERTAKE THEM, AND SORROW AND SIGHING WILL FLEE AWAY. ISAIAH 35:10 (NIV)

## PEACE

Calm and restful peace is not what Paul is speaking of in Galatians 5. He is speaking of personal, inward peace which is possible only with Christ. It is a peace that exceeds anything we can understand. (Phil. 4:7) The world cannot give this kind of peace because the world does not know the One who is peace.

“I AM LEAVING YOU WITH A GIFT—PEACE OF MIND AND HEART. AND THE PEACE I GIVE IS A GIFT THE WORLD CANNOT GIVE. SO DON’T BE TROUBLED OR AFRAID.”  
JOHN 14:27 (NLT)

It is the calm of knowing that your sins have been forgiven. (Rom. 5:1) It is the contentment in the face of any trial or circumstance (Psalm 4:8, Psalm 23). It is harmony with God and others (Ephesians 2:14). When Holy Spirit is controlling our mind, we will experience true soul-peace now and forever (Rom. 8:6).



## PATIENCE (LONGSUFFERING)

The word longsuffering in the Bible is made up of two Greek words meaning “long” and “passion, anger”, which means waiting sufficient time before expressing anger. **To be longsuffering, then is to have self-restraint when one is stirred to anger.** A patient, longsuffering person does not immediately retaliate or punish. Rather, that person has a “long-fuse”, and does not surrender to circumstances or give in to trials.

Jesus is our greatest example of longsuffering as He patiently endured betrayal, false accusations, imprisonment, torture, and ultimately the cross. He never once lost His temper or retaliated towards His accusers. In fact, He said to the Father, “...forgive them, for they do not know what they are doing.” (Luke 23:34)

Just think about how our lives would be affected if we were longsuffering in our relationships? Our sinful nature can be very short-fused at times, and we tend to strike back against offenses with unkind words and an unforgiving attitude. When we allow Holy Spirit to work in our life and strengthen our ability to be patient and longsuffering, we can say “no” to retaliation, harsh words, and an unforgiving spirit. Instead, we can be patient and loving with others.

## KINDNESS

Being gentle and kind is much more powerful than just being nice. God uses kindness to bring us to repentance. In other words, **kindness has the power to transform!**

DO THE RICHES OF HIS EXTRAORDINARY KINDNESS MAKE YOU TAKE HIM FOR GRANTED AND DESPISE HIM? HAVEN'T YOU EXPERIENCED HOW KIND AND UNDERSTANDING HE HAS BEEN TO YOU? DON'T MISTAKE HIS TOLERANCE FOR ACCEPTANCE. DO YOU REALIZE THAT ALL THE WEALTH OF HIS EXTRAVAGANT KINDNESS IS MEANT TO MELT YOUR HEART AND LEAD YOU INTO REPENTANCE? ROMANS 2:4 (TPT)

We are commanded in scripture to show kindness and compassion to one another. (Ephesians 4:32) We are to love and embrace those who are immature or weak in their faith. (Romans 15:1) We are called to be gentle at all times, yielding to the needs of others. (James 3:17)

Think of ourselves as a vessel for the kindness and gentleness of Christ to pass through. As we walk daily with Christ, ask Him to give us the ability to lavish His kindness on others...the kind of kindness that will draw them to repentance, and ultimately to Him. **Use the power of kindness to transform the people and world around us!**

## GOODNESS

Psalm 23, when David speaks of the Lord as his shepherd, He says, "...surely goodness and mercy shall follow me all the days of my life." **The goodness of God is the presence of God, which He promises to those who love Him.**

When Moses was leading the Israelites through the wilderness, he told the Lord that he did not want to move towards the Promised Land unless the presence of God traveled with them. In Exodus 33:18-19, Moses asks the Lord to show him His glorious presence. And God responded by saying "I will make my goodness pass before you, and I will call out my name, Yahweh before you..." The glorious presence of God is His goodness!

Listen:

Goodness of God

by Bethel Music



Oh, that Holy Spirit would bear the fruit of goodness in our lives. Oh, that Holy Spirit would richly bless us with the infinite glorious presence of God. People who walk in the presence of God are different from the world. The attitudes of their heart and mind are aligned with Christ. They are never neutral in moral matters and are a force for God, no matter who they are with.

## FAITHFULNESS

To be faithful is to be reliable or trustworthy. Usually we can describe our best friend as "faithful". For the followers of Christ, faithfulness, as it applies to the fruit of the spirit, is our reliability and trustworthiness towards Jesus Christ. It is our consistent submission and obedience to Holy Spirit. **It is our willingness and ability to remain loyal to Him not only in the good times, but even during the toughest of circumstances.** It requires trust in God, obedience and devotion to the Word, unflinching loyalty in the face of danger and discomfort, and dutiful respect to those in authority.

IF YOU ARE FAITHFUL IN LITTLE THINGS, YOU WILL BE FAITHFUL IN LARGE ONES.  
BUT IF YOU ARE DISHONEST IN LITTLE THINGS, YOU WON'T BE HONEST WITH  
GREATER RESPONSIBILITIES. LUKE 16:10 (NLT)

The Lord is the perfect example of faithfulness. His faithfulness towards us is unchanging and everlasting.

