

**CORINTH CHRISTIAN FELLOWSHIP
SERIES: THE HOLY SPIRIT**

THE FRUIT OF THE SPIRIT

SCRIPTURE READING:

Galatians 5:16-26

INTRODUCTION:

Galatians 5:16-26 describes the intense internal conflict between the “flesh” (old sinful nature) and the Holy Spirit, urging believers to walk in the Spirit to avoid gratifying selfish desires, resulting in fruit-bearing rather than sinful works. The struggle is characterized by opposing desires that hinder us from doing as we please.

A man has two dogs within him – one is the old nature (flesh) and the other is the new nature (Spirit). They are constantly fighting. When asked which one wins, the answer is, “The one I feed the most.” This illustrates that focusing on God’s Word and Spirit starves the flesh. To starve the flesh, we must feast on the Word of God.

- 1. The Believer who “Walks in the Spirit” will not fulfill the lust of the flesh** (v. 17).
 - a. To Walk in the Spirit is to allow Him to have His way.
 - b. To Walk in the Spirit is to make decisions that align with His holiness.

- 2. “The Lust of the Flesh” refers to uncontrolled and selfish desire.**

These selfish desires stem from human nature that opposes God’s Word and Will. The flesh wants to please itself.

 - a. The flesh keeps a person from doing what he should do – The person is disobeying God.
 - b. “The Lust of the Flesh” leads to “the Walks of the Flesh” (vv. 19-21).

- 3. To be “Led by the Spirit” leads to “The Fruit of the Spirit”** (vv. 18, 22-25)

POINTS TO PONDER:

- A.** The Spirit and the flesh will always be in constant conflict until we are taken home to heaven. Believers are to keep themselves continually dependent on the Holy Spirit – Always allow Him to lead, guide and direct your life.

- B.** The Holy Spirit has one Nature and one Fruit. When the Spirit dwells in a Believer, all of the traits are present.

- C.** The Holy Spirit produces the traits within a Believer. The Fruit of the Spirit cannot be earned. The Holy Spirit gives all of the traits to the Believer.

PROPOSITION:

For the remainder of this Bible Study, we will reflect on the Fruit of God’s Spirit. The Holy Spirit has only one Fruit which consist of nine traits to help us understand His Nature.

I. THE FRUIT OF LOVE (AGAPE LOVE)

- A. Agape Love is the highest form of love – It is selfless, sacrificial, unconditional, undeserved, unearned and non-reciprocating.**
- B. It is the deliberate choice to act in the best interest of another person, modeled by God’s love for humanity through Christ Jesus and His ultimate sacrifice.**
- C. Agape Love reflects the greatest commandment to love God and others (Matt 22:37-39).**

STUDY QUESTIONS:

- How can you love those around you when you feel they don’t deserve it?
- How does recalling God’s sacrificial love for you increase your capacity to love others?

II. THE FRUIT OF JOY

- A. Joy is the inner gladness; a deep-seated pleasure that is not dependent on circumstances but rooted in the Believer’s relationship with God.**
- B. It is the joy that comes from salvation and the presence of the Holy Spirit in the Believer’s life. It is the joy that comes even when the Believer is suffering (James 1:2-3).**

STUDY QUESTIONS:

- Share an experience when you felt joyful despite difficult circumstances.
- Do you experience joy when meditating on your Salvation in Christ Jesus?

III. THE FRUIT OF PEACE

- A. Peace refers to calmness of the Believer and harmonious relationship with others. It means freedom from trouble.**
- B. It is the Peace of God that surpasses all understanding (Phil 4:7).**
 - “If it be possible, as much as lieth in you, live peaceably with all men” (Rom 12:18).

STUDY QUESTION:

- How can the Fruit of Peace help you to stay calm when situations are stressful and confusing?

IV. THE FRUIT OF LONGSUFFERING (PATIENCE)

- A. Patience is the ability to endure difficult situations and the shortcomings of others without becoming angry or upset.**
- B. The Believer displays patience by not retaliating or striking back when being attacked by others.**
 - “Howbeit for this cause I obtained mercy, that in me first Jesus Christ might shew forth all longsuffering, for a pattern to them which should hereafter believe on him to life everlasting” (1 Tim 1:16).

STUDY QUESTION:

- In what area(s) of your life right now is it hardest for you to be patient?

