

THE HOLY SPIRIT AND THE FRUIT OF THE SPIRIT

SABBATH FEBRUARY 18, 2017

AIM: To focus on and highlight the importance of the fruit of the Holy Spirit.

KNOW: Abiding in Christ is the key to develop the fruit of the Spirit.

FEEL: Experience a deeper desire to develop the fruit of the Spirit.

DO: Determine to set some time aside daily to spend with Jesus in prayer and Bible study.

INTRODUCTION

The fruit of the Spirit is the true essence of the Christian life. The fruit of the Spirit is not something we achieve by purely human effort. It is possible to produce and display some of the same virtues through the exercise of our willpower. But that is not the same as what the Holy Spirit does in us. What we produce ourselves is like a wax fruit compared to the real. Wax fruits are artificial. From a distance they look just as beautiful, but the taste is immeasurably inferior to the real. Real fruit is not manufactured. It grows out of a relationship. When the Holy Spirit connects us with Jesus, through His Written Word, His characteristics begin to be revealed in our own lives. (*Adult Sabbath School Bible Study Guide*).

Memory Text: "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law" (*Galatians 5:22, 23, NASB*).

READ: John 15:1-11.

MEDITATE: Vertical relationship.

QUESTION: What would your life be like if you possessed an abundance of all of these blessings?

SHARE IN TWOS: Horizontal relationship.

APPLICATION: Should we pray daily for Jesus to live out His life within us?

* The responsibility of the believer is to abide in Christ. When Christ dwells in our thoughts, He will become visible in our actions. Jesus lives His life in us. The life Christ lived will be reproduced in us, in the sense that we will reflect His character. *

TAKE AWAY: THE SECRET TO GENUINE CHRISTIAN FRUIT BEARING IS TO ABIDE IN CHRIST.

READ: Galatians 5:22; 1Corinthians 13.

MEDITATE: Vertical relationship.

QUESTION: In A Discussion with a family member they ask, ‘Why do you Christians talk so much about love, people are taking advantage of you and you still try to love them, are you silly?’ How would you respond to this statement?

SHARE IN FOURS: Horizontal relationship.

APPLICATION: Have you developed with the support of God a personality and character that reveals to others a deep and powerful relationship of love?

* Love appropriately leads and crowns the various characteristics of the fruit of the Spirit and permeates the whole fruit. In a sense all other qualities listed can be seen as aspects of love. Because God is love (*1 John 4:8*), the greatest Christian virtue is love (*1 Cor. 13:13*). God's love is the foundation and source of every other goodness. God's love is poured out to us within our hearts through the Holy Spirit (*Rom. 5:5*). Love is the evidence that we are God's children. *

TAKE AWAY: LOVE BINDS ALL THE VIRTUES OF THE FRUIT OF THE HOLY SPIRIT INTO A UNITED WHOLE.

READ: Romans 14:17.

MEDITATE: Vertical relationship.

QUESTION: What is the relationship between peace, joy and patience?

SHARE IN GROUPS OF THREES': Horizontal relationship.

APPLICATION: What can you do so that these blessings come into your heart even more often than at present for you to share with others?

* Now, human joy often is focused upon earthly things and is affected by the conditions that surround us. The joy that is rooted in the fruit of the Spirit, however, focuses on God and what He has done for us. It is not motivated by surrounding conditions. As God's people, we are to be joyful. This does not mean that we have to smile all the time, even though a friendly smile expresses much. But our trust in God will give us abundant reasons to rejoice with unspeakable joy over what He has done for us and in us. *

TAKE AWAY: SPIRITUAL JOY IS THE RESULT OF ACTIVE FAITH.

READ: 1Corinthians 13:4; Ephesians 5:9.

MEDIATE: Vertical relationship.

QUESTION: Describe how you feel when you see an act of kindness? How do you obtain the gift of goodness? Is it important to be faithful in our walk with God? Why? Why not?

SHARE OPENLY: Horizontal relationship.

APPLICATION: Which one of these nine types of fruit of the Spirit do you have difficulty manifesting in your life?

* "Kindness" is the word frequently used in describing God's dealings with His people. Kindness also describes our dealings with others in their failures. God could be quite harsh in dealing with our faults. Yet, He treats us as a loving father would treat a learning child (Hos. 11:1-4). Perhaps nothing discredits our Christian testimony and ministry more frequently than unkindness. It does not cost money to be kind, but it can open the door to the heart of a person. Goodness is love in action. The goodness that grows as the fruit of the Spirit also includes works and acts of goodness. It is goodness shown to others in practical works of love. When the Holy Spirit lives in us, there will be a positive outflow of goodness to the people with whom we come in contact. Faithfulness means trustworthiness or being reliable. Those who are faithful do what they promise to do. In our faithfulness, we reflect the image of God in our lives. "It is not the great results we attain, but the motives from which we act, that weigh with God. He prizes goodness and faithfulness more than the greatness of the work accomplished." - Ellen G. White, *Testimonies for the Church*, vol. 2, pp. 510, 511. *

TAKE AWAY: THE LIFE OF THE VINE WILL BE MANIFEST IN FRAGRANT FRUIT ON THE BRANCHES.

READ: Matthew 5:5; Proverbs 16:32.

MEDIATE: Vertical relationship.

QUESTION: Why is Gentleness, Meekness and Self-Control important in the Christian life?

SHARE OPENLY: Horizontal relationship.

APPLICATION: Are you totally satisfied with yourself when it comes to self-control? Or are there habits or ways of doing things that you know are wrong for you?

* Gentleness or meekness does not mean weakness. It is not cowardice or lack of leadership. On the contrary, Moses was called the meekest man on earth (Num. 12:3); yet, he was a powerful leader of God's people. Meek people are not boisterous, quarrelsome, or selfishly aggressive. Instead they serve in a gentle spirit. Meekness can be the outward expression of an inward faith and confidence, not in oneself of course but in the power of God, which works within us. Often times those who are loud,

boisterous, and assertive are covering up insecurities and boisterous, and assertive are covering up insecurities and fears. The last aspect of the fruit of the Spirit is temperance or self-control. Here is where we all need to be careful, for who doesn't struggle, in one area or another, with self-mastery? **Before one can rule a city, a community, or a church, one has to be able to control his or her own spirit. True temperance is control not only over food and drink, but over every phase of life.***

TAKE AWAY: TO BE LIKE CHRIST IS ALL THAT MATTERS.

SUMMARY

- 1. THE SECRET TO GENUINE CHRISTIAN FRUIT BEARING IS TO ABIDE IN CHRIST.**
- 2. LOVE BINDS ALL THE VIRTUES OF THE FRUIT OF THE HOLY SPIRIT INTO A UNITED WHOLE.**
- 3. SPIRITUAL JOY IS THE RESULT OF ACTIVE FAITH.**
- 4. THE LIFE OF THE VINE WILL BE MANIFEST IN FRAGRANT FRUIT ON THE BRANCHES.**
- 5. TO BE LIKE CHRIST IS ALL THAT MATTERS.**