



The Fruit of the Spirit

Galatians 5:22-23

Unless the Lord builds the house, its builders labor in vain

Psalm 127:1

Essentials.

G

One
Sovereign
Creator

J

Resurrected
God-Man
Christ

Sp

Holy
Indwelling
Life-Giver

Gr

Free
By Faith
Salvation

Ch

The Body
Local
Awaiting

Ad

2nd Coming
Judgement
Restoration

Ev

Missional
Obedience
Discipleship

In Essentials, Unity.



River Oaks
Community Church



The Capstone of the Fruit is LOVE (I Cor. 13)

Love

Joy

Peace

Patience

Kindness

Goodness

Faithfulness

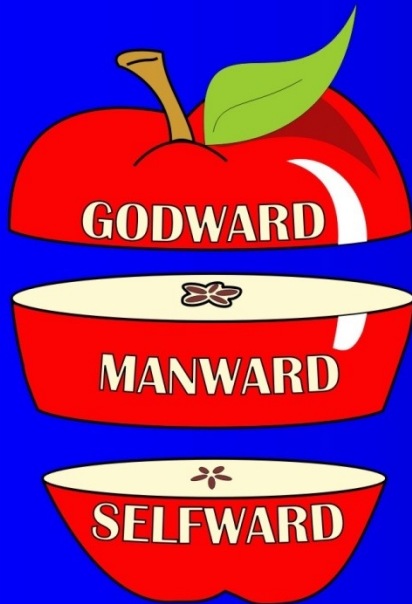
Gentleness

Self-Control

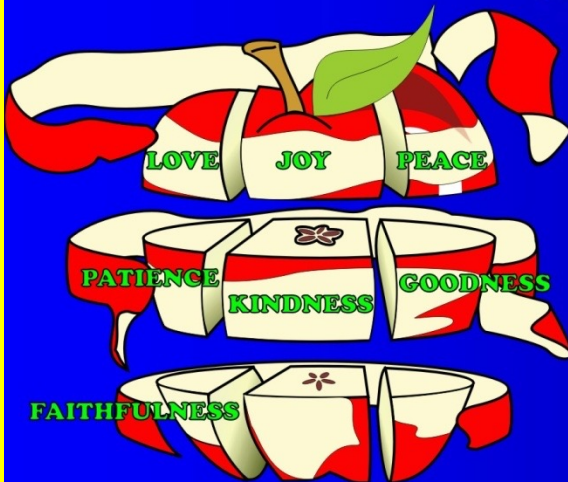


The Fruit of the Spirit

Unit II



Faithfulness → Gentleness
Self-Control



Faithfulness

Key Verse: Proverbs 20:6

“Many a man claims to have unfailing love,
but a faithful man who can find?”

Worm: Infidelity

Artificial Fruit: Half-heartedness

A Glimpse into God's Faithfulness

For Our Final Salvation

I Corinthians 1:8-9

For Deliverance from Temptation

I Corinthians 10:13

For Ultimate Sanctification

I Thessalonians 5:23

For Forgiveness of Our Sins

I John 1:9

For Deliverance through Times of Suffering

I Peter 4:19

For the Fulfillment of Our Ultimate Hope of Eternal Life

Hebrews 10:23

What is Faithfulness?

Absolute Honesty (Proverbs 12:22; 11:1)

“The Lord detests lying lips, but he delights in men who are truthful.” and

“The Lord abhors dishonest scales, but accurate weights are his delight.”



Lying has been defined as “any deceit in word, act, attitude – or silence; in deliberate exaggerations, in distortions of the truth, or in creating false impressions.”

What is Faithfulness?

Utter Dependability

In Psalm 15 David asks the question, Lord, who may dwell in your sanctuary?..... he “who keeps his oath even when it hurts.”

Unswerving Loyalty

Proverbs 17:17 ...”A friend that loves at all times, and is born [that is becomes] a brother in adversity.”

❖ ❖ There is no such person as a “fair-weather friend” ❖ ❖

Rooting out the Artificial Fruit and the Weeds

Unfaithfulness or Infidelity is Undependability

The Unfaithful has no Definite Direction,
no solid supports to provide any predictability
of conduct.

Unfaithfulness is very close to Disobedience

The man who is not controlled by God has
no settled reason to keep his word or to
discharge his obligations.

Proverbs 12:22 – “Lying lips are an
abomination to the Lord; but they that deal
truly are his delight.”



“The lie has no feet on
which it can stand.”

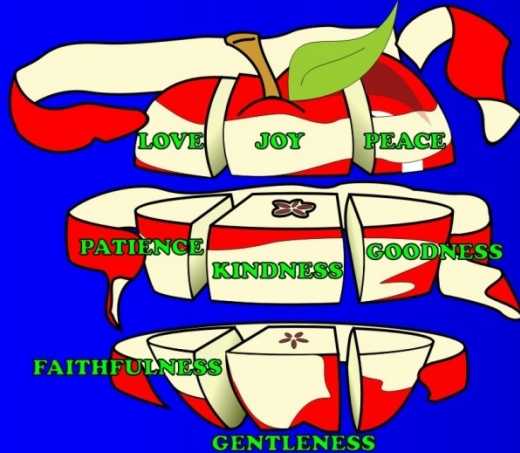
Questions & Assignments

What sort of situations tempt you to deceive others?

Can you recall some recent instances when you failed to follow through on a commitment you made to a believer? Unbeliever?

Choose one of the following for meditation:

- ❑ Daniel 6:3-4 (Daniel's example of faithfulness)
- ❑ Proverbs 12:22 (about honesty)
- ❑ Psalm 15 (about integrity and keeping one's word)



Gentleness

Key Verse: Acts 11: 24

“He was a good man, full of the Holy Spirit and faith, and a great number of people were brought to the Lord.”

Worm: Self-Seeking

Artificial Fruit: False Modesty

**Gentleness = Active trait which describes the manner
in which we should treat others**

Pseudo-gentleness is timidity

versus

**Meekness = Passive trait which describes the proper
Christian response when being mistreated**

Pseudo-meekness is cowardly

**Gentleness is not the opposite of courage; it takes
courage to be meek and gentle in an evil world.**

God's Strength is Essential to be Truly Gentle

Isaiah 40:11

“He tends his flock like a shepherd: he gathers the lambs in his arms and carries them close to his heart; he gently leads those that have young.”

Matthew 11: 28-30

“Come to me, all who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

Qualities of Gentleness.....

Treating Others Gently

- ♥ Actively seek to make others feel at ease or “restful”
- ♥ Demonstrate gentleness for the personal dignity of others
- ♥ Avoid blunt speech and an abrupt manner; seek to answer everyone with sensitivity and ready
- ♥ Don't feel threatened by opposition or resent those who oppose you
- ♥ Don't degrade or belittle or gossip about a brother or sister who has fallen into sin

Qualities of Gentleness.....

Treating Others Considerately

- ♥ Follow the principle of “What is best for this person?”

Philippians 4:5 says “Let your gentleness be evident to all. The Lord is near.”

Seeking a Gentle Spirit

- ♥ Decide that this trait is really important
- ♥ Ask those you know best and will be honest to evaluate you

Rooting out the Artificial Fruit and the Weeds

Luke 9:46-56 is a great illustration of Self-Serving

Jesus' disciples asked "Which of us is the greatest?"

Verse 48 - Jesus answered ".... for he who is least among you all is the one who is great."

Later in these verses we see Jesus making plans to spend the night in a Samaritan village...but the Samaritans didn't want Jews in their village... so the ugly weed raised its head when James and John said to Jesus.....

"Do you want us to command fire to come down from heaven and destroy them?"



Rooting out the Artificial Fruit and the Weeds

Jesus rebuked them for they failed to see their
place in redemptive history

The disciples self-centeredness had begotten
vengeance...they had forgotten the meaning
of “the Gospel,” the good news.

The time of fire will come, and when it is called
down it will be sent down in righteousness,
not selfishness.



