

## The Holy Spirit- Study 6

### The Fruit of the Spirit – The Holy Spirit Enables believers to be fruitful

**Galatians 5: 16, 22 & 23, 25** *So I say to you live by the Spirit...But the fruit of the Spirit is Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness and Self Control ... Since we live by the Spirit let us keep in step with the spirit.*

#### Introduction

We now come to the very heart of the practical manifestation of the Christian life. It is by the fruit of character that is manifested in his / her daily life that the Christian gives evidence of the reality of the life of the Spirit within. The Apostle Paul gives clear teaching of the significant role of The Holy Spirit in the life of the believer. Paul teaches that the Holy Spirit is available to **ALL** believers and we should rely on Him for daily living as we have His constant power and presence in our lives.

The **Fruit of the Holy Spirit** is a biblical term that sums up the nine visible attributes of a true **Christian life**, according to *Paul's Letter to the Galatians* chapter 5. Though there are nine attributes to the Fruit of the Spirit, the original Greek term translated, as "Fruit" is singular, signifying that there is one Fruit, with nine parts. Throughout the Bible, righteous men are likened to trees and Paul in Galatians 5 explains what fruit a righteous tree bears.

Jesus said in Matthew 7: 16- 20. *You will know them by their fruits. Do men gather grapes from thorn bushes or figs from thistles? <sup>17</sup> Even so, every good tree bears good fruit, but a bad tree bears bad fruit. <sup>18</sup> A good tree cannot bear bad fruit, nor can a bad tree bear good fruit. <sup>19</sup> Every tree that does not bear good fruit is cut down and thrown into the fire. <sup>20</sup> Therefore by their fruits you will know them.*

The **Fruit of the Spirit** is the true characteristic of the Christian Life. Psalm 1:3 says *He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers.* The principal purpose of a tree is that it may produce fruit. The first secret of fruit bearing is abiding in the vine.

What does it mean to abide in Christ? In answering this question keep in mind the figure of the vine and the branches. The branch is the integral part of the vine. It grows from it and should never be severed from it so that nothing will ever come between the branch and the source of its life. The **Fruit of the Spirit in its entirety** is to be present in all.

Abiding in Christ and having the Holy Spirit abiding in us, will result in the Spirit producing fruit automatically as we live in relationship with them. The abiding is the partnership. The abiding on our part is living a life where the Spirit leads us; here we allow the Holy Spirit to move us.

This does not mean that believers never feel the tension of living in a fallen world, we do; we are imperfect. There can be a battle inside. But it does mean He will help us overcome the pull of the flesh. Paul is not suggesting sinless perfection but a perfect Holy Spirit, who enables us to fight against sin and win.

The Holy Spirit remains constant and is **committed and able** to help believers and release our potential for ministry into this world. As the believer continues to abide in Christ they will experience the fruit of the Spirit in their life.

#### **LOVE ( Greek: agape )**

For further personal study read 1 Corinthians 13. The first characteristic or virtue is Love.

Love leads the list. In the New Testament it is used to describe the:

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- ✦ Love of God, 1 John 4:16: ***and so we know and rely on the love God has for us. God is love.*** God is Love and therefore the greatest of all Christian virtues is love.
- ✦ Love that motivated Jesus, John 13:1: ***It was just before the Passover Festival. Jesus knew that the hour had come for him to leave this world and go to the Father. Having loved his own who were in the world, he loved them to the end.***
- ✦ The Christians relationship with God, Matthew 22:37-40: ***Jesus replied: Love the Lord your God with all your heart and with all your soul and with all your mind. <sup>38</sup> This is the first and greatest commandment. <sup>39</sup> And the second is like it: Love your neighbor as yourself. <sup>40</sup> All the Law and the Prophets hang on these two commandments.***
- ✦ The Christians relationship with their fellow believers (John 15:12-17: ***My command is this: Love each other as I have loved you. <sup>13</sup> Greater love has no one than this: to lay down one's life for one's friends. <sup>14</sup> You are my friends if you do what I command. <sup>15</sup> I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you. <sup>16</sup> You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last—and so that whatever you ask in my name the Father will give you. <sup>17</sup> This is my command: Love each other.***
- ✦ The Christians relationship and their attitude to the world, Matthew 5:43-48: ***You have heard that it was said, 'Love your neighbor and hate your enemy.' <sup>44</sup> But I tell you, love your enemies and pray for those who persecute you, <sup>45</sup> that you may be children of your Father in heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous. <sup>46</sup> If you love those who love you, what reward will you get? Are not even the tax collectors doing that? <sup>47</sup> And if you greet only your own people, what are you doing more than others? Do not even pagans do that? <sup>48</sup> Be perfect, therefore, as your heavenly Father is perfect.***

As the Spirit moves in our lives we become dominated by Love. Love motivates all the other characteristics and virtues. It can be described with superlatives; there are no depths to which we would go to help someone, it has no upper limit. It is by this love that the world knows we are disciples of Jesus.

### **JOY ( Greek: chara )**

Romans 14:17, ***For the kingdom of God is not a matter of eating and drinking but of righteousness, peace and Joy in the Holy Spirit.*** Joy is loves' reaction to God's mercies, blessings and benefits.

This does not depend on circumstances but is a facet of love, which trusts God in the most trying circumstances. Human joy looks at things upon earth and is affected by the condition of earth. Christian Joy is not defined by its surroundings, but by The Holy Spirit whose presence puts life into perspective. Christians joy looks heavenward.

Joy is based on the knowledge of who God is and what He has done for us in Christ. When Jesus was speaking to His disciples about Joy just before his arrest and crucifixion He said in John 15:11: ***I have told you this so that my joy may be in you and that your joy may be complete.*** Because we know Jesus is acting on our behalf we can be joyful even in the midst of the most difficult situations.

