

Overview of “The Fruits of the Spirit”

Lesson 1: Introduction

- “But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such there is no law.” – Galatians 5:22-23
- Fruit are given to us by God to nourish and sustain us
- It is cultivated according to our own actions, or lack thereof
- We need to cooperate with the Holy Spirit in order to bear fruit
- Fruit takes time to grow

Lesson 2: Faithfulness

- Faith is the “assurance of things hoped for,” and “the conviction of things not seen.” Hebrews 11:1-3
- Faith is a gift from God that allows us to unite ourselves to Him. We are granted salvation through our Faith in Christ, not our own righteousness
- Faith requires action. “Faith without works is dead” – James 2:26
- Peter walked on the water with Jesus by his Faith

Lesson 3: Joy & Peace

- Christ has overcome the world and in so doing grants us peace
- Joy is the “enduring gladness at the awareness of God’s grace.”
- Peace is “the tranquil state of a soul assured of its salvation through Christ, and so fearing nothing from God and content with its earthly lot, of whatsoever sort that is.”
- “The kingdom of heaven is like treasure hidden in a field, which a man found and covered up; then in his joy he goes and sells all that he has and buys that field.” – Matthew 13:44
- We have peace and joy because of Christ’s Resurrection. Both are gifts from God as a result of faith
- Eternal joy and peace are greater than earthly happiness and comfort
- We have peace about our circumstances in this life because we know that our God is a good God who loves us completely and is completely in control
- God’s will for us is far greater than our own will. What He wants for us is always what’s best for us

Lesson 4: Patience & Self-Control

- We rejoice in our sufferings because suffering produces patience, which produces character, which produces hope, and hope does not disappoint us. God’s love has been poured into our through the Holy Spirit which has been given to us
- Runners run for a perishable wreath, but we an imperishable
- Since God’s will for us is far greater than anything we will for ourselves, what is hard is not always bad
 - “For as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.” – Isaiah 55:8
- Struggles (suffering or temptation) is a gift that helps us grow in strength and humility, becoming more and more like Christ

Morning Program 2016

- Earthly discomfort is negligible in comparison to eternal peace and joy and glory
- With God's help, nothing we experience is impossible to endure
 - Story of Job and Temptations of Jesus

Lesson 5: Goodness & Kindness

- God equips us everything good that we may do His will.
- Goodness has to do with our character – what kind of person we are
- Kindness has to do with our actions – what we do
- All that is good comes from God, including that which is good in ourselves
- Goodness is a heart that wants what God wants – both for ourselves and other – and is ready to carry out His will in whatever way is needful
- Kindness is actually carrying out the will of God by meeting the needs of others in His way and timing
- If God calls us to meet a specific need in a specific way, He will provide us with everything necessary to carry it out. Even small actions have a big result
- We are called to give goodness and kindness to everyone, not just those who are kind to us
- Kindness is not a one-time action but is a way of life. We are to be kind at all times—with our words, our actions, and our attitudes. By doing this, we show Christ to the world

Lesson 6: Gentleness

- A wise person shows others what kind of person they are by living a righteous life and living with meekness and gentleness. A person must be peaceful, sincere, certain of their faith, and open to reason
- Gentleness requires humility, self-restraint, and courage
- We cultivate gentleness by: Quietly living out our faith, Examining our own sin and confessing it, Praying for the people who make us angry, Holding our tongue when we want to lash out at someone – and then resolving not to rehash the situation by replaying it in our mind or bringing it up to someone else, Preparing how we might respond to difficult questions about our faith, and Standing up for our faith and for other people

Lesson 7: Love & Review

- “A new commandment I give to you, that you love one another; even as I have loved you, that you also love one another. By this all men will know that you are my disciples, if you have love for one another.”
John 13:34-35
- Christ is the door to the Father. We cannot be united to the Father except through the Son
- Love is the greatest and most important of all the fruit of the Spirit. It can all be summed up in love
- “You shall love the Lord your God with all your heart, and with all your soul, and with all your mind. This is the great and first commandment. And a second is like it, you shall love your neighbor as yourself. On these two commandments depend all the law and the prophets.
- Christ-like love, the kind that He calls us to imitate, is fundamentally selfless
- Love means doing our part to lead others to Christ – in a joyful, peaceful, patient, good, kind, faithful, and gentle way (yes those are almost all the other fruit of the Spirit)
- God is love. Because God loves us, we can love others. We are like Christ when we love