

Part One - Engage



Memory Verse

Galatians 5:22-23 But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, 23. Meekness, temperance: against such there is no law.

Engage Questions

What is your favorite hobby and how often do you get to participate in it?

If you were required to give up one of your favorite foods, which would be the most difficult to give up and why?

Part Two - Develop

Defining the Fruit of the Spirit

LOVE

Love (agapē): affection, good will, love, benevolence, brotherly love

Love is listed as the first fruit. We learn of the importance of love even over faith and hope in 1 Corinthians 13.

Love (agapē) is also said to cover a multitude of sins (1 Peter 4:8).

JOY

Joy (chara): When used in the Bible, speaks mainly of a strong and fulfilling gladness.

PEACE

Peace (eirene) the tranquil state of a soul assured of its salvation through Christ. Jesus has given us a peace that the world cannot give us (John 14:27).

LONGSUFFERING

Longsuffering (makrothymia): patience, endurance, constancy, steadfastness, perseverance, slowness in avenging wrongs

Righteous longsuffering is one of the ways we prove ourselves as ministers of God (2 Corinthians 6:4-6)



GENTLENESS

Gentleness(chrēstotēs) often translated as kindness: moral goodness, integrity.

Kindness (chrēstotēs) is used to refer to God’s willingness to send us a savior (Eph 2:7).

GOODNESS

Goodness: uprightness of heart, goodness, kindness

We should be ready to do good unto others as the opportunity presents itself (Galatians 6:10).

FAITH

From the outline of biblical usage, we see that faith is used as a strong belief that provokes actions on behalf of our beliefs (Hebrews 11)

MEEKNESS

Meekness (praotēs): gentleness, mildness, meekness

Operating in humility and tender gentleness towards others.

TEMPERANCE

Temperance (egkrateia): Self-control

This word is used three times in the Bible. (Acts 24:25, Galatians 5:23, 2 Peter 1:6)



Discussion Points

There is a reason Paul says “works” of the flesh and “fruit” of the Spirit. We do the works of the flesh. The fruit of the Spirit is a cause or effect of us walking in the Spirit.

2 Peter 1:2-9 Grace and peace be multiplied unto you through the knowledge of God, and of Jesus our Lord, 3. According as his divine power hath given unto us all things that [pertain] unto life and godliness, through the knowledge of him that hath called us to glory and virtue: 4. Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust.

Our walk is a _____ and our _____ is a process.

5. And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge; 6. And to knowledge temperance; and to temperance patience; and to patience godliness; 7. And to godliness brotherly kindness; and to brotherly kindness charity. 8. For if these things be in you, and abound, they make [you that ye shall] neither [be] barren nor unfruitful in the knowledge of our Lord Jesus Christ. 9. But he that lacketh these things is blind, and cannot see afar off, and hath forgotten that he was purged from his old sins.

Peter says that if we lack these things, there is a serious problem.

9. But he that lacketh these things is blind, and cannot see afar off, and hath forgotten that he was purged from his old sins

A _____ of spiritual fruit is an indication that we’ve become _____ and _____

Evidence of Spiritual Fruit

LOVE

1 Corinthians 13:4-7 4. Charity suffereth long, [and] is kind; charity envieth not; charity vaunteth not itself, is not puffed up, 5. Doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil; 6. Rejoiceth not in iniquity, but rejoiceth in the truth; 7. Beareth all things, believeth all things, hopeth all things, endureth all things.

1 John 2:10 He that loveth his brother abideth in the light, and there is none occasion of stumbling in him.

If we don't love _____ we don't have the _____ of God.

JOY

2 Corinthians 8:1-3 Moreover, brethren, we do you to wit of the grace of God bestowed on the churches of Macedonia; 2. How that in a great trial of affliction the abundance of their joy and their deep poverty abounded unto the riches of their liberality. 3. For to [their] power, I bear record, yea, and beyond [their] power [they were] willing of themselves;

If you can stir up a _____ within yourself despite circumstances, you are accessing joy.

