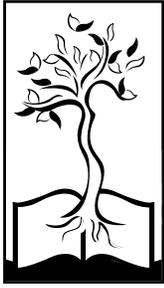


# THE FRUIT OF THE SPIRIT



## Bethel Discipleship Series

### I. THE WORKS OF THE FLESH VERSUS THE FRUIT OF THE SPIRIT.

A. In this lesson we will examine the “fruit of the Spirit.” In a future lesson we will study the “gifts of the Spirit.” The two are very different from each other and should not be confused.

1. The “gifts of the Spirit” are supernatural endowments, skills, abilities, and talents that are bestowed upon us by the Holy Ghost to bless and edify others. These “gifts” are discussed in 1 Corinthians chapters 12 through 14.
2. The “fruit of the Spirit” are the characteristics, behaviors, and attributes of God’s nature that we begin to develop and manifest after we have been filled with the Spirit.

B. Our scripture text reveals a dramatic comparison between the “works of the flesh” and the “fruit of the Spirit.” It contrasts the lifestyle of those who walk in the “Spirit” with the attitude and behavior of those who walk in the “flesh.”

C. After we are *filled* with the Spirit the scriptures admonish us to *walk* in the Spirit.

- **Galatians 5:16** – “*This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh...If we live in the Spirit, let us also walk in the Spirit.*”

1. This scripture makes a distinction between “living in the Spirit” and “walking in the Spirit.”

- Living in the Spirit involves our *inward* man (attitudes, character)
- Walking in the Spirit involves our *outward* man (behavior, conduct)

D. Other New Testament scriptures clearly teach us that there is a conflict (or a “war”) going on in all Spirit-filled believers – a war between the “Spirit against the flesh.”

- **1 Peter 2:11** – “*Dearly beloved, I beseech you as strangers and pilgrims, abstain from fleshly lusts, which war against the soul.*”
- **Romans 8:6-7** – “*For to be carnally minded (to live in the flesh) is death; but to be spiritually minded (live in the Spirit) is life and peace. Because the carnal mind is enmity against God: for it is not subject*

#### SCRIPTURE TEXT:

**Galatians 5:16-25** – “*This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh. For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would. But if ye be led of the Spirit, ye are not under the law. Now the works of the flesh are manifest, which are these; Adultery, fornication, uncleanness, lasciviousness, Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies, Envyings, murders, drunkenness, revellings, and such like: of the which I tell you before, as I have also told you in time past, that they which do such things shall not inherit the kingdom of God. But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law. And they that are Christ's have crucified the flesh with the affections and lusts. If we live in the Spirit, let us also walk in the Spirit.*”

# THE FRUIT OF THE SPIRIT

*to the law of God, neither indeed can be.”*

- **Romans 8:13** – “For if ye live after the flesh, ye shall die: but if ye through the Spirit do mortify (put to death) the deeds of the body, ye shall live.”

- E. These scriptures teach us that it is crucial that we be “spiritually minded” and “abstain from fleshly lusts” and “mortify the deeds of the body” – therefore, it is very important that we understand the differences between the “works of the flesh” and the “fruit of the Spirit.”

## II. THE WORKS OF THE FLESH

- A. Galatians 5:19-21 gives us a list of *some* of the “works of the flesh.”

**Galatians 5:19** – “Now the works of the flesh are manifest (apparent), which are these.”

- *Adultery* – sexual relations between a married individual and someone else outside the marriage
- *Fornication* – prostitution, immorality
- *Uncleanness* – moral impurity; lewdness, vulgarity, indecency, lustfulness
- *Lasciviousness* – morally unrestrained, having no moral standard, without morals
- *Idolatry* – excessive devotion to or reverence for some person or thing other than the one true God
- *Witchcraft* – devil worship or involvement with evil power
- *Hatred* – hostility, malice, enmity
- *Variance* – contentious (always ready to argue)
- *Emulations* – zealous competition, intense jealousy, trying to “get ahead” of others
- *Wrath* – fierce, passionate indignation (anger over injustice or ingratitude)
- *Strife* – bitter quarreling, to have a disagreeable attitude
- *Seditions* – stirring up discontent, rebellion, to cause another to be disgruntled
- *Heresies* – rejection of a spiritual doctrine, embracing doctrines that are not scriptural
- *Envyings* – ill will, self-destructive jealousy, spite, to begrudge others
- *Murders* – intentional killing of another person
- *Drunkenness* – loss of reason and self-control because of substance abuse
- *Revellings* – carousing, letting loose in a rebellious manner, excessive revelry
- *and such like* – conducts and behaviors that are related or similar to those previously listed

- B. The apostle Paul concludes this list of the “works of the flesh” by giving us a very stern warning concerning them.