Questions & Assignments

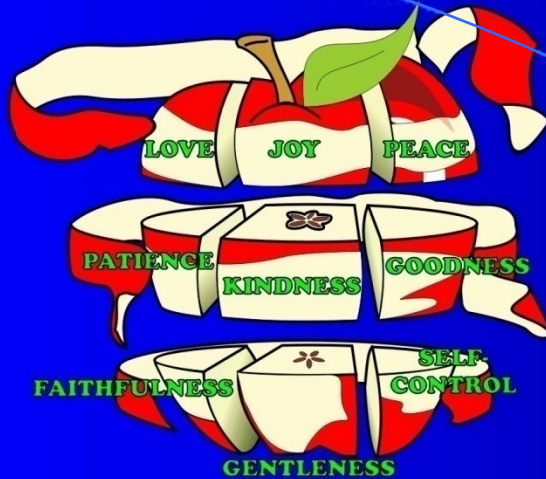
In what ways is God gentle?

Why does it take strength to be gentle?

How are gentleness and meekness related to the other fruit?

Ask the Holy Spirit to help you cultivate gentleness. Choose one of the following for meditation:

- ☐ Isaiah 40:10-26 (God's strength and gentleness)**
Matthew 11:28-30 or 12:20 (Jesus' gentleness)
- ☐ Galatians 6:1 (dealing with others' sin)**
- ☐ 1 Peter 3:15 (showing gentleness and respect when expressing your beliefs)**



Self-Control

Key Verse: Proverbs 25:28

“Like a city whose walls are broken down
is a man who lacks self-control.”

Worm: Lack of Control

Artificial Fruit: Choosing lesser Goods

Some Definitions of Self-Control

“The ability to avoid excesses, to stay within reasonable bounds”

“The healthful regulation of our desires and appetites, preventing their excess”

NIV uses two different words from the original language:

▢ **“moderation or temperance in the gratification of our desires and appetites”**

▢ **“soundness of mind or sound judgment...sober or sensible”**

Summary Definition:

“Self-control is the exercise of inner strength under the direction of sound judgment that enables us to do, think, and say things that are pleasing to God”

Self-Control: Body, Thoughts and Emotions

❖ Honor God with Your Body

**Timothy 6:17 – “God...richly provides us with everything
for our enjoyment”**

.... But man in his sin has corrupted all the natural blessings

**Self-control of the body should be aimed primarily at three
areas of physical temptation:**

gluttony laziness sexual immorality or impurity

thoughts looks suggestive speech

Self-Control: Body, Thoughts and Emotions

❖ Take Captive Every Thought

II Corinthians 10:5 – “We take captive every thought to make it obedient to Christ”

Philippians 4:8 – “Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things.”

Proverbs 4:23 – “Above all else, guard your heart, for it is the wellspring of life.”

The gates to our thought lives are primarily our eyes and our ears

Solomon said to guard; Paul said to flee

Self-Control: Body, Thoughts and Emotions

❖ Curbing Your Emotions

Solomon said in Proverbs 16:32 – Better a patient man than a warrior, a man who controls his temper than one who takes a city”

The taking of a city is child’s play, compared with this wrestling

...That is only the battle of a day. Thus the weary, unceasing

conflict of life

An uncontrolled temper is a contradiction in the life of a person

who is seeking to practice godliness

Self-Control: Body, Thoughts and Emotions

❖ Break the Chains of Self-Indulgence

Paul in Romans 12:3 says – “Think of yourself with sober judgment” and Proverbs 27:12 says “The prudent see danger and take refuge.”

Spiritual prudence requires that we know ourselves – our weaknesses. Only as we study the Scriptures and ourselves will we be able to exercise sound judgment

True spiritual self-discipline holds believers in bounds but never in bonds; its effect is to enlarge, expand and liberate

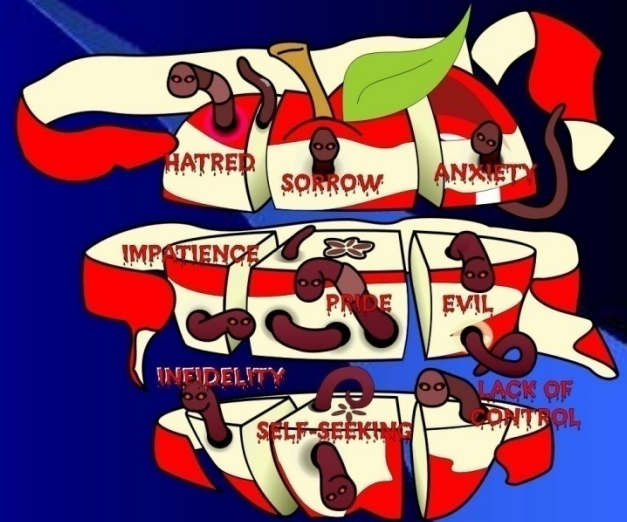
James 1:25 describes the Word of God as “the perfect law that gives freedom”

Rooting out the Artificial Fruit and the Weeds

The weed of lack of self-control seems to be a habit of choosing continually something bad or harmful rather than something good; or a continual choosing of a lesser good in preference to something more important

1 Corinthians 6 – Paul tells us that since the body is now the sanctuary of the Holy Spirit, to injure the body is an affront to Him.

1 Corinthians 6:19 – You are not your own.
You are bought with a price



“Nothing in my hand I bring, Simply to Thy cross I cling”

Questions & Assignments

When recently have you needed each of these?

Sound Judgment

Inner Strength

How did each play a role in the situation?

Why is it often important to flee sources of temptation and guard your eyes and ears?

Meditate on Colossians 3:1-2

What are some of the “things above” that you could focus your thoughts and desires on?



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Psalm 127:1

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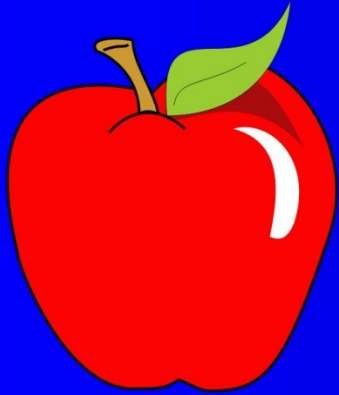
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The Fruit of the Spirit

Unit III

The Fruit and God

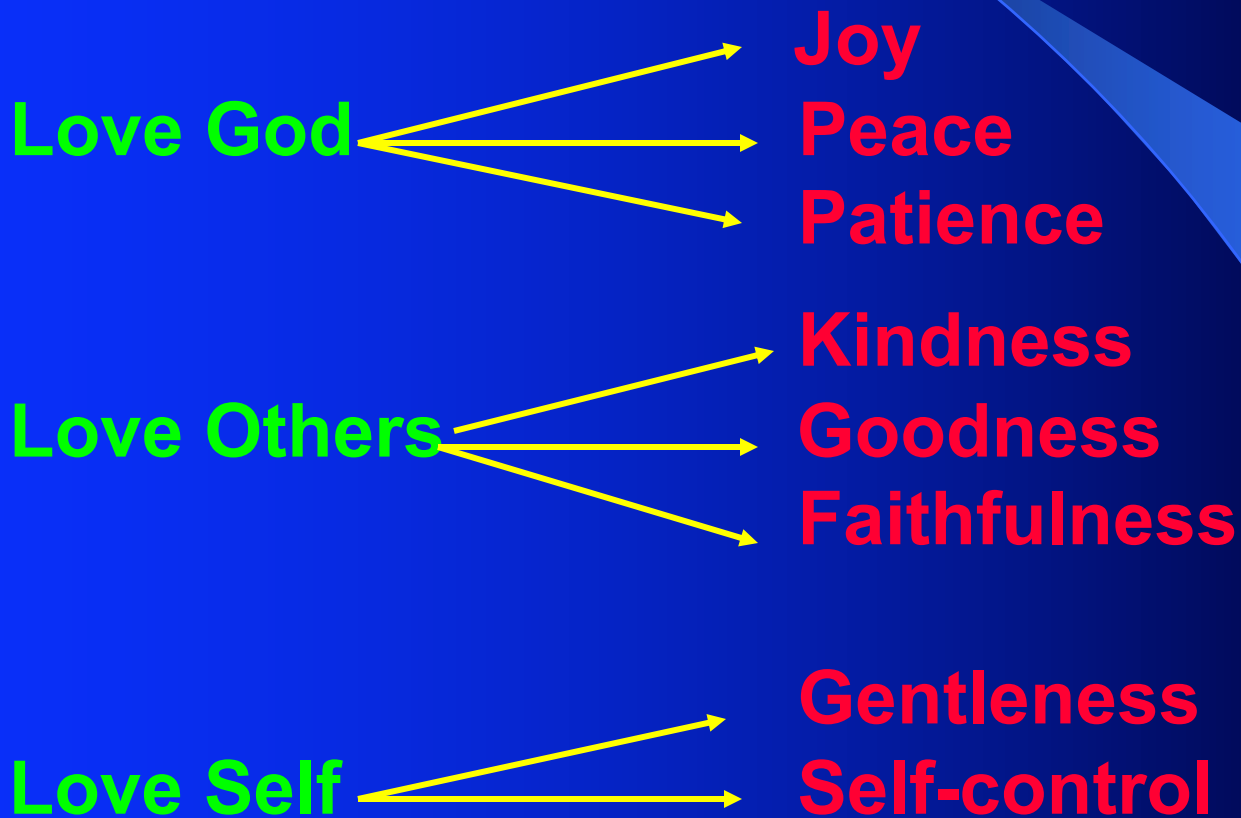
The Fruit and Others

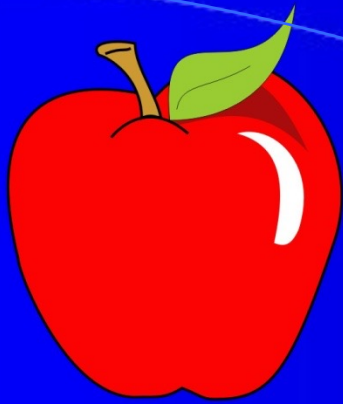
The Fruit and Ourselves

Faith Produces Love (Gal. 5:6)



Love is the medium through which Faith works & lives





The Fruit and God

God's Sovereignty

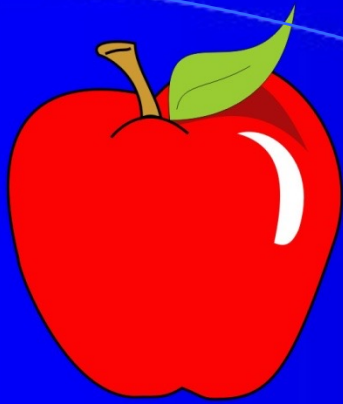
When we put our faith to work and believe that God is all

He says He is, then the fruit of the Spirit appear

God's Wisdom

When we put our faith in God to work, we experience joy

peace, and patience, since we are trusting in a God who is wholly wise



The Fruit and God

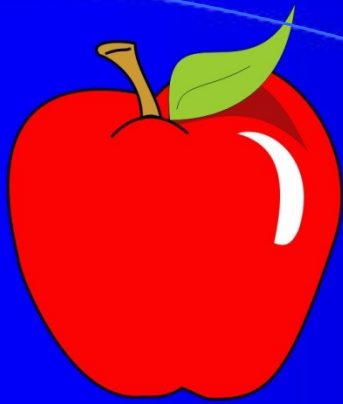
God's Righteousness

"Whate'er my God ordains is right: Holy his will abideth;
I will be still whate'er de doth, And follow where he guideth:
He is my God; Though dark my road, He holds me in His hand.

1676 hymn by Samuel Rodigast

God's Love

God's love, when we think of it, will bring us to joy, peace,
and patience



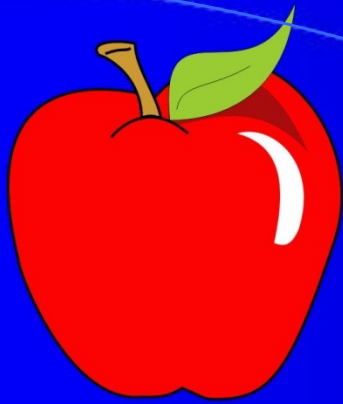
The Fruit and Others

The Image of God

If we look on others, not because of what they are in themselves, but because of whose image they bear, they will provoke us to kindness, goodness and faithfulness

The Sovereignty of God

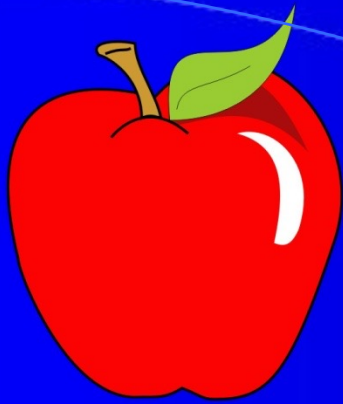
Whenever the Lord interposes to prevent the evil of those who desire to injure us, and not that only, but turns even their wicked designs to our good; he subdues by this method, our carnal affections, and renders us more just and placable.



The Fruit and Others

Treating Others as We Would Jesus

The call to obey the Great Commission is not based on the attractiveness of people as they now are, but on the anticipated attractiveness when they are renewed by the Spirit of God



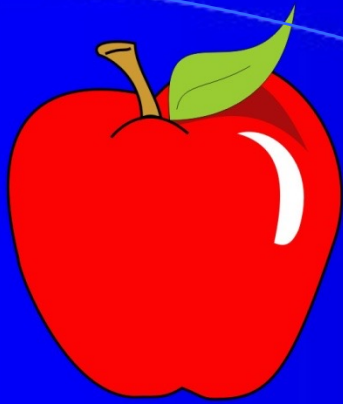
The Fruit and Ourselves

Propensity to Sin

The sweet singer of Israel, the man after God's own heart was guilty of adultery, murder, deceit and judicial rashness. This is a revelation not only of David's propensity to sin...but also of ours.

Accepting Ourselves

Meekness is accepting ourselves as we really are; Self-control entails the choice of the best of all goals, God's glory, and the power to make progress towards it.



The Fruit and Ourselves

Temples of God

The New Testament teaches that gentleness and self-control thrive in an atmosphere of self-love when we realize the great value which it attaches to our bodies as the temples of God

Self-Control is Freedom

“And you shall know the truth, and the truth shall make you free.”

Some Summary Thoughts on How God Acts

♥ My Soul needs to have an *inclination* to God and his Word. Without that, nothing else will happen of any value in my life. I must want to know God, read his Word and draw near to him. (Psalm 119:36)

♥ Next, I need to have *the eyes of my heart opened* so that my inclination leads me to the Word so that I can know the truth, not just my own ideas. (Psalm 119:18)

♥ Next, I need my *heart to be enlightened* with these wonders.” I need to perceive glory in them and not just interesting facts. (Eph. 1:18)

Some Summary Thoughts on How God Acts (cont.)

- ♥ Next, it is essential that *I long for my heart to be united for God, because I am concerned that my heart is not pure and is fragmented with parts still in darkness.*
(Psalm 86:11)
- ♥ Next, what I want from all this engagement with the Word of God and the work of his Spirit is that *my heart will be satisfied with God* and not with the world.
(Psalm 90:14)
- ♥ But I don't want my satisfaction and joy to be fragile or weak, but to be strong in the face of adversities. I want to be *strong in joy.* (Eph. 3:16)

Some Summary Thoughts on How God Acts (cont.)

Furthermore, I do not want my strength in Christ to simply be fruitful for me, but for others.

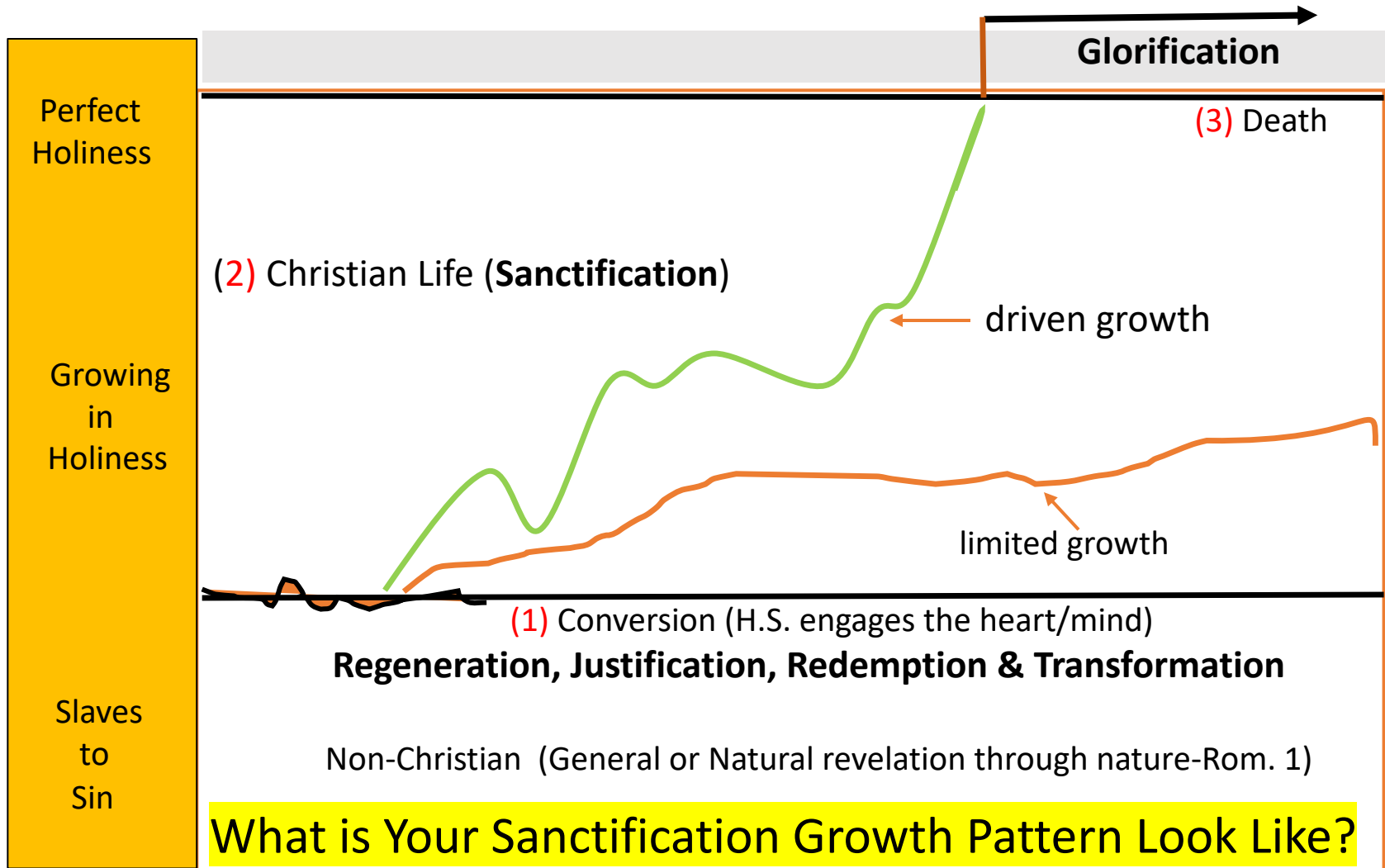
Acts 20:35 clearly teaches that it is more blessed to give than to receive.

So I want to *produce good deeds and works of love* for others, so that the glory of God will be seen in my life, and others will taste and see that the Lord is good (Colossians 1:10)

Finally, my constant prayer should remain

“hallowed be Thy name.” (Matt. 6:9)

$$\text{Mind} + \text{Heart/Will} = \text{Soul}$$



Questions & Assignments

Which do you feel most need to grow in right now:

the fear of God,
awareness of the love of God, or
the desire for God? Why that one?

Read Revelation 4-5. What essential elements of worship do you observe?

Why is worship essential to growth in the fruit of the Spirit?

Spend some time worshipping God. You can read parts of Revelation 5 aloud to Him. Tell Him why He is worthy of your thanks and praise.

What key insights and habits will you take with you from this study?

What next steps do you see ahead?



God Created the Soul!

