

## THE FRUIT OF THE SPIRIT



MEMORY VERSE: “But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.”  
Galatians 5:22-23

### DAY 1

#### GALATIANS 5:16-23 — Sinful Nature vs. Fruit of the Spirit

1. As humans we all have a sinful nature. But when we become Christians we have the gift of the Holy Spirit. What does Paul tell us we are supposed to let the Holy Spirit do and why? v. 16
2. Can you think of a time when you WANT to be good, but it feels really hard? According to verse 17, why is it hard to do the good things that we want to do? What does this tell us about how the Holy Spirit works?
3. Verses 19-21 list some of the results of following our sinful nature. Why doesn't God want us to live this way?
4. What does it mean when it says 'The Holy Spirit produces fruit?' List the nine fruit of the Spirit.

### DAY 2

#### GALATIANS 5:22-23 — Love. Joy. Peace.

5. LOVE. See 1 Corinthians 13:4-7. This unselfish kind of love moves us to respond to other's needs without expectations. Share an example of what this love looks like. Are you loving this way?

6. JOY. See Romans 15:13. This joy is not dependent on our circumstances, but rather on our relationship with God. Do you experience this joy - a deep feeling of contentment - even when life is tough? How do you think this joy affects our decision-making?
7. PEACE. See Isaiah 26:3. Do you believe that God is ultimately in control and that we can rest in His love and care for us? What would this peace - a supernatural calm - be like when life is hard or in chaos? When you are afraid or worried?

### DAY 3 GALATIANS 5:22-23 — Patience. Kindness. Goodness.

8. PATIENCE. See Psalm 37:7. How would this patience - quiet willingness to accept situations - help when things go wrong or people irritate you? Do you think it is possible to be angry without letting it control you? Why? Why not?
9. KINDNESS. See Ephesians 4:32. Where do you need the Holy Spirit to give you the power to stop saying unkind words or act unkindly? Who needs your kindness?
10. GOODNESS. See Galatians 6:10. Goodness is an inner desire to do what is right, even when it is not easy. What does it mean to have goodness in our thoughts, words and actions?

### DAY 4 GALATIANS 5:22-23 — Faithfulness. Gentleness. Self-control.

11. FAITHFULNESS. See 1 Corinthians 1:9. Faithfulness is to have faith in God, even when we cannot see Him or understand His ways. Do you believe that God is Who He says He is? Are you faithful to Him?

12. GENTLENESS. See Philippians 4:5. When the Spirit gives us gentleness, He enables us to control our actions with difficult people and situations. What do you think this gentleness looks like every day through actions?
13. SELF-CONTROL. See 1 Corinthians 9:25. Self-control is the ability to control one's thoughts, emotions, and actions. Where do you need more self-control with God and others?

## DAY 5      Wrap Up

14. How do the sinful traits (Galatians 5:19-21) compare to the Godly traits (Galatians 5:22-23)?
15. How does the fruit of the Spirit affect all areas of a believer's life?

### BELIEVE

We are given an incredible gift when we choose to give our life to Jesus and follow Him: The Holy Spirit. And through the Spirit we have the power and strength of God Himself! We can have all the fruit of the Spirit because they are products of the Holy Spirit working in us. Jesus lived out these traits in His life on earth, and we are to strive to do the same as we grow spiritually. May you follow the Spirit in your life to turn away from sin and be more like Christ.

### PRAY

Father, I know that I cannot develop the fruit of Your Holy Spirit through my own effort or will, but only as I follow Jesus. I pray that Your love, peace and joy shine in me. Teach me to be patient and kind with others. May I have the goodness that only comes from You. Help me to be gentle and self-controlled in my actions and attitudes. May I be a good and faithful servant. Amen.

## Galatians 5:16–23 (NLT)

Galatians 5:16-23:

16 So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves. 17 The sinful nature wants to do evil, which is just the opposite of what the Spirit wants. And the Spirit gives us desires that are the opposite of what the sinful nature desires. These two forces are constantly fighting each other, so you are not free to carry out your good intentions. 18 But when you are directed by the Spirit, you are not under obligation to the law of Moses. 19 When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures, 20 idolatry, sorcery, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division, 21 envy, drunkenness, wild parties, and other sins like these. Let me tell you again, as I have before, that anyone living that sort of life will not inherit the Kingdom of God.

22 But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, and self-control. There is no law against these things!

### Other Scripture References

1 Corinthians 13:4-7:

"Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. 6 It does not rejoice about injustice but rejoices whenever the truth wins out. 7 Love never gives up, never loses faith, is always hopeful, and endures through every circumstance."

Romans 15:13:

"I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit."

Isaiah 26:3:

"You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!"

Psalms 37:7:

"Be still in the presence of the Lord, and wait patiently for him to act."

Ephesians 4:32:

"Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you."

Galatians 6:10:

"Therefore, whenever we have the opportunity, we should do good to everyone—especially to those in the family of faith."

1 Corinthians 1:9:

"God will do this, for he is faithful to do what he says, and he has invited you into partnership with his Son, Jesus Christ our Lord."

Philippians 4:5:

"Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon."

1 Corinthians 9:25:

"All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize."