

Lesson 2

WHAT IS THE FRUIT OF THE SPIRIT?

But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law (Galatians 5:22-23).

Notice Galatians 5:22 begins with the word “But.” It’s tying together two contrasting thoughts from the previous verses, the works of the flesh and the fruit of the Spirit. Galatians 5:19-21 lists the works of the flesh.

The fruit of the Spirit is the spontaneous work of the Holy Spirit within us. The Spirit produces character traits that are found in the nature of Christ. We can’t obtain the fruit of the Spirit without His help. If we want the fruit of the Spirit to grow in us, we must join our life to Christ.

HOW DOES THE FRUIT OF THE SPIRIT GROW?

Unless you have a right relationship with God through Jesus Christ, you cannot produce the fruit of the Spirit. A good example is observing an apple ripen on a tree. Without a tree, there would not be fruit.

1. Write what Jesus said in John 15:4-5.

Once an apple begins to grow, it doesn’t struggle, strain, push, or groan in order to ripen. It just hangs on the branch. In our experience with addictions, we can struggle when we rely on our own best efforts to fight temptation. But God’s method isn’t based on our works and efforts. God’s method is like that of fruit. As we abide in Christ and as He abides in us, that relationship brings forth the fruit of the Spirit in our lives.

2. Write what Jesus said in John 15:5.

Apart from Jesus Christ, we can do nothing. Apart from Jesus, there is no power or growth. If you desire to have the qualities listed in Galatians 5:22-23, you must be born again of the Spirit. For the fruit of the Spirit to grow, you must walk in the Spirit.

3. Write 5:16-17.

This passage describes two forces fighting within us—the Holy Spirit and our sinful nature. If we rely on our own wisdom, we will make the wrong choices. If we try to force the Spirit to work by our own human effort, we will fail. Our only remedy is the empowering of the Holy Spirit by having a right relationship with Jesus Christ as Lord of our life.

4. Write Acts 1:8a.

5. Write Zechariah 4:6.

6. Write Psalm 1:3.

THE FRUIT OF THE SPIRIT FULFILLS THE LAW

When the Holy Spirit empowers us, we will fulfill the intended purpose of the law—to love God and our neighbors. The Spirit-filled life is in perfect harmony with the intent of God’s law. A person who exhibits the fruit of the Spirit fulfills the law. The fruit of the Spirit helps us to love our neighbor effortlessly. We will not want to hurt our neighbor. Laws are only necessary for corrupt people.

7. Write Galatians 5:18.

HOW DO WE BEAR THE FRUIT OF THE SPIRIT?

To bear spiritual fruit, we need to turn from our sins and willingly nail our sinful nature to the cross. This doesn’t mean that we will never see traces of our evil desires again. As Christians, we still have the capacity to sin, but we have been set free from sin’s power over us, and we no longer have to give in to it.

We all have evil desires, and sometimes we can’t ignore them. For us to follow the Holy Spirit’s guidance, we must deal with our sin nature quickly and decisively.

8. What decision must be made about our flesh, our sinful desires? Write Galatians 5:24.

Crucifying the flesh means we don’t give in to our addictive sin nature. Those who ignore addictive sins, or refuse to deal with them, reveal that they have not been born again of the Spirit. Being born again leads to a transformed life. Every day, we must commit our sinful tendencies to God’s control, and moment by moment, draw on the Holy Spirit’s power to overcome them.

9. Write Romans 6:6.

10. Romans 8:13.

11. Write Romans 6:21-22.

When the Holy Spirit leads us, we have a desire to hear God’s Word and a readiness to obey it. When we live each day controlled and guided by the Holy Spirit, then the words of Christ will be in our minds and behind our actions. The power of Christ will help us to put to death our fleshly nature and enable us to produce the fruit of the Spirit.

12. Write Jesus said in Matthew 12:33.

13. Write Matthew 13:35.