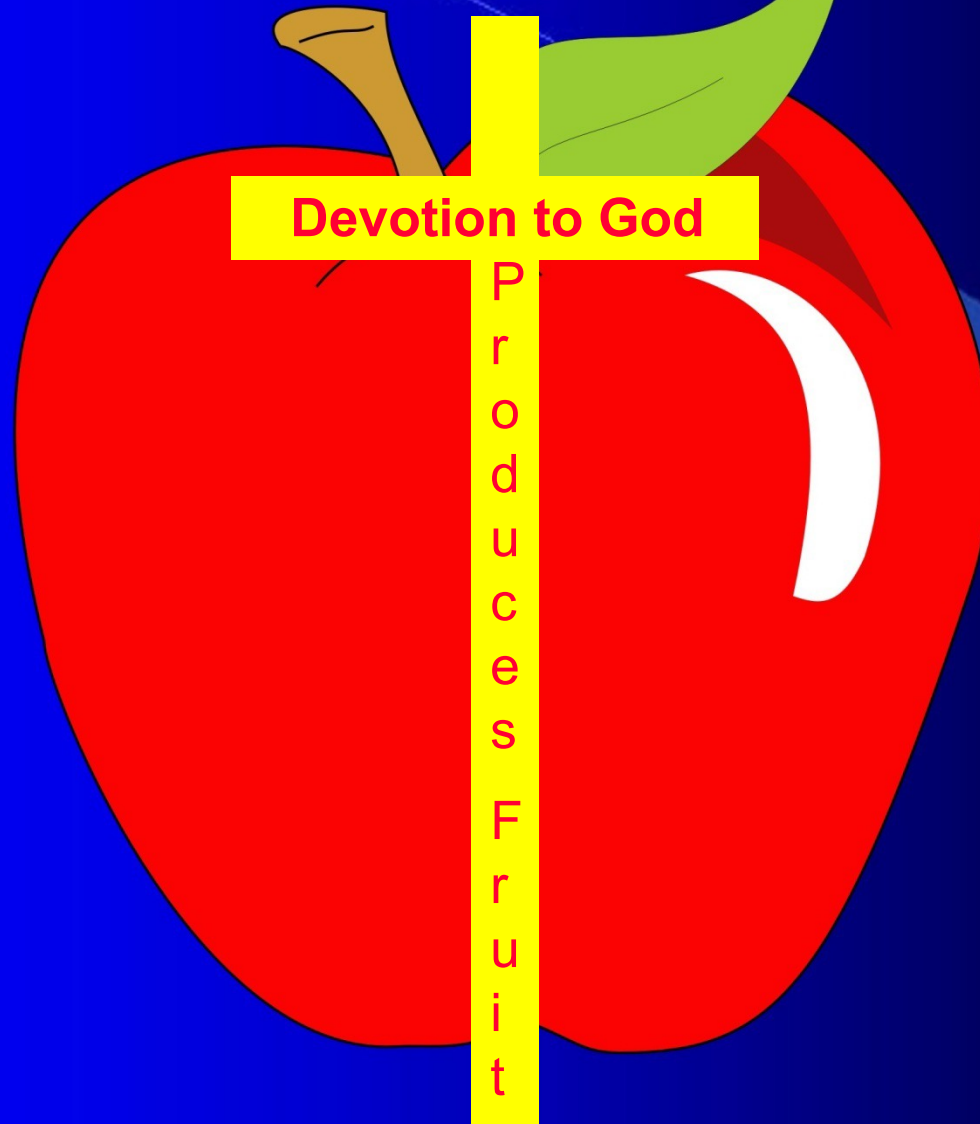
Mind + Heart = Soul/Spirit

Matthew 22:37

Only authentic Holy Spirit infusion of the Soul/Spirit
will produce intense affections of heart and mind

To God be the Glory.....

Great Things He Hath Done



Cultivate God's Garden and harvest much Fruit

Thank You Jesus for Calling Me





**Our Redemption is Now!
You are Our Promise Keeper Lord!**



Go...and Produce God's Fruit

Mind + Heart = Soul

Matthew 22:37