PEACE

Phillipians 4:6-7 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

Not being _____ and bringing all your needs to God with a heart of _____ is a sign of the peace of God in your life.

LONGSUFFERING

Hebrews 10:35-36 Cast not away therefore your confidence, which hath great recompense of reward 36. For ye have need of patience, that, after ye have done the will of God, ye might receive the promise.

Longsuffering is often enduring for a season without seeing the reward, but expecting it nonetheless. Do you have purposeful patience? What are you expecting?

GENTLENESS

Luke 14:13-14 But when thou makest a feast, call the poor, the maimed, the lame, the blind: 14. And thou shalt be blessed; for they cannot recompense thee: for thou shalt be recompensed at the resurrection of the just.



GOODNESS

Titus 2:13-14 Looking for that blessed hope, and the glorious appearing of the great God and our Saviour Jesus Christ; 14. Who gave himself for us, that he might redeem us from all iniquity, and purify unto himself a peculiar people, zealous of good works.

Peculiar in this passage means purchased. Culture teaches how to be good, but the good works of Christ mark us as people of God.

FAITH

Hebrews 4:11 Let us labour therefore to enter into that rest, lest any man fall after the same example of unbelief.

When we are _____ and trust him for the results, we are _____ faith.

MEEKNESS

Titus 3:2 To speak evil of no man, to be no brawlers, [but] gentle, shewing all meekness unto all men.

Even when talking about “Christian” things, there is always the tendency to be harsh with words. Those who are too quick to enter conflict, whether verbally or physically may not have meekness (James 1:19).

TEMPERANCE

This one is personal for each individual. While self-control involves the person, it is still a fruit of being spiritual because God gives us the will and the power to overcome our personal temptations and desires. If there are bad habits in your life that you want to stop completely or start only doing in moderation, ask for strength from God.

1 Corinthians 9:27 But I keep under my body, and bring [it] into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.

Questions for Discussion

1. When in your life have you used longsuffering towards someone? The name of a person is not necessary.

Notes

2. How has the spiritual fruit of faith been evident in your life?

Notes

3. Of the fruit discussed tonight, which do you struggle with the most to exercise?

Notes



4. Looking at the works of the flesh, did you recognize any of them in your own life currently? You don't have to share which one if you don't want to.

Notes

5. As you have grown as Christian, what were some of the first fruits God gave you? Next, share how God has added more fruits of the Spirit to your life as you have matured as a Christian.

Notes



Part Three - Do

Activities

Choose at least one day this week. Carry with you something to take notes on (e.g. a notebook, smartphone), and write down every time you exercise a fruit of the Spirit. It could be something as simple as choosing not to look at a certain magazine rack.

For that, you can mark down “temperance”. You probably won’t be able to record them all, but record what you can. You won’t be sharing each instance of every time you exercised a fruit of the Spirit next week (some would be too personal), but we are hoping a few of you will share some things God revealed to you by doing this exercise.

Part One - Engage



Memory Verse

Galatians 5:16

This I say then, walk in the Spirit, and ye shall not fulfil the lust of the flesh.

Engage

Do you prefer to engage conflict and get it over with or avoid it until there is no other option but to deal with it? Why is that?

What is the hardest thing you have ever accomplished?

Part Two - Develop

What are the works of the flesh?

Adultery, fornication, uncleanness and lasciviousness are sins relating to sex, or of a sensual nature. We are all pretty familiar with adultery and its meaning: violating the marriage covenant through sexual immorality.

Fornication is the Greek word porneia, and it speaks of sexual immorality in a very broad sense and is used to mean a wide variety of sexual sin.

Uncleanness is another broad word used by Paul referring to sexual impropriety in general. It would include impure speech and innuendo of a sexual nature.

Lasciviousness conveys the idea of being ready to sin at any time and speaks of a person who flaunts their immorality, having no sense of shame, propriety or embarrassment of their sinful actions.

Idolatry and witchcraft are religious sins of worship of another power other than God.

