Let's Talk About: Fruit of the Spirit

How do people know you are a Christian?

This can be a tough question to answer. It may seem difficult to know if someone is a Christian or not, but Jesus made it clear how one can know. Read Matthew 7:15-20. How does Jesus tell us that we would know if someone was a follower of Christ?

The truth is by her fruit. People should be able to see God working in each of our lives. Our actions, words, and deeds should reveal what we believe. So, what kind of "fruit" should people see in believers? Him him him him him him him him

The Fruit of the Spirit

The fruit that every believer should display is described in Galatians 5:22-23. Read that passage. What kind of fruit should people display?

This kind of fruit is in direct contrast to the works of the flesh, described in Galatians 5:19-21. What kind of "fruit" does a person show who is not walking for Jesus?

We have this contrast between a person walking for God and someone walking for himself or herself. This seems pretty clear, but we want to make sure that you understand what it means to demonstrate "fruit."

Love

The first fruit described is love. The Bible provides a lot of passages related to love. How would you describe love?

Read John 15:9-11 and 1 Corinthians 13:4-7. How can one display his or her love for others?

What are your biggest challenges in loving others?

Joy

Joy is often confused with happiness, but these are not the same thing. Joy is not dependent upon good experiences or living comfortably. In fact, joy goes beyond your circumstances, even beyond hardship.

Read James 1:1-2. What does James tell us we should find joy in?

Can you explain how you can find joy in in trials and tribulations?

Peace

Peace is something that is difficult for many of us to achieve. We live in anxiety and fear, making it hard to achieve peace. Do you find it hard to find peace?

Read Philippians 4:7. What does this tell us about the kind of peace that God provides?

What do you think brings about that kind of peace?

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Patience

Patience is something that many of us pray for yet find it difficult to achieve. What you may not realize is that you likely have far greater patience than you believe. It is in certain areas of your life where you find it hard to have patience with others. Can you name some instances where you find it hard to be patient?

Why do you think it is important for a Christian to have patience?

Kindness and Goodness

Kindness and goodness overlap each other. Kindness is shown in our hearts while goodness is shown in our actions. What ways would people see kindness and goodness in you?

Let's make it clear that this is not about being nice. Kindness and goodness wants the best for someone, and that may reveal itself in ways that seem harsh. Can you describe an instance where the kind thing to do seemed harsh, maybe even mean?

Why were your actions kind and good?

Faithfulness

Faithfulness reveals itself as trustworthy or reliable. It is part of God's own character to be faithful. He does what He says and never contradicts Himself. Do you think you are a faithful person? In what ways are you faithful?

Faithfulness is more than just doing what you say you will do. It is consistently portraying God and His ways to others. How are you faithful in demonstrating God?

Gentleness

Gentleness is acting tender and humble with others. Jesus demonstrated His gentleness by giving up His place in heaven to sacrifice Himself for us. He could have just crushed us for our sins, but chose to be gentle in how He dealt with all of humanity.

You can also be gentle. What are some ways that you can demonstrate gentleness?

What are the challenges of being gentle with others?

Self-Control

Self-control can be one of the most difficult challenges, especially for men. We are often led by our lustful urges. Do you find it hard to be self-controlled?

What kinds of things challenge your ability to be disciplined?

Led by the Spirit

Two final things we want you to consider before closing this lesson. First, the fruit is a demonstration of the Holy Spirit dwelling inside you. Second, the Holy Spirit is there to provide this fruit in difficult circumstances. Are you asking the Holy Spirit for His fruit?

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