

**I. Introduction.**

**II. What is the fruit of the Holy Spirit? v. 22a**

- A. Why is the fruit of the Spirit singular (while the deeds of the flesh are plural)?
- B. Why does he call that which the Spirit produces fruit rather than deeds?
- C. Fruit is the proof of the Spirit's presence. Mt. 7:15-23
- D. Jesus Christ perfectly exemplifies each of these qualities.
  - 1. Jesus brings forth fruit unto God. Isa. 5:1-7 11:1ff 45:8 44:2-4
  - 2. We bear fruit as we are in union with Him. John 15:5

**III. The Holy Spirit produces beautiful Christlike fruit. v. 22b-23a**

**A. Love. 5:6,13b-14 Rom. 5:5**

- 1. God is love - Trinitarian love. 1 John 4:8 Rom. 8:38-39,35 5:5 15:30 Jo. 3:16 15:13 1 Jo. 4:9-10 Ro. 5:8,10 Eph. 1:3-5 2:4 5:25 3:17-19 2 Co. 13:14 6:6 Col. 1:8
- 2. Our love should reflect God's love for us. Jo. 13:14-15,34-35 15:12 Ro. 13:9 12:10 1 Cor. 13 Eph. 3:17 5:2,25 4:2,16-17 Phil. 2:2-4 Col. 3:14 1 Jo. 4:7-8 Mt. 5:43-48
- 3. Fleshly deeds, including sexual immorality and enmities are the opposite of love.

**B. Joy.**

- 1. Jesus found joy in redeeming us and bringing us joy. John 15:11 Heb. 12:2
- 2. Because our joy is in the Lord (not earthly circumstances) we can rejoice always. Phil. 4:4ff 1:4,18,25 2:2,17-18,28-29 3:1 Mt. 28:8 5:11-12 Jo. 3:29 Ro. 5:2,11 8:18 1 Th. 5:16 2 Co. 6:10 5:17-18 Js. 1:2ff Ps. 119:16,24,35 Zech. 9:9 Lam. 3:22-23
- 3. The Spirit produces joy in us by turning our hearts to Christ. Ro. 15:13 1 Th. 1:6
- 4. The counterfeit of joy is mere earthly happiness (carousing). Ro. 14:17 Heb. 12:2

**C. Peace.**

- 1. God is the God of peace. Rom. 15:33 16:20 Heb. 13:20 1 Co. 14:33 2 Co. 13:11
- 2. Christ is the Prince of peace Who has come to bring peace. Isa. 9:6 John 14:27 Eph. 2:13-15,17 Phil. 4:7 Rom. 14:17 5:1,10-11 Col. 3:15
- 3. We should be at peace with one another. Eph. 4:3 2:11ff Ro. 14:19 12:18 Mt. 5:9
- 4. We enjoy His peace in our hearts. Phil. 4:6-7
- 5. The Holy Spirit produces this peace. Eph. 4:3 Rom. 14:17 15:13
- 6. The opposite of peace is fleshly strife, disputes and dissensions. 5:20
- 7. But peace cannot be at the expense of truth. 2:4-5,11ff Jer. 6:14

**D. Patience.**

- 1. God is very patient with us. Ex. 34:6 Ps. 103:8 Ro. 2:4 9:22 1 Tim. 1:16
- 2. The Holy Spirit enables us to endure difficult situations and people. Eph. 4:2 Col. 1:11 3:12 2 Co. 6:6 2 Tim. 4:2 2:24 Pr. 19:11
- 3. The opposite of patience includes judgmental outbursts of anger and disputes.

**E. Kindness.**

- 1. God is kind to us. Rom. 1:22 2:4 11:22 1 Pe. 2:3 Titus 3:3-5 2 Sam. 8:3 Eph. 2:7
- 2. The Spirit enables us to reflect His kindness. Col. 3:12 1 Co. 13:4 Eph. 4:32
- 3. Strife and jealousy are the opposite of kindness.