Idolatry is worship of any god except the God of the bible manifest in the form of Jesus Christ.

Witchcraft is translated from the word pharmakeia, where we get our word for pharmacy. The word literally meant the use of drugs and became associated with the occult.



Hatred is the inner motivation of ill treatment of others.

Variance could also be translated as contention and is talking about a combative or argumentative spirit.

Emulations is jealousy and comes from the word *zelos*, which can be used in a positive sense, as in *zealous*, but here it means to desire what someone else has.

Wrath is talking about not being able to control your temper, you let bursts of anger over run you.

Strife in this case is talking about selfish ambition, a desire to put one's self forward.

Sedition is talking about standing apart, not working for the betterment of the community you are a part of. It could also be translated as dissension.

Heresies, when Paul wrote it, meant wrongful dividing over opinions.



Envy is not so much being jealous over wanting what someone else has, but being bitter that we don't have it.

Drunkenness and revelings would both be social sins, sins committed in the company of other people.

Drunkenness is being impaired in any way.

Revellings means _____ partying, always looking for the next good time and being a nuisance to those around you. One of the major issues with revellings is that it invariably leads to other works of the flesh.

Paul ends the list with “and the like” and shows that he knew this list was not exhaustive and does not give us permission to indulge in a work of the flesh that is not covered on this list.

Notes

What are the consequences of the works of the flesh?

The _____ of our fleshly person are _____ to the Spirit of God.

Romans 8:8 Those that are in the flesh cannot please God.



The consequence of having the works of the flesh _____ in our lives is separation from God in the Day of Judgment.

How to “walk in the Spirit” and not fulfill the lust of the flesh.

Galatians 5:16 This I say then, Walk in the Spirit, and ye shall not fulfill the lust of flesh

Psalm 1:1-6 Blessed [is] the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. 2 But his delight [is] in the law of the LORD; and in his law doth he meditate day and night. And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper. 4 The ungodly [are] not so: but [are] like the chaff which the wind driveth away. 5 Therefore the ungodly shall not stand in the judgment, nor sinners in the congregation of the righteous. 6 For the LORD knoweth the way of the righteous: but the way of the ungodly shall perish.

Blessed means supremely happy or fulfilled.

If we give up _____ for God’s ways, we will find the _____ and _____ we all desire.

Matthew 9:9-13 And as Jesus passed forth from thence, he saw a man, named Matthew, sitting at the receipt of custom: and he saith unto him, Follow me. And he arose, and followed him. 10 And it came to pass, as Jesus sat at meat in the house, behold, many publicans and sinners came and sat down with him and his disciples. 11 And when the Pharisees saw [it], they said unto his disciples, Why eateth your Master with publicans and sinners? 12 But when Jesus heard [that], he said unto them, They that be whole need not a physician, but they that are sick. 13 But go ye and learn what [that] meaneth, I will have mercy, and not sacrifice: for I am not come to call the righteous, but sinners to repentance.

It is our _____ that will determine if our _____ are godly or not.

Question for Discussion

1. If you were the disciple of Jesus and the Pharisees were accusing Jesus of sitting with sinners, how would you feel? How do you think you would react? What if you were the sinner he was sitting with?

Psalm 1:2 But his delight [is] in the law of the LORD; and in his law doth he meditate day and night.

By _____ on God’s word, we find _____ for our life and _____ with Him.

John 8:31 Then said Jesus to those Jews which believed on him, If ye continue in my word, [then] are ye my disciples indeed;

Psalm 1:3 And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.

2 Peter 1:4-8 Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust. 5 And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge; 6 And to knowledge temperance; and to temperance patience; and to patience godliness; 7 And to godliness brotherly kindness; and to brotherly kindness charity. 8 For if these things be in you, and abound, they make [you that ye shall] neither [be] barren nor unfruitful in the knowledge of our Lord Jesus Christ.

True _____ comes from a close and _____ relationship with Christ.



Romans 6:20-22 For when ye were the servants of sin, ye were free from righteousness. 21 What fruit had ye then in those things whereof ye are now ashamed? for the end of those things [is] death. 22 But now being made free from sin, and become servants to God, ye have your fruit unto holiness, and the end everlasting life.

Psalm 1:4-5 The ungodly [are] not so: but [are] like the chaff which the wind driveth away. 5 Therefore the ungodly shall not stand in the judgment, nor sinners in the congregation of the righteous.

Chaff is debris separated from the seed in threshing grain.

Ephesians 4:13-15 Till we all come in the unity of the faith, and of the knowledge of the Son of God, unto a perfect man, unto the measure of the stature of the fulness of Christ: 14 That we [henceforth] be no more children, tossed to and fro, and carried about with every wind of doctrine, by the sleight of men, [and] cunning craftiness, whereby they lie in wait to deceive; 15 But speaking the truth in love, may grow up into him in all things, which is the head, [even] Christ:

Staying _____ to what we know is right even when it is hard, shows _____.

Question for Discussion

2. Have you ever had to make a stand for something you knew was right even when it wasn't popular? What happened?

Matthew 25:41-46 Then shall he say also unto them on the left hand, Depart from me, ye cursed, into everlasting fire, prepared for the devil and his angels: 42 For I was an hungred, and ye gave me no meat: I was thirsty, and ye gave me no drink: 43 I was a stranger, and ye took me not in: naked, and ye clothed me not: sick, and in prison, and ye visited me not. 44 Then shall they also answer him, saying, Lord, when saw we thee an hungred, or athirst, or a stranger, or naked, or sick, or in prison, and did not minister unto thee? 45 Then shall he answer them, saying, Verily I say unto you, Inasmuch as ye did [it] not to one of the least of these, ye did [it] not to me. 46 And these shall go away into everlasting punishment: but the righteous into life eternal.

Psalm 1:6 For the LORD knoweth the way of the righteous: but the way of the ungodly shall perish.

To be _____ of God is to be _____ with Christ, becoming Christ-like.

John 10:14-16 I am the good shepherd, and know my [sheep], and am known of mine. 15 As the Father knoweth me, even so know I the Father: and I lay down my life for the sheep. 16 And other sheep I have, which are not of this fold: them also I must bring, and they shall hear my voice; and there shall be one fold, [and] one shepherd.

Galatians 5:24 And they that are Christ's have crucified the flesh with the affections and lusts. Christ is our advocate for us to kill the natural man and be dead to sin.

Questions for Discussion

3. Based on this study, what do you feel you need to do to walk in the Spirit more effectively?

4. We all have made mistakes and done things outside the will of God. How do you bounce back from those mistakes? How do you personally work towards not making the same mistake again?



Part Three - Do

Share testimonies from the exercise you were asked to do. Take note of how other people were blessed by what they did.

Notes



Part One - Engage



Memory Verse

Galatians 5:25

If we live in the Spirit, let us also walk in the Spirit.

Engage

What is one habit people have that you find absolutely annoying?

What makes you feel most connected to God? Is it prayer time, studying the scriptures, spending time in nature, singing songs? Tell about how you connect most often to God.

Part Two - Develop

In the past couple of weeks we have looked at the fruit of the Spirit and overcoming the works of the flesh to be more like Christ. In the final week of this series, we are going to take some time to look at examples of Jesus fulfilling the fruit of the Spirit in different instances.

Jesus was fully God (Col 2:9), but he was also fully man. He was tempted in all manners as we were (Hebrews 4:15). He increased in wisdom as he grew up (Luke 2:52). Jesus gave us a new commandment before he ascended. He said that we are to love others as He has loved us (John 13:34-35). As we attempt to be more Christ-like, lets examine how Jesus, the son of man exercised the fruit of the Spirit.

Temperance Luke 4:1-13

After being filled with the Spirit after his baptism, Jesus immediately was led into the dessert and fasted for 40 days, being tempted of the devil. We see the Son of man learning to control his fleshly urges by the Spirit of God that dwelt in him.

