



# FRUIT OF THE SPIRIT

OVERVIEW

*Family Study Guides*

# FRUIT OF THE SPIRIT

## “Overview”

### Family Study Guide

#### Objectives:

- Define the fruit of God’s Holy Spirit.
- Contrast the fruit of God’s Holy Spirit with the works of the flesh.
- Explain how and why the fruit of God’s Spirit can be produced.

#### Memory Verse:

**Galatians 5:22-23** *But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law.*

#### We suggest that you begin this Fruit of the Holy Spirit Series by listening to:

- [Fruit Filled Living](#); Gary Petty, March 15, 2014
- [Fruit of the Spirit - Part One: Self-Control](#); Gary Petty, December 3, 2016

Much of the content of this Family Study Guide is from those two sermons.

#### What are the fruit of God’s Holy Spirit?

The fruit of God's Spirit, listed in **Galatians 5:22-23**, reveal to us God's character. We are like God’s trees (**Psalm 1:1-6**). God wants to water us with His Holy Spirit so we can have His power to produce His fruit and be like Him (**John 7:37-39**). This is what God wants to produce in your life. This fruit lasts forever! We will be studying these fruit in reverse order, ending with God’s Love.

- ≈ **Self-control** – allowing God to direct our lives. Putting aside our own human nature and replacing it with the mind of Christ.
- ≈ **Gentleness** – compassion, kindness and concern toward others. Not striking back when wronged.
- ≈ **Faithfulness** – is to remain committed and faithful to God and doing what is right.
- ≈ **Goodness** – is the strength to actively do good and stand against evil.
- ≈ **Meekness** – a modest sense of one’s own importance. Respectful, gentle and kind toward others.
- ≈ **Longsuffering** – is long and patient endurance of injury, trouble, or provocation. It enables you to be emotionally strong and forgive others.
- ≈ **Peace** – is a state of harmony and tranquility. Is an internal state of being that guides how we react to external situations.
- ≈ **Joy** – is happiness and gladness of heart. Not being emotionally controlled by circumstances.
- ≈ **Love** – *agape*—an unselfish concern for others. Is the very character and goodness of God.

In addition to the fruit of the Holy Spirit listed in **Galatians 5:22-23**, read **Ephesians 5:9**, “*For the fruit of the Spirit is in all goodness, righteousness, and truth.*”

**God provides power through His Holy Spirit for humans to obey Him. When you are obedient to God, He then gives you power through His Holy Spirit to help you to continue in that obedience and produce good character or fruit—good works.**

**Can we naturally or automatically produce this fruit?**

These are the fruit of God’s Spirit, not the fruits of the human spirit. Because we are human beings and not spirit beings, we cannot produce these fruits or character traits naturally. Naturally, we produce what is listed in Galatians 5:19-21. Compare those together.

Satan’s mind and attributes	God’s character and attributes
<p><b>Galatians 5:19 (TLB)</b> [“Works of the flesh”] But when you follow your own wrong inclinations, your lives will produce these evil results: impure thoughts, eagerness for lustful pleasure, idolatry, spiritism (that is, encouraging the activity of demons), <u>hatred and fighting, jealousy and anger, constant effort to get the best for yourself, complaints and criticisms, the feeling that everyone else is wrong except those in your own little group...</u>, envy, murder, drunkenness, wild parties, and <u>all that sort of thing</u>. Let me tell you again, as I have before, that anyone living that sort of life will not inherit the Kingdom of God.</p>	<p><b>Galatians 5:22-23 (AMPC)</b> But the fruit of the [Holy] Spirit [the work which His presence within accomplishes] is *love, joy (gladness), peace, patience (an even temper, forbearance), kindness, goodness (benevolence), faithfulness, Gentleness (meekness, humility), self-control (self-restraint, continence).</p> <p><b>*Further attributes of love:</b>  <b>1 Corinthians 13:4-7</b> Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.  <b>1 Corinthians 13:13</b> Three things will last forever—faith, hope, and love—and the greatest of these is love.  <b>1 Corinthians 14:1</b> Let love be your highest goal!</p>

We learn that only through God’s Holy Spirit are we able to have true goodness toward others. But there are acts of a sinful nature that are contrary to God’s Spirit. Those who indulge in these “works of the flesh” are not only hurtful to themselves but to others. **Galatians 5:19-21** is a long list of sinful acts and thoughts, but it only scratches the surface of “*all that sort of thing*” that people do.

**If we cannot produce these fruit on our own, then how do we do it?**

Jesus told us that God would help us be able to obey him through His power:

**John 14:15 (NCV)** *“If you love me, you will obey my commands. I will ask the Father, and he will give you another Helper to be with you forever the Spirit of truth.”*

When you were learning to walk your parents would help you by holding you up, holding your hand and going alongside you because you were unable to do it by yourself.

In a similar way - when we are trying to do God's will and live His ways – he sends us his Spirit to help us be able to do so. But unlike a baby who learns to walk on his own – we always need God's Spirit to help us in our walk with Him on our way to the Kingdom.

God will help us with His Spirit even now while we are waiting to be old enough to be baptized. Christ told his disciples in **John 14:17 (NLT)** *...Holy Spirit, who leads into all truth. The world at large cannot receive him, because it isn't looking for him and doesn't recognize him. But you do, because he lives with you now and later will be in you"*

After we are given this wonderful gift of God's Spirit, what happens to us? Are we different? Do we look different? Do we act differently?