V. THE FRUIT OF GENTLENESS (KINDNESS)

A. Gentleness is being gentle and sweet.

It is being useful and helpful, gentle and sweet, considerate and gracious through all situations regardless of the circumstances.

B. Believers are called to show kindness toward others as it reflects the character of Christ.

- “Be kindly affectioned one to another with brotherly love; in honour preferring one another” (Rom 12:10).
- “And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you” (Eph 4:32).

STUDY QUESTION:

- What are some practical ways to show kindness while shopping, in the restaurant or workplace?

VI. THE FRUIT OF GOODNESS

A. Goodness involves moral integrity and the desire to do what is right. Goodness is kindness shown to others.

B. The Believer expresses Goodness by treating others as he would like to be treated. He follows the Golden Rule in Matt 7:12.

- “Therefore all things whatsoever ye would that men should do to you, do ye even so to them: for this is the law and the prophets” (Matt 7:12).

C. The Believer does not take advantage of others nor does he stand by and let others take advantage of them.

D. The Believer stands up and lives for what is right, good and just.

STUDY QUESTION:

- What does it look like to do the right thing even when no one is watching?

VII. THE FRUIT OF FAITH

A. Faith means to be faithful, trustworthy, reliable, and loyal.

B. The Believer is faithful to His Word – He keeps his word.

- “But let your communication be, Yea, yea; Nay, nay: for whatsoever is more than these cometh of evil” (Matt 5:37).

C. Faithfulness is necessary for stewardship (overseers, church leaders) and relationships.

- “Moreover it is required in stewards, that a man be found faithful” (1 Cor 4:2).

STUDY QUESTION:

- Why is keeping your word an important part of spiritual faithfulness?

VIII. THE FRUIT OF MEEKNESS

A. Meekness means to be gentle, tender, humble, and considerate.

B. The Meek person desires to be a friend to all and to help all as much as possible. Associations with the poor does not bother the meek person.

STUDY QUESTION:

- How can you adapt meekness in your daily interactions with others, especially in challenging situations?

IX. THE FRUIT OF TEMPERANCE (SELF-CONTROL)

A. Temperance means to control one’s desires and impulses – to stand against the lust of the flesh.

B. Temperance is necessary for a life that honors God. The Believer is to live a disciplined life that aligns with God’s Word.

STUDY QUESTIONS:

- How does thinking before you act demonstrate the Fruit of Temperance (Self-Control)?
- In what areas of your life do you struggle with self-control and how can you seek the Holy Spirit’s help to overcome these challenges?

MEMORY VERSE:

“Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering” (Col 3:12).

CONCLUSION:

A. The Fruit of the Spirit is: Love, Joy, Peace, Longsuffering, Gentleness, Goodness, Faith, Meekness, and Temperance.

B. A person has two options with the flesh:

- 1. Gratify the Flesh: Indulge in selfish desires, immoral impulses or temporary pleasures that conflict with spiritual, godly living. It is living in sin (vv. 19-21).**

- **“They which do such things shall not inherit the Kingdom of God”** (v. 21)
The person who **practices** the works of the flesh (vv. 19-21), shall not inherit the Kingdom of God. Paul is not referring to an act of sin, but a habit of sin. They have a false assurance of Salvation that is **not** based on the Word of God (1 John 3:4-10).

2. Crucify the Flesh: (v. 24) – This occurs at the conversion of the Believer.

- To crucify the flesh means the Believer no longer desires to fulfill the passions and lusts of the flesh.
- **It is a sign of being born-again and living to please God.**
 - “There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit” (Rom 8:1).
 - “⁵ For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit. ⁶ For to be carnally minded is death; but to be spiritually minded is life and peace” (Rom 8:5-6).
 - “But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you. Now if any man have not the Spirit of Christ, he is none of his” (Rom 8:9).
 - “¹³ For if ye live after the flesh, ye shall die: but if ye through the Spirit do mortify the deeds of the body, ye shall live. ¹⁴ For as many as are led by the Spirit of God, they are the sons of God” (Rom 8:13-14).
- “I do not frustrate the grace of God: for if righteousness come by the law, then Christ is dead in vain” (Gal 2:21).

C. “The Fruit of the Spirit is not about achieving something – because you cannot anyways; its about someone, and His name is Jesus Christ” (Anonymous).

D. Romans Road (Rom 3:10, 23; 5:8; 10:9, 13)

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“... the word of our God shall stand for ever” (Isa 40:8).