- **Galatians 5:21** – “... of the which I tell you before, as I have also told you in time past, that they which do such things shall not inherit the kingdom of God.”

## III. MOVING FROM FLESH TO SPIRIT

- A. Having the Holy Ghost dwelling within us gives the potential for a powerful transformation to take place within us. As we yield and submit to the Holy Ghost, we begin a metamorphosis into a “new creature.”

- **2 Corinthians 5:17** – “Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.”

1. As Christians, we don’t live the same type of lifestyle that we lived before we were filled with the Holy Ghost. Whereas we once were “servants of sin,” we now have become “servants of righteousness.” The “fruit” of our lives used to be sin and unrighteousness – now the “fruit” of our lives is supposed to be holiness and purity.

# THE FRUIT OF THE SPIRIT

- **Romans 6:16-22** – “[16](#) Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey; whether of sin unto death, or of obedience unto righteousness? [17](#) But God be thanked, that ye were the servants of sin, but ye have obeyed from the heart that form of doctrine which was delivered you. [18](#) Being then made free from sin, ye became the servants of righteousness. [19](#) I speak after the manner of men because of the infirmity (weakness) of your flesh: for as ye have yielded your members servants to uncleanness and to iniquity unto iniquity; even so now yield your members servants to righteousness unto holiness. [20](#) For when ye were the servants of sin, ye were free from righteousness. [21](#) What fruit had ye then in those things whereof ye are now ashamed? for the end of those things is death. [22](#) But now being made free from sin, and become servants to God, ye have your fruit unto holiness, and the end everlasting life.”
- 2. Our way of life becomes a “new walk.” Our conduct and behavior used to be sinful, selfish and willful. Now it is a “new walk” – a new lifestyle of godly and upright behavior.
  - **Romans 6:4** – “Therefore we are buried with him by baptism into death: that like as Christ was raised up from the dead by the glory of the Father, even so we also should walk in newness of life.”
- 3. As a result of being filled with the Holy Ghost, we begin to bear *fruit*, or show evidence that the Spirit truly lives within us. We are identified or classified according to the *fruit* that we produce.
  - **Luke 6:43-45** – “For a good tree bringeth not forth corrupt fruit; neither doth a corrupt tree bring forth good fruit. For every tree is known by his own fruit. For of thorns men do not gather figs, nor of a bramble bush gather they grapes. A good man out of the good treasure of his heart bringeth forth that which is good; and an evil man out of the evil treasure of his heart bringeth forth that which is evil: for of the abundance of the heart his mouth speaketh.”
- B. Notice that Galatians chapter 5 refers to the “fruit” of the Spirit rather than the “fruits” of the Spirit. This suggests that all of these characteristics or qualities combined comprise one fruit, and that Christians are to have all of these characteristics manifest in their lives.

## IV. FRUIT EXAMINATION

Galatians 5:22-23 gives us a list of the fruit of the Spirit.

- *Love* – (Greek: *agape*) sacrificial devotion, affection, benevolence
  - *Joy* – (Greek: *chara*) cheerfulness, calm delight, gladness
  - *Peace* – (Greek: *eirene*) quietness, rest, tranquility
  - *Long-suffering* – (Greek: *makrothumia*) patient endurance, forbearance, fortitude
  - *Gentleness* – (Greek: *chrestotes*) moral excellence, kindness, courtesy
  - *Goodness* – (Greek: *agathosune*) virtue, beneficence
  - *Faith* – (Greek: *pistis*) moral conviction, belief, fidelity
  - *Meekness* – (Greek: *prautes*) gentle humility, humbleness
  - *Temperance* – (Greek: *egkrateia*) self-control, self-restraint, self-discipline, moderation
- A. **LOVE** – the first and preeminent fruit of the Spirit is *love*. It is the supreme fruit because it is not just one of the many characteristics of God’s nature; it is actually the very basis and essence of God’s nature itself.
- **1 John 4:8** – “He that loveth not knoweth not God; for God is love.”
1. The fruit of love is so important that the entire thirteenth chapter of 1 Corinthians is dedicated to *love*.

# THE FRUIT OF THE SPIRIT

In examining the fruit of the Spirit in Galatians 5 and the fruit of love in 1 Corinthians 13, we see an amazing parallel.