**F. Goodness.**

- 1. God is good, even to His enemies. Ps. 34:8 Mt. 5:43ff Acts 17:25,28

2. The Spirit transforms those who used to be selfish into people who express God's goodness and generosity to others. 6:6,10 Ro. 15:14 Eph. 5:9 2:10 Col. 1:10 2 Th. 1:11 Titus 3:5 2 Thess. 2:17 1 Tim. 2:10 5:10
3. The opposite of goodness includes vengeance and self-righteousness. 1 Th. 5:14

#### G. Faithfulness.

1. God is faithful (trustworthy). 2 Co. 1:18 1 Co. 10:13 Heb. 10:23 11:11 1 Co. 1:9 1 Th. 5:24 2 Th. 3:7 2 Tim. 2:13 Titus 2:10 2:2 Rev. 1:5 19:11 Ro. 3:3
2. Jesus faithfully carried out the Father's will. John 5:19 6:38 17:1ff
3. The Spirit produces faithfulness in us. Rev. 2:10 2 Tim. 2:2 1 Tim. 1:12 3:11 Ps. 15:4 Mt. 25:24ff 5:37 Luke 16:10-12 Pr. 20:6 3 John 1:5-6
4. The opposite of faithfulness is to be unreliable in keeping your commitments and obligations. 4:15 Pr. 25:19 Tit. 1:16 Mt. 10:33 1 Tim. 5:8

#### H. Gentleness.

1. Jesus is gentle. 2 Co. 10:1 Mt. 11:28-29 21:5 Isa. 42:3
2. The Spirit produces gentleness in God's people. 6:1 Titus 3:2 Eph. 4:2 Nu. 12:3 1 Pe. 3:4 2 Tim. 2:24-25 Col. 3:12 Mt. 5:5
3. The opposite is to be proud and harsh.

#### I. Self-control.

1. The Lord Jesus abstained from every form of sin. Heb. 4:15
2. The Spirit enables us to exercise self-control over the desires of the flesh. Acts 24:25 2 Pe. 1:6 1 Co. 7:9 9:25 1 Th. 4:4-8 Titus 1:8 Mt. 16:24-26
3. The opposite is to be under the control of the fleshly nature. v. 19-21

### IV. Concluding applications: How does studying the fruit of the Spirit change our lives?

- A. Against such things (graces) there is no law. v. 23b
  1. This answers the objection that justification by faith alone leads to sin.
  2. The Holy Spirit brings us into greater conformity with the true requirements of God's law than legalism will ever do. 3:3 5:18
- B. How can you cultivate spiritual fruit in your life? v. 16,18,25 6:8 Phil. 2:12-13
  1. Yearn and pray for greater fruitfulness in your life. John 15:7-8
  2. If there is any fruit in your life, give glory to God. Eph. 2:10
  3. While the fruit is produced by the Spirit, we are responsible to exert effort. 6:8 Phil. 2:12-13 2 Pet. 1:4-11 1 Tim. 6:11
  4. Walk by the Spirit and follow the Spirit's leading. v. 16,18,25
  5. Cultivate the fruit of the Spirit by employing the means of grace.
  6. Resist the desires of the flesh. 6:8 Eph. 5:11
- C. Affirm the fruit of the Holy Spirit in others. 1 Thess. 1:2-10
- D. Beware of artificial/plastic fruit. Mt. 6:1ff

### Discussion questions

1. What is the significance of the fact that fruit is singular?
2. How is each spiritual quality exemplified in Christ?
3. How would each aspect of the fruit of the Spirit be manifest in your life?
4. How do you see the fruit of the Spirit growing in your life?
5. Do your friends and family members see the fruit of the Spirit in you?
6. How do you see the fruit of the Spirit growing in the lives of others? Tell them.
7. How can you explain unbelievers who appear to exhibit the qualities of spiritual fruit?
8. What is the difference between the fruit of the Spirit and natural character qualities?
9. Do you have natural characteristics which could be confused with the fruit of the Spirit?
10. How can you cultivate the fruit of the Spirit in your life?