

SISTERHOOD LOUNGE ROOM

From our lounge room to yours

LIVING BY THE SPIRIT -

Part two: Fruits of the Spirit

Loved part one of this month's conversation? Well so did we! In part two Nicola, Emma, Kemi, and Grace talk on the fruits of the Spirit. As you watch this episode, we have highlighted the key scriptures, thoughts, as well as few questions you can use in discussion with your groups, or in your own personal devotion ... enjoy.

"The fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the flesh with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit."
-Galatians 5:22-25

Nicola began this episode by stating that the fruits of the Spirit are displayed by how we live, and how we emulate his character. It's godly living. Grace explained that gifts are given to us by God in his grace and that we do not earn them. Our fruit is a gift to those to around

us. Fruit builds our character and as we grow closer to Him and through maturity, we become more like him.

Emma pointed out that love is a fruit that requires all the other fruit to be on display. The measure of the fruits on display is the measure of love in our lives. For example, self-control in our attitude and behaviour towards one another is to not always have the last word and to practice purity. Self-control over our emotions means we become increasingly in charge of our response to feelings, instead of feelings being in charge of our behaviour.



"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails."

1 Corinthians 13 v4-8

Q- What has been your understanding between the difference of the gifts and the fruit of the Spirit?


Q- Christians should continually grow in the fruit listed in Galatians 5. Which fruit come more naturally to you, and which fruits are challenging in your life?

Q- How might you participate with God to see the challenging fruit grow?




"I am the true vine, and my Father is the gardener. He cuts off every branch in me that bears no fruit, while every branch that does bear fruit, he prunes so that it will be even more fruitful. You are already clean because of the word I have spoken to you. Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me."

John 15 v1-4



Grace explained that that back in her home in the USA, avocados grow in the correct environment, which makes them perfect. The combination of the soil and the weather allow for this. Sweet fruit in our lives requires fertile soil and good weather. There is an invitation here to pay attention to our foundations and also think about who we are surrounding ourselves with.



Nicola explained that if we are abiding, we do not need to strive to see growth, it happens naturally over time.


Q- Looking at John 15 and reflecting on your own relationship with God, how can you abide or commune in God more fully?

Q- Is your soil and climate of your life correct for sweet fruit to grow?

Q- At the end of your life what would you want people to say of you? What would you want the fruit of your life to say about you?

"As iron sharpens iron, so one person sharpens another."

Proverbs 27:17



Nicola aptly pointed out that Galatians says 'fruit' not 'fruits' of the Spirit. We do not get to pick and choose: all the fruit should be growing and gradually being displayed, even though some may be more amplified than others in different stages of our growth journeys.




Kemi said that joy is the fruit that seems to come naturally to her. Her journey of growth has been to lean on God's strength and unburden herself in his presence therefore to be free to express joy. She is learning to appreciate every small thing and says that joy is not determined by circumstances but on her relationship with God.

Nicola agreed and said all the fruits work the same in the sense that they are not governed by what is happening around us, but what is growing within us.

Q- Had you noticed that Galatians talks about 'fruit' as opposed to 'fruits? What implications does this hold for you?

Q- How do you think fruit is not governed by what is happening around you, but by what is growing in you? What is currently louder in your life: what is going on around you, or what is going on in you?

Emma shared how the fruits of the Spirit allow us to live our best lives. To live with love, joy, peace, patience, kindness,



goodness, faithfulness, gentleness, and self-control towards one another cultivates strong bonds and connection. When this fruit is lacking in a person, it is unattractive and isolating. The fruit displayed through our life's helps us fully become ambassadors of Christ in the world.

Kemi said that seeing spiritual fruit in her mum shaped her faith, and she remembered a friend displaying kindness that taught her how to be kind to others. Nicola concluded with the thought that one of the beautiful gifts of the church is how we can learn from one another and take note of one another's fruit so we to can operate in ours in maturity and freedom. Our example is our most powerful witness.

PRAYER

Lord Jesus, help us to abide more deeply in you than ever before, and in turn become more like you, displaying your characteristics and fruit, and be a greater witness to all who encounter us. Amen