Further study: Paul uses the word **JOY** 17 times to the Philippian Church. What does he teach?

### **PEACE ( Greek: eirine )**

Peace is deeper and more constant than joy. It is not to be equated with the absence of noise or strife but with the presence of God. The peace provided by the Holy Spirit is based on the security of

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the believer as a result of the Love God has for us. It is based around our personal relationship and friendship with God.

Illustration of painting of peace and the waterfall and that Jesus said He would give us peace.

John 14:27: *Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.* Paul spoke of the peace of God which passes all understanding in Philippians 4:7: *and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.*

Peace with God is obtained as a result of being justified by Faith, Romans 5:1 *Therefore since we have been justified through faith we have peace with God through our Lord Jesus Christ.* This is an inner characteristic or virtue, which manifests itself in peaceableness with others.

### **PATIENCE ( Greek: makrothumia)**

This is a facet of love that perseveres through the most difficult of times. It is the ability to maintain our focus and not to be discouraged, even when the challenging pressure is to give in. The Holy Spirit enables us to wait until the storm has past or the burden has been lifted. The Holy Spirit enables the believer to function calmly even when a situation may not have been resolved successfully.

It has as its example the patience of God to win the unsaved, 2 Peter 3:9 *The Lord is not slow in keeping His promise as some understand slowness. He is patient with you, not wanting anyone of you to perish, but everyone to come to repentance.* God is the supreme example of patience when dealing with sinful people.

### **KINDNESS ( Greek: chrestotes)**

Kindness can also be known as gentleness. It is the attitude God has towards people. He does not deal with sinful people as we deserve. God is a good, good Father,

Kindness is love dealing with others in their faults. It is showing others the same kindness God has shown us. Perhaps nothing discredits our ministry and testimony than unkindness. No conceivable circumstance can possibly justify on Christian grounds unkind treatment to others. Like patience, kindness provides the ability to forgive.

### **GOODNESS ( Greek: agathosune)**

Ephesians 5:9 *For the fruit of the light consists in all goodness, righteousness and truth.*

The goodness mentioned here has reference to works and acts of goodness, to goodness shown to others with practical works of love. Goodness is love in action. A Christian does good. This can be quite often towards people who may not deserve it.

Goodness reflects generosity and selfless commitment. We don't just do good to simply satisfy a need but we do so excessively. We may not have much to give, but what we do have, we give lavishly and abundantly to others.

**FAITHFULNESS ( Greek: pistis)** This is the faithfulness of character and conduct that our faith produces. Being faithful requires personal determination not to wander away from commitments or promises. It's not always easy to be faithful. Christian faith requires trust in God. Remember the fruit of the tree is not for the tree but for others. Faithfulness means trustworthy, reliable or loyal.

Faithful disciples would rather die than deny Jesus. They will suffer great inconvenience rather than go back on their Word. They will not quit. Some of Paul's friends received the highest accolades of

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their faithfulness. Further study: Timothy - 1 Corinthians 4:17; Epaphras - Colossians 1:7; Onesimus – Colossians 4:9.

### **GENTLENESS ( Greek: *prautes*)**

***Matthew 11:29, take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.***

This means being slow to anger or take offence, not quarrelsome or selfishly aggressive. People do not strive, quarrel or contend. This should not be confused with shyness, timidity or weakness. W.E.Vine in his expository dictionary says ***it must be clearly understood therefore that the meekness manifested by the Lord and commended to the believer is the fruit of power.***

It has the ability to soothe pain, to relieve anxiety, and to alleviate burdens. The believer emanates care for those who are laden with cares and provides relief to people who feel stress. It is being gracious and is manifested in acts of kindness.

### **SELF CONTROL ( Greek: *egkrateia*)**

***Proverbs 16:32, better a patient man than a warrior, a man who controls his temple than one who takes a city.***

Barclay – the commentator writes, that this characteristic or virtue enables the believer to live and walk in the world, yet to keep unspotted from the world.

Consistency not compromise characterises people with self control. They keep a sense of balance and are ready to learn. They are not weak, prone to compromise or quick to give in. This gives the strength of character to know when to talk and when to listen, when to push forward and when to rest, when to lead and when to follow. Circumstances do not influence their behavior. They are in control of their actions and their reactions, their attitudes and their responses.

This virtue is seen with people who respect themselves, who consider their body to be the temple of the Holy Spirit and will exercise control over their impulses. This means control over anger, carnal passion, appetites, selfishness and desire for worldly pleasure.

### **APPLICATION**

It is significant to note that the manifestations of the **Fruit of the Spirit** are intended to bless individuals in a community setting. Other people are to benefit from the fruit in our lives.

What fruit are we bearing? **In John 15: 1-8** Jesus taught the importance of fruit bearing Verse **2** ***He cuts off every branch in me that bears no fruit, while every branch that does bear fruit He prunes so that it will be even more fruitful.***

On the next page there is a chart for you to work with.

We must accept there will be a process of pruning where non fruit bearing branches are cut off and fruit bearing ones are cut back to bear more fruit. This can be unpleasant and painful at times, for some of the things we hold onto need to be removed. The purpose of pruning is to bring forth much fruit. Our on - going daily relationship with both the Holy Spirit and Jesus Christ are essential for this process to continue and for the fruit to be produced.

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**Fruit of the Spirit**  
Daily Checklist

	Love 	Joy 	Peace 	Patience 	Kindness 	Goodness 	Faithfulness 	Gentleness 	Self-Control 
Sunday									
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									

Name

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