FOR THE LORD IS GOOD. HIS UNFAILING LOVE CONTINUES FOREVER, AND HIS FAITHFULNESS CONTINUES TO EACH GENERATION. PSALM 100:5 (NLT)

THE LORD LEADS WITH UNFAILING LOVE AND FAITHFULNESS ALL WHO KEEP HIS COVENANT AND OBEY HIS COMMANDS. PSALM 25:10 (NLT)

## GENTLENESS

Gentleness is not weakness. It is strength under perfect control. It is the fruit of the Spirit which enables us to place the will of God before our own. It is based on humility and denial of self. It is the ability to feel submissive without resentment.

**This quality is so beautiful to God. In fact, it is precious to Him.**

YOU SHOULD CLOTHE YOURSELVES INSTEAD WITH THE BEAUTY THAT COMES FROM WITHIN, THE UNFADING BEAUTY OF A GENTLE AND QUIET SPIRIT, WHICH IS SO PRECIOUS TO GOD. 1 PETER 3:4 (NLT)

Jesus, who has the strength to control the weather and silence demons, describes Himself as humble and gentle at heart. He subjects His great power to the will of the Father. As Holy Spirit works in our lives, we will be empowered to submit our strength to the greater strength and Kingdom purposes of our Heavenly Father.

“TAKE MY YOKE UPON YOU. LET ME TEACH YOU, BECAUSE I AM HUMBLE AND GENTLE AT HEART, AND YOU WILL FIND REST FOR YOUR SOULS.”  
MATTHEW 11:29 (NLT)



## SELF-CONTROL

Have you ever known someone who cannot control their emotions? They lash out in anger or tears at the drop of a hat. Have you ever known someone who cannot control their eating, or drinking, or drug use? They over-indulge in destructive consumption. How about someone who cannot control their own tongue? They say mean and hurtful things to others. It seems they just cannot control their own behavior. They have no self-control.

IT'S NOT GOOD TO EAT TOO MUCH HONEY, AND IT'S NOT GOOD TO SEEK HONORS FOR YOURSELF. A PERSON WITHOUT SELF-CONTROL IS LIKE A CITY WITH BROKEN-DOWN WALLS. PROVERBS 25:27-28 (NLT)

*The ability to control our self-life, or self-control, cannot be done out of our own determination. It is the work of Holy Spirit in our lives. It comes with the practice of seeking God first, not our own wants. Holy Spirit in us is not subject to our desires. Instead, He conforms our desires to Christ's will.*

THE WEAPONS WE FIGHT WITH ARE NOT THE WEAPONS OF THE WORLD. ON THE CONTRARY, THEY HAVE DIVINE POWER TO DEMOLISH STRONGHOLDS. WE DEMOLISH ARGUMENTS AND EVERY PRETENSION THAT SETS ITSELF UP AGAINST THE KNOWLEDGE OF GOD, AND WE TAKE CAPTIVE EVERY THOUGHT TO MAKE IT OBEDIENT TO CHRIST. 2 CORINTHIANS 10:4-5 (NIV)

**The fruit of self-control will grow and prosper in our lives as we continue to walk with Holy Spirit, and deepen our relationship with Him.**

BETTER TO BE PATIENT THAN POWERFUL; BETTER TO HAVE SELF-CONTROL THAN TO CONQUER A CITY. PROVERBS 16:32 (NLT)

## CONCLUSION

Just like physical fruit needs time to grow and ripen, so does the fruit of the Spirit in our lives. It will not grow and ripen overnight. A gardener must prune the fruit tree of dead branches in order that the tree will flourish. We must also work to rid the “dead branches” in our lives. That is, our old sin nature that tries to squash the work of Holy Spirit.

In his letter to Galatians, Paul makes a clear contrast between our rotten, self-made fruit, and the good God-made fruit of Holy Spirit.

WHEN YOU FOLLOW THE DESIRES OF YOUR SINFUL NATURE, THE RESULTS ARE VERY CLEAR: SEXUAL IMMORALITY, IMPURITY, LUSTFUL PLEASURES, IDOLATRY, SORCERY, HOSTILITY, QUARRELING, JEALOUSY, OUTBURSTS OF ANGER, SELFISH AMBITION, DISSENSION, DIVISION, ENVY, DRUNKENNESS, WILD PARTIES, AND OTHER SINS LIKE THESE. LET ME TELL YOU AGAIN, AS I HAVE BEFORE, THAT ANYONE LIVING THAT SORT OF LIFE WILL NOT INHERIT THE KINGDOM OF GOD.

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 5:19-23 (NLT)

Unless we stop relying on ourselves, and instead rely wholly on the perfection of Christ and His Spirit, we will be stuck in the ugly cycle of the first list from the Galatians passage above. Break free from the burden of self, and trust in the Spirit. Live in the freedom of Christ and allow His Spirit to transform us. Surrender completely to Him...pray, learn His Word, seek His will for our lives, obey His commands...and then we will experience His marvelous fruit!

“YOU DIDN’T CHOOSE ME, BUT I’VE CHOSEN AND COMMISSIONED YOU TO GO INTO THE WORLD TO BEAR FRUIT. AND YOUR FRUIT WILL LAST, BECAUSE WHATEVER YOU ASK OF MY FATHER, FOR MY SAKE HE WILL GIVE IT TO YOU! SO THIS IS MY PARTING COMMAND: LOVE ONE ANOTHER DEEPLY!” JOHN 15:16-17 (TPT)