GALATIANS 5:22-23	1 CORINTHIANS 13:4-8
Love	Love seeketh not her own (13:5)
Joy	Love rejoiceth not in iniquity (13:6)
Peace	Love is not easily provoked (13:5)
Longsuffering	Love suffereth long – beareth all things, endureth all things (13:4,7)
Gentleness	Love is kind (13:4)
Goodness	Love envieth not – thinketh no evil (13:4-5)
Faith	Believeth all things, hopeth all things – never faileth (13:7-8)
Meekness	Love vaunteth not itself, is not puffed up (13:4)
Temperance	Love does not behave itself unseemly (13:5)

2. In reality, all of the qualities of the fruit of the Spirit listed in Galatians are exemplified and embodied in genuine love.
  3. There are three different Greek words that can be translated as the word “love.”
    - a. *Eros* – romantic love (this word is not used in the Bible).
    - b. *Philia* – friendly or brotherly love.
      - **Hebrews 13:1** – “Let brotherly love continue.”
    - c. *Agape* – sacrificial, selfless love (sometimes translated as “charity”).
      - **1 John 3:16** – “Hereby perceive we the love of God, because he laid down his life for us: and we ought to lay down our lives for the brethren.”
      - **Matthew 22:37-40** – “Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it, Thou shalt love thy neighbour as thyself. On these two commandments hang all the law and the prophets.”
    - d. Love is the greatest fruit of the Spirit that we can ever manifest. If we manifest the fullness of *philia* and *agape* love, the other fruit of the Spirit will also be present.
- B. **JOY** – true joy is one of the most delightful fruit of God's spiritual garden. When we manifest joy, unbelievers are attracted and enticed, because joy is something that everyone desires to have.
1. The “joy of the Lord” is not the same as the “joy of the world.” Godly joy is wholesome and pure and cannot be found in the pleasures or gratifications of the world – it can only be found in God’s presence.
    - **Psalm 16:11** – “Thou wilt shew me the path of life: in thy presence is fullness of joy; at thy right hand there are pleasures for evermore.”
  2. The church in the book of Acts experienced terrible persecution, yet these believers were able to have the fruit of joy despite their physical sufferings.
    - **Acts 5:41** – “And they (the disciples) departed from the presence of the council, rejoicing that they were counted worthy to suffer shame for his name.”
  3. The joy of the Lord is “unspeakable,” which means inexplicable, or unexplainable. Those who are

# THE FRUIT OF THE SPIRIT

filled with the Holy Ghost can have joy even when circumstances are difficult and painful.

- **1 Peter 1:8** – “(Jesus Christ) Whom having not seen, ye love; in whom, though now ye see him not, yet believing, ye rejoice with joy unspeakable and full of glory.”
4. When the Spirit dwells within us, we can choose to live in self-pity or we can choose to live in joy. Self-pity robs our joy, but joy brings us strength and courage – even in times of trial.
    - **1 Peter 4:12-13** – “Beloved, think it not strange concerning the fiery trial which is to try you, as though some strange thing happened unto you: But rejoice, inasmuch as ye are partakers of Christ's sufferings; that, when his glory shall be revealed, ye may be glad also with exceeding joy.”
  5. The joy of the Lord is our strength. When we are joyous, we are strong!
    - **Nehemiah 8:10** – “Then he said unto them, Go your way, eat the fat, and drink the sweet, and send portions unto them for whom nothing is prepared: for this day is holy unto our Lord: neither be ye sorry; for the joy of the LORD is your strength.”
- C. **PEACE** – as Christians, we have the promise of peace in our hearts.
1. Jesus Christ is described in Isaiah 9:6 as the “Prince of Peace.” Since we have Christ in us, we actually have the Prince of Peace dwelling within our hearts.
    - **John 14:27** – “(Jesus said) Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.”
  2. When we genuinely place the control of our lives into God’s hands, we can relax and experience peace. If God is truly in control, we don’t have to worry or fret – we can rest in God and enjoy the peace of the Lord.
    - **Philippians 4:6-7** – “Be careful (fretful) for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.”
  3. How do we cultivate this fruit of peace? By keeping our minds focused upon God. Thinking on our problems brings frustration and anxiety – thinking on the Lord brings peace!
    - **Isaiah 26:3** – “Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.”
- D. **LONGSUFFERING** – As its name suggests, we may have to suffer a long time to cultivate this fruit.
1. The Lord is our best example of longsuffering. He was patient and longsuffering with us – and He is *still* patient and longsuffering with us every day!
    - **Psalm 86:15** – “But thou, O Lord, art a God full of compassion, and gracious, longsuffering, and plenteous in mercy and truth.”
    - **2 Peter 3:9** – “The Lord is not slack concerning his promise, as some men count slackness; but is longsuffering to us-ward, not willing that any should perish, but that all should come to repentance.”
  2. We need to understand and avoid the common “varieties of impatience.”
    - a. Impatience with God's schedule and timing.

# THE FRUIT OF THE SPIRIT

- **Galatians 6:9** – “And let us not be weary in well doing: for in due season we shall reap, if we faint not.”
  - **Psalm 27:14** – “Wait on the Lord: be of good courage, and he shall strengthen thine heart: wait, I say, on the Lord.”
- b. Impatience during trials.
- **James 1:2-4** – “My brethren, count it all joy when ye fall into divers temptations (trials, adversities); Knowing this, that the trying of your faith worketh patience. But let patience have her perfect work, that ye may be perfect and entire, wanting nothing.”
  - **2 Timothy 4:5** – “But watch thou in all things, endure afflictions, (hardships, trials) do the work of an evangelist, make full proof of thy ministry.”
- c. Impatience with others.
- **Ephesians 4:1-2** – “I therefore (Paul), the prisoner of the Lord, beseech you that ye walk worthy of the vocation wherewith ye are called, With all lowliness and meekness, with longsuffering, forbearing (suffering, enduring, putting up with) one another in love.”
3. Longsuffering is one of the majestic characteristics of mature and developed Christians.
- E. **GENTLENESS** – this fruit enables us to show kindness to others (not just people we like) expecting nothing in return.
- **2 Timothy 2:24** – “And the servant of the Lord must not strive; but be gentle unto all men, apt to teach, patient.”
  - **Ephesians 4:32** – “And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.”
  - **1 Peter 3:8-9** – “Finally, be ye all of one mind, having compassion one of another, love as brethren, be pitiful, be courteous: Not rendering evil for evil, or railing for railing: but contrariwise blessing: knowing that ye are thereunto called, that ye should inherit a blessing.”
1. We are called to be strong, but gentle; firm but kind; determined but compassionate.
- F. **GOODNESS** – goodness and kindness (gentleness) go hand in hand.
1. Goodness is an inward quality that expresses itself outwardly in good works. Jesus compared “good works” to salt and light.
- **Matthew 5:13-16** – “Ye are the salt of the earth: but if the salt have lost his savour, wherewith shall it be salted? it is thenceforth good for nothing, but to be cast out, and to be trodden under foot of men. Ye are the light of the world. A city that is set on an hill cannot be hid. Neither do men light a candle, and put it under a bushel, but on a candlestick; and it giveth light unto all that are in the house. Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.”
2. As Spirit-filled Christians, we are called to “good works.” “Good works” are the byproduct of our inner goodness.
- **Ephesians 2:10** – “For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them.”
  - **Hebrews 10:24** – “And let us consider one another to provoke unto love and to good works.”
3. We are not saved by “good works” nor do we become righteous by “good works.” We must be very

# THE FRUIT OF THE SPIRIT

careful not to allow our “good works” to become “self-righteousness.”

- **Titus 3:5** – “Not by works of righteousness which we have done, but according to his mercy he saved us, by the washing of regeneration, and renewing of the Holy Ghost.”
4. We need to ask God to search us daily and cleanse us that we may remain righteous, pure and “good.”
    - **Psalm 139:23-24** – “Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting.”
  5. In order to protect our “goodness” we must surround ourselves with good, not evil.
    - **Philippians 4:8** – “Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.”
    - **Psalm 101:3** – “I will set no wicked thing before mine eyes: I hate the work of them that turn aside (to wickedness); it shall not cleave to me.”
- G. **FAITHFULNESS** – This fruit involves not only “faith” (believing without seeing), but also devotion, fidelity, and loyalty to God and to the things of the Spirit.
1. As stewards of Jesus Christ, we are “called” to be faithful – it is not a suggestion, but rather an expected attribute of born-again believers.
    - **1 Corinthians 4:2** – “Moreover it is required in stewards, that a man be found faithful.”
  2. Faithfulness is demonstrated in many ways: in our attendance in the house of God, in our financial support of the kingdom, in our prayer and devotional life, in our witnessing, in our personal relationships, etc.
  3. In reality, faithfulness is simply believing and trusting God in every area of our lives. Having confidence and reliance in God no matter what circumstances we encounter.
    - **Hebrews 10:23** – “Let us hold fast the profession of our faith without wavering; (for he is faithful that promised.)”
- H. **MEEKNESS** – this fruit is an “under-appreciated” virtue. Meekness is often confused with weakness. However, meekness requires great strength – it is humility and humbleness.
1. Jesus personified meekness. He was not a “doormat” or a “pushover” – but He was humble, modest and unpretentious. If we want to understand true meekness (humility) then we should examine His behavior and His life.
    - **Matthew 11:29** – “(Jesus said) Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.”
  2. In his time, Moses was the meekest man who lived upon the earth. Moses was not weak, he was one of the strongest and most courageous leaders that Israel ever had. His life gives us another example of genuine meekness and humility.
    - **Numbers 12:3** – “(Now the man Moses was very meek, above all the men which were upon the face of the earth.)”

