

WHO IS THE HOLY SPIRIT?



HOLY SPIRIT

THE FRUIT OF THE HOLY SPIRIT

(Part 6 of a 7 part series 'THE HOLY SPIRIT')

This series is focusing on teaching and equipping our church about who the Holy Spirit is, what He does and how we live by His power. In this Group Study we are going to look at **the fruit of the Holy Spirit**. These refer to qualities or characteristics that are produced in the life of a believer who is yielded to the influence and guidance of the Holy Spirit.

The following podcast by Tim Mackee from The Bible Project about the Fruit Of The Spirit will be helpful to listen too in preparation for this study: <https://bibleproject.com/podcast/i-am-who-i-am-part-6-spirit-and-fruit/>

KEY VERSE

Galatians 5:22-23

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!"

DISCOVERY

These fruit of the Spirit are evidence of the Spirit's transformative work in the life of a believer, resulting in character traits that reflect the nature of Christ and bear witness to His presence within us.

As believers yield to the Holy Spirit and cultivate these fruit in their lives, they become increasingly conformed to the image of Christ and demonstrate His love and grace to the world.

DISCUSSION

Starting Question:

Can you think of an interaction when you didn't display the fruit of the spirit in a relationship or situation? Discuss.

Exploring Questions:

Love: Agape love, which is selfless, sacrificial, and seeks the highest good of others, is the first and foremost fruit of the Spirit. It is the foundation of all other virtues.

God is love (1 John 4:8), and His love is sacrificial, unconditional, and unchanging.

How does God's love transform the way we love others, even those who are difficult to love?

How can we cultivate a deeper understanding and expression of God's unconditional love in our relationships?

Joy: Joy is a deep-seated sense of gladness and contentment that transcends circumstances. It is rooted in the believer's relationship with God and is not dependent on external factors.

God is the source of true joy and delights in His creation (Psalm 16:11, Zephaniah 3:17).

In what ways does joy differ from mere happiness, and how can we experience true joy in the midst of life's challenges and uncertainties?

How can we cultivate a joy-filled perspective that transcends circumstances?

Peace: Peace refers to a state of tranquility and harmony, both inwardly and outwardly. It is the result of being reconciled to God through Christ and experiencing His presence and guidance.

God is the author of peace, bringing reconciliation & harmony to humanity through Christ (Ephesians 2:14-17).

How does the peace of God surpass human understanding, and how can we experience it amidst turmoil and chaos?

What practical steps can we take to pursue and maintain God's peace in our hearts and minds?

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Patience: Patience, or longsuffering, is the ability to endure trials and difficulties without losing hope or becoming resentful. It involves persevering in faith and trust in God's timing and purposes.

God is patient and longsuffering, extending grace and mercy to sinners (2 Peter 3:9).

Why is patience considered a virtue, and how does it reflect God's character?

How can we develop patience in our lives, especially in times of waiting and uncertainty?

Kindness: Kindness is characterized by gentleness, compassion, and goodwill toward others. It involves showing empathy and concern for the needs and feelings of others.

God's kindness is demonstrated through His compassion, mercy, generosity toward humanity (Titus 3:4-5).

What does it mean to show kindness to others, and how can small acts of kindness have a significant impact on individuals and communities?

How can we cultivate a lifestyle of kindness that reflects God's heart for others?

Goodness: Goodness is moral excellence and integrity of character. It involves doing what is right and virtuous, reflecting the goodness of God in our thoughts, words, and actions.

God is inherently good, and all His ways are righteous and just (Psalm 100:5, Nahum 1:7).

How does God's goodness influence our understanding of what is truly good and righteous?

In what ways can we demonstrate God's goodness in our actions and choices?

Faithfulness: Faithfulness is steadfastness, reliability, and loyalty in our relationships and commitments. It involves being true to God and His Word, as well as being trustworthy and dependable in our interactions with others.

God is faithful and true to His promises, never changing or wavering in His character (2 Timothy 2:13).

What does it mean to be faithful, and how does God's faithfulness serve as a model for our own faithfulness? How can we remain steadfast and committed to God and His purposes in the midst of trials and temptations?

Gentleness: Gentleness, or meekness, is strength under control. It involves humility, patience, and a gentle spirit in our interactions with others, even in the face of opposition or provocation.

God demonstrates gentleness and compassion, especially toward the broken and contrite (Isaiah 40:11, Matthew 11:28-30).

How does gentleness differ from weakness, and why is it considered a strength in Christian character?

How can we cultivate gentleness in our interactions with others, especially in moments of conflict or disagreement?

Self-Control: Self-control is the ability to exercise restraint over our desires, impulses, and emotions. It involves discipline and moderation in all areas of life, allowing the Holy Spirit to govern our thoughts, words, and actions.

God exercises perfect self-control and discipline, always acting with wisdom and righteousness (2 Timothy 1:7).

Why is self-control important in the Christian life, and how does it empower us to live in obedience to God's will?

What are some practical strategies for exercising self-control in areas of temptation and weakness?

Actions:

After this Group Study - take time on your own to read the full scripture **Galatians 5:16-26** - 'Living By The Spirit's Power' and explore your own study on the verses that book-end The Fruit Of The Spirit verse.

DEVOTION

As we reflect on the fruit of the Spirit and have engaged with thought-provoking questions, let's pray that the discussion will lead us to deepen our understanding of God's character and His desire to produce these qualities in our lives. They serve as a roadmap for spiritual growth and transformation, guiding us in living out the values of God's kingdom in our daily lives.