SESSION ONE: INTRODUCTION TO THE FRUIT OF THE SPIRIT

I. God’s purpose for us: Read John 15:1-16

A. What does God ask of us as Christians (v 8,16)?

B. How do we ‘bear fruit’ (v 4-5)?

C. What does it mean to ‘remain in me’ (v 12 and 1 John 2:24; 3:24; 4:15; John 1:12)

D. What happens when we don’t bear fruit (v 2,6)?

II. The Fruit of the Spirit

A. What is a fruit (define)?

B. What is the “Spirit? Read: John 14:26

C. How do you acquire the Holy Spirit?
D. What are “the Fruit of the Spirit?” Read: Galatians 5:22-23

1. 
2. 
3. 
4. 
5. 
6. 
7. 
8. 
9. 

E. In contrast, what are the ‘acts of the flesh.’ Read Galatians 5:19-20.

III. What are the gifts of the Spirit? Read Corinthians 12:4-11

IV. What is the difference between ‘fruit of the Spirit’ and ‘the gifts of the Spirit?’

V. How do we get the fruit of the Spirit?
VI. **Worth Mentioning:** The ‘fruit of the Spirit’ is:

- A biblical term that sums up the nine visible attributes of a true and mature Christian life and the qualities of God’s Nature. These qualities of God’s Spirit are already inside those of us in whom His Spirit lives, those of us who have accepted Jesus Christ.

- A physical manifestation of a Christian’s transformed life and the Holy Spirit’s active presence in our daily activities. John 15: 4-5

- God’s highest purpose for us. He wants to make us like Jesus: Romans 8:29 says For those (and that means US!) God foreknew he also predestined to be conformed to the image of his Son, that he might be the firstborn among many brothers and sisters. As we fulfill this purpose by getting to know our Lord better and by obeying Him, we will exhibit the fruit of the Spirit whether we are aware of it or not.

- A powerful tool of evangelism and for promoting harmony and unity in the body of Christ: In these days when our world is so fragmented and confused and when sin is so flagrant, just one person who exhibits this fruit of God’s Spirit can make a difference. Nothing attracts unbelievers and believers alike to God as much as seeing a life lived out in love, joy, peace, gentleness and so forth, even though that person may be suffering. In essence, the fruit of the fruit!

VII. **A Spiritual check-up on our own fruitfulness.**

A. God’s Word says we shall be known by our fruit (read Luke 6:43-45) and the lesson of the fig tree (Matthew 21:18-19) is a warning to us all. Note that it’s a choice! We can choose to walk obediently in God’s Word—or remain stubbornly resistant, doing things our own way on our own terms. One way leads to freedom and peace. The other guarantees we’ll have nothing but frustration in life. Where do you see yourself in terms of spiritual obedience?

B. As creatures of habit, we tend to go through life on autopilot. We often miss clues that indicate that our spirit is not enjoying the good health that God created it for. As we begin this study, let’s give ourselves a ‘Spiritual Check-up’ and assess our strengths and weaknesses by completing the following Spiritual inventory* using the list from Galatians 5:22-23. Indicate by a number 1-5, how you feel you are experiencing each particular fruit in your life right now (be honest with yourself, this assessment is for your eyes only):
1 = not experiencing this particular fruit of the Spirit in my life right now,  
5 = I am really experiencing this particular fruit of the Spirit in my life right now.

**Love:** Are you being led by the Spirit in reaching out to others in a loving manner? Do you treat your family and those around you with love? Are you self sacrificing, preferring others over yourself? 
Circle where you are 1 2 3 4 5

**Joy:** Is the Holy Spirit producing a real joy in your heart that spills into the life you live? Do you choose joy over worry? Do you rejoice in God’s presence in your life? 
Circle where you are 1 2 3 4 5

**Peace:** Is your life full of peace in spite of your circumstances? Are you trusting God and not fearful about your circumstances? Do you experience the peace of God that passes all our understanding? 
Circle where you are 1 2 3 4 5

**Patience:** Do you accept interruptions and delays with grace and peace? Do you see God’s larger plan at work in your circumstances? Do you surrender to God when things don’t go your way? 
Circle where you are 1 2 3 4 5

**Kindness:** Is your first inclination to be kind to others? Do you seem to go out of your way to put others first? Are you sensitive to the needs of others? 
Circle where you are 1 2 3 4 5

**Goodness:** Is your behavior of a high moral standard? Are you living a pure life that is honoring to God? 
Circle where you are 1 2 3 4 5

**Faithfulness:** Are you a person of your word? Do you follow through on what you start? Can others count on you? Do you give your commitments 100%? 
Circle where you are 1 2 3 4 5

**Gentleness:** Are you quick to listen and slow to act and speak? Do you have control of your anger? Are you healthily assertive yet non-aggressive in your relationships? Are you meek in your approach to others? 
Circle where you are 1 2 3 4 5

**Self-control** Do you have mastery over your behavior? Do you exercise discipline in your life? Are you free from addictions and uncontrollable behavior? 
Circle where you are 1 2 3 4 5
Which of these particular attributes did you score low in today? The good news is that we don’t have to stay there. From the moment you accepted Jesus Christ as your Lord and Saviour, all the fruit of the Spirit were planted inside you in seed form. The goal of the Holy Spirit is to produce the fruit in your life. **He has all the power we need to turn around any low scores.**

How? **Walk by the Spirit.** When we follow the Spirit’s lead instead of being led by our self-focused desires, He produces the fruit. But take heart! Even when we don’t walk by the Spirit, He is the very one who convicts us that things are not in proper order in our lives. God promises that if we are willing to admit that we have been walking our own way and ask for His forgiveness and cleansing, He will empower us through His Spirit to live above ourselves and live the abundant life for which He has created us. The more we draw near to God, praying and reflecting on His Word, the more we will experience the fruit of the Spirit in your life. It’s a muscle. It needs to be exercised!

And remember, **there is no condemnation in Christ (Romans 8:1)!** So don’t beat yourself up, just get on with it and **flex that muscle!**

**Let’s Pray Together:**

Lord, Today I humble myself before You. I confess that I haven’t always been receptive to Your Word or obedient in my attitudes. I have clung to doing things my way. Forgive me, Lord. Open my mind and my heart to receive Truth. When given the choice to follow Your commands or to take the easier path, give me strength to do what’s right. Help me release selfish attitudes to make room in my heart for Your guidance and correction. Show me how to follow your way to grow and reflect You in all I say and do. Thank You for hearing my prayer. Amen

**Question to Ponder this Coming Week:** “Am I actively depending on the Holy Spirit to guide me in God’s ways so I don’t get wrapped up in myself?

If not, am I willing to confess to God that His ways are better than mine, and that I need the Spirit’s guidance to live above the fray?”

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*Resources Used:
“Life Application Bible NIV and notes”

“Fruit of the Spirit” by Hazel Offner. A Lifebuilder Bible Study

“Fruit of the Spirit Action Plan: How to Water God’s Word in Your Life and Relationships” and “Secrets to Exceptional Living: Transforming Your Life Through the Fruit of the Spirit.” by Joyce Meyer.

“Using your Spiritual Gifts” by Ron Ovitt. [http://spiritualgifts.wordpress.com/2007/05/05/take-the-fruit-of-the-spirit-inventory/](http://spiritualgifts.wordpress.com/2007/05/05/take-the-fruit-of-the-spirit-inventory/)