



Session #9
“What are the Fruit of the Holy Spirit?”
Tuesday, January 4, 2022

Galatians 5:22-23,

“...the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.”

- 1) The fruit of the Spirit display the character of Jesus.
- 2) The fruit of the Holy Spirit are available to every follower of Jesus.

Take the Love Test: I Corinthians 13:4-8

Love is patient, love is kind. Love does not envy, it does not boast, it is not proud. Love does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. Love always protects, always trusts, always hopes, always perseveres. Love never fails.

3 Groups of the Fruit of the Holy Spirit:

- 1) Love, joy and peace show our relationship behaviors with God.
- 2) Patience, kindness, and goodness show our relationship behaviors with others.
- 3) Faithfulness, gentleness, and self-control show our relationship behaviors with ourselves.

The Nine Fruit of the Holy Spirit:

- 1) Godly love sacrifices for the greater good of others. John 15:13
There is no greater love than to lay down one's life for one's friends.

- 2) Joy comes from God's touch on our being. Hebrews 12:2
For the joy set before Him (Jesus) endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

- 3) Peace is the removal of the barriers of our wrong that separated us from God and others. It shows up as contentment and rest.

Contentment: Philippians 4:12-13 I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through Him who gives me strength.

Rest from worry: Philippians 4:6-7 *Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

4) Patience is calmly and lovingly enduring pressures and frustrations. Romans 15:5
May God, Who gives this patience and encouragement, help you live in complete harmony with each other, as is fitting for followers of Christ Jesus.

5) Kindness is seeking the best for others. 2 Corinthians 6:6
We prove ourselves by our purity, our understanding, our patience, our kindness, by the Holy Spirit within us, and by our sincere love.

6) Goodness is found in the generosity and holiness of God.

Generosity blesses everyone not just those who deserve it. Matthew 5:45
In that way, you will be acting as true children of your Father in heaven. For He gives His sunlight to both the evil and the good, and He sends rain on the just and the unjust alike.

Goodness witnesses of God's actions of mercy and grace. 1 Peter 2:19
But you are not like that, for you are a chosen people. You are royal priests, a holy nation, God's very own possession. As a result, you can show others the goodness of God, for He called you out of the darkness into His wonderful light.

7) Faithfulness shines through people of integrity. Luke 16:10
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.

8) Gentleness is strength tempered by love. Matthew 5:5
Blessed are the meek, for they will inherit the earth.

9) Self-control is the submission of ourselves to the control of the Holy Spirit. Matthew 10:39
If you cling to your life, you will lose it; but if you give up your life for Me, you will find it.

Questions:

- Name two fruit of the Holy Spirit that you would like to see more of in your relationships this week?
- Share about a time when you were able to love as Jesus loved – unconditionally.
- Being nice is not one of the fruit of the Holy Spirit. What does our society today define as being nice? Do you think there is a difference between being nice and being kind? What is it?
- Can men still be masculine and yet also be kind and gentle?
- In what areas of your life would you like to pray for more self-control?

Pray for each other about what you have shared together to end your time.