His Spirit helps us become better people. This Holy Spirit will comfort us when we are sad, help when we need help and reminds us of God's way of life. It will help us to live the way God wants us to live. It is not easy to always do what is right. Jesus knew that if we had God's Holy Spirit, it would help us do what we know is pleasing to God. Using the gift of God's Holy Spirit in our daily lives can bring us great blessings and much happiness.

What a wonderful gift God's Holy Spirit is – to actually be given access to a part of God!

### **Why do we need to produce the fruit of God's Spirit?**

What it is that God wants to do in your life? God wants you as His child. He wants you to be in His family forever. In this life, right now, He wants you to bear His fruit.

The fruit of God's Spirit, listed in **Galatians 5:22-23**, reveal to us God's character. If we want to be like our Father, like our Brother Jesus Christ, then we must allow God to grow this fruit in our lives. It is possible to have intellectual knowledge and keep the letter of the Ten Commandments and not bear the fruit of God's Spirit.

**2 Corinthians 3:18** *"But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord."*

True religion is God transforming us into the image of His child. The Lord here is a reference to Jesus Christ. When we look into the spiritual mirror we should be able to see that through God's Spirit we are being changed into a family resemblance—and we become more and more like Jesus Christ.

### **Family Discussion Questions:**

- ✓ What is the Holy Spirit (Comforter) that Jesus promised His followers?
- ✓ How does someone receive the Holy Spirit? Are there things he must do?
- ✓ Discuss with your children, even though they may be young, what they can be doing now to make sure they will be in God's family.
- ✓ Name and discuss the fruit of the Holy Spirit.

- ✓ Have your child select one of the “works of the flesh” and discuss some of the consequences besides not inheriting the Kingdom of God.
- ✓ Discuss and compare the world you live in now, to a time in the future where all people will be taught God’s way of life. How will things be different?
- ✓ Using your imagination, what do you think would happen if mankind continued on in the way it is going?
- ✓ As a family, visit the elderly—perhaps in a nursing home. After this, discuss what fruits of God’s Spirit helped bring joy to these people. Talk about how there are blessings from doing well. Then, to show how we are blessed by doing good, go get a treat.
- ✓ At the Feast of Tabernacles, have the family think of ways to include others in your daily activities. Visit with others at Services, include others in meals, take others on an activity, or share some second tithe with those who might be in need.

### SUGGESTION:

To help younger family members understand the need for God’s Holy Spirit to work with us and in us, watch one or both of these videos and then discuss:

≈ <https://www.nbcnews.com/nightly-news/video/teacher-volunteers-to-donate-her-kidney-to-first-grade-student-661200451862>

≈ <https://www.godtube.com/watch/?v=YWKKPGNX>

- Part of the “donor” is actually living inside the kidney recipient. The donor's kidney enables the recipient to live and to do things that—without the donor's gift—they would not be able to do.
- Jesus said in **John 15:5, 7-8**: *"I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing... If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you. By this My Father is glorified, that you bear much fruit; so you will be My disciples.*
- Talk about how the donor's kidney living in the child (or mother), is similar to God giving us the gift of His spirit that enables us to live God's way.

### Additional Resources that you can use in your family studies:

- UCG Booklet: The Power of the Holy Spirit <https://www.ucg.org/bible-study-tools/booklets/the-power-of-the-holy-spirit>
- UCG E-Booklet: The Fruit of the Spirit <https://www.ucg.org/bible-study-tools/ebooklet/the-fruit-of-the-spirit>
- UCG Teen Bible Study Guide: “The Holy Spirit” <https://www.ucg.org/bible-study-tools/teen-bible-study-guides/the-holy-spirit>

## Possible Classroom Activities

### 1. Discussion Activity:

Use newspapers or magazines to clip out articles about people who have done good to others and other articles about people who have done wrong to others. Discuss the articles, bringing out the point that when a person does good to another, everyone benefits. On the other hand, when someone does evil, they hurt themselves and many others. Discuss consequences of the various works of the flesh that the people in the articles are guilty of doing. (Ex: When someone is on drugs, he suffers, his family suffers. If he steals to pay for his drugs his victim is robbed of his or her possessions. Even if he is caught and sent to jail, society suffers.) Compare the articles of people who do good to others who do wrong to themselves and others. Point out that this is why we need the return of Jesus Christ.

### 2. Fruit Salad Object Lesson:

Explain how the class is going to make a fruit salad that represents the fruit of God's Holy Spirit. Talk about some of the class's favorite fruits. Then, for each fruit of the Spirit, take time to ask the children what they think that fruit is, and provide a definition. Talk about why that fruit would be good in our lives as well as examples of God showing that characteristic. As you are doing this, place some fruit in a mixing bowl. You will want a different type of fruit for each fruit of the Spirit. At the end, get out a piece of rotten fruit. Ask whether the students think that should be part of the fruit salad. Explain how the rotten fruit is like the works of the flesh in **Galatians 5:19-21**. It is not good for us and can make the rest of the good salad bad! That is why we need God's help to produce good fruit in our lives. At the end, enjoy eating your fruit salad together! (**Note:** *be sure to check for any food allergies before doing this exercise.*)

### 3. Fruit of the Spirit Tree Activity:

Find, make or design a large fruit of the tree on poster board or have a smaller one for each student. Then each month when we study about another fruit of God's Spirit, the students can add that to their tree.