# THE FRUIT OF THE SPIRIT

3. Meekness is an inner strength that comes from putting God first, knowing that God is in control, and willingly yielding our plans, agendas, and ambitions to Him.
4. Meekness is the opposite of self-serving ambition. Moses had no goal except to fulfill the will of God. The man, Christ Jesus, had no goal except to fulfill the will of the Spirit that dwelt within Him.
5. When we mature in our spiritual life to the point that our only purpose in life is to serve the Lord, we are developing true meekness – we are submitting our will completely to the will of God.
6. God has promised a great reward to those who are truly meek.
  - *Matthew 5:5* – “Blessed are the meek: for they shall inherit the earth.”

I. **TEMPERANCE** – this fruit is not a popular one in our society today. It involves controlling our emotions, our passions, and our behaviors.

1. To be temperate is to exercise self-control or self-restraint over ourselves. It carries the meaning of being moderate and controlled in all things; not overly indulgent or given to excesses – a temperate person is *under control*.
  - *2 Peter 1:5-6* – “And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge; And to knowledge temperance; and to temperance patience; and to patience godliness.”
2. If we do not keep our own spirit and actions under restraint, we risk the danger of self-destruction.
  - *Proverbs 25:28* – “He that hath no rule over his own spirit is like a city that is broken down, and without walls.”
3. The apostle Paul compared our need for temperance with the self-discipline of athletic contestants. Sports competitors exercise great mastery over their bodies and their behavior in order to win their competition. As Christians, we are in a much more important competition than just an athletic event. We are “running this race” to win an eternal crown “that fadeth not away.” We should be much more willing to develop temperance than even a dedicated athlete.
  - *1 Corinthians 9:25-27* – “And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible. I therefore so run, not as uncertainly; so fight I, not as one that beateth the air: But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.”

## V. CONCLUSION

- A. Cultivating all nine fruit of the spirit is a process that doesn’t take place overnight. Don’t be frustrated or overwhelmed! Take one day at a time, following the Word of God to the best of your ability.
- B. Sometimes, in our walk with God, it is difficult to know whether some things we are involved in are right or wrong. When we encounter situations on which the Bible does not give explicit instructions, here are some basic Biblical principles we should follow.
  1. Is it good for me; is it edifying?

# THE FRUIT OF THE SPIRIT

- **1 Corinthians 10:23** – “All things are lawful for me, but all things are not expedient (advantageous): all things are lawful for me, but all things edify not.”
2. Does it glorify God?
    - **1 Corinthians 10:31** – “Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.”
  3. Is it a weight – does it slow me down or impede me?
    - **Hebrews 12:1** – “Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us.”
  4. Is it a stumbling block or a hindrance to others?
    - **1 Corinthians 8:9** – “But take heed lest by any means this liberty of yours become a stumblingblock to them that are weak.”
- C. We must learn to “put off” the works of the flesh and “put on” the fruit of the Spirit. This should be an important, continuous, and fulfilling process in the life of all Spirit-filled Christians.
- **Romans 8:4-5** – “That the righteousness of the law might be fulfilled in us, who walk not after the flesh, but after the Spirit. For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit.”
  - **Galatians 6:8** – “For he that soweth to his flesh shall of the flesh reap corruption; but he that soweth to the Spirit shall of the Spirit reap life everlasting.”
  - **Romans 8:1** – “There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.”
- D. We are living in the Spirit – let us also walk in the Spirit!

Additional reading material (available through the Pentecostal Publishing House):

*Fruit of the Spirit*, Gary Erickson

*Naked Fruit*, Elisa Morgan

---

**Bethel United Pentecostal Church**

357 Jericho Turnpike, Old Westbury, NY 11568 ~ (516) 338-1032

[www.BethelUPC.org](http://www.BethelUPC.org)

July 2015