Temperance is doing what is _____ even when our most basic human _____ tempt us to do otherwise.

Faith: John 11:37-44

Jesus could not do many miracles in Nazareth because of their belief.

Longsuffering: Jesus had patience with his disciples all the way up to his ascension. He had to rebuke them for their unbelief one last time before he left (Mark 16:14).



The _____ God grants us should be _____ to others by us.

Meekness: Matthew 19:13-15

Jesus let the children to come to him.

Gentleness & Goodness John 4:7-26

Jesus did many good works, and he always exercised kindness and tenderness when dealing with fragile people.

Our _____ is to point people to Christ not _____ their sin.

Peace: Luke 9:55-56

Jesus did not exact revenge on those who disrespected his ministry or threatened him with bodily harm. Jesus knew he was there to save them from sin, not condemn them for their sin.

Love & Joy

The bible says that there is no greater love a man can have than laying down his life for his friends (John 15:13).



Jesus is the _____ example of love. God is _____.

1 John 4:8 He that loveth not knoweth not God; for God is love.

Question for Discussion

1. Have you ever felt like you were the woman at the well, a social outcast or looked down on? How does the memory of that feeling effect your interaction with people who may be looked on in a similar way? What these examples mean to us?

Notes

What these examples mean to us?

1 Peter 2:21-24 For even hereunto were ye called: because Christ also suffered for us, leaving us an example, that ye should follow his steps: 22 Who did no sin, neither was guile found in his mouth: 23 Who, when he was reviled, reviled not again; when he suffered, he threatened not; but committed [himself] to him that judgeth righteously: 24 Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were healed.

The Greek word for example here is hypogrammos and was used to teach students how to describe the process by which a teacher would show a student how to write the alphabet. The master would give them a clay tablet where at the top he had written the character that was to be imitated by the student. The place for the student had straight lines on either side of where he was supposed to copy by his own hand the letter drawn by the master. Jesus gave us the parameters for living our life, he has given us the template and we are supposed to copy it. The life of Christ is a template to live our life.

The _____ of Christ is a _____ to live our life.



Question for Discussion

2. Looking at the pattern that Jesus gives in the examples we looked at earlier, what do you need more practice in to get right? As an example do you need to be more loving or long suffering? Which of these attributes of Christ do you need to have more abundant in your life?

Notes

Acts 1:8 But ye shall receive power, after that the Holy Ghost is come upon you: and ye shall be witnesses unto me both in Jerusalem, and in all Judaea, and in Samaria, and unto the uttermost part of the earth.

Philippians 4:13 I can do all things through Christ which strengthens me.

By giving up our _____ we have _____ to the strength of Christ.

Romans 6:4-7 Therefore we are buried with him by baptism into death: that like as Christ was raised up from the dead by the glory of the Father, even so we also should walk in newness of life. 5 For if we have been planted together in the likeness of his death, we shall be also [in the likeness] of [his] resurrection: 6 Knowing this, that our old man is crucified with [him], that the body of sin might be destroyed, that henceforth we should not serve sin. 7 For he that is dead is freed from sin.

Question for Discussion

3. How has God worked through you to see something accomplished that could not have been accomplished by yourself or through your own ability?

Notes

Galatians 2:20 I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.

Romans 12:1-3 I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, [which is] your reasonable service. 2 And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what [is] that good, and acceptable, and perfect, will of God. 3 For I say, through the grace given unto me, to every man that is among you, not to think [of himself] more highly than he ought to think; but to think soberly, according as God hath dealt to every man the measure of faith.

_____ to the _____ of God in our lives, is the only way to truly live a Christ like life.

Galatians 5:16-17 [This] I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh. 17 For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would.



Questions for Discussion

4. What does it mean to you when you hear present your bodies a living sacrifice? How do you put that into action in your personal life?

Notes

5. What are some practical examples of walking in the Spirit? How can you make the right choice with the spiritual battle that is taking place on a daily basis?

Notes

