Making Disciples

Notes for Group Session Seventeen

The Fruit of the Spirit

Session Goals

1. The disciple will be able to give an example of one of the fruit of the Spirit apparent in their life in the previous week.
2. The disciple will name five of the fruit of the Spirit.
3. The disciple will identify the fruit of Spirit they most want to see increase in their life.

Begin the session praying together and reviewing the Action Steps from the previous week. Pray with individuals who had difficulty applying the information from last week. Thank God where there were successes in the application.

The fruit of the Spirit is love and all the other virtues are products of love because God is love. 1 John 4:8 “Anyone who does not love does not know God, because God is love.”

Galatians 5:22-26 “But the fruit of the spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. And those who are Christ’s have crucified the flesh with its passions and desires. If we live in the spirit, let us also keep in step with the spirit. Let us not become conceited, provoking one another, envying one another.” ESV

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Galatians 5:22-26

“Produced by the Holy Spirit within you is divine love in all its varied expressions and actions:

Joy that overflows,

Peace that subdues,

Patience (never quitting) that endures,

Kindness (sweetness) in action,

A life full of virtue (goodness),

Faith that prevails,

Gentleness of heart,

And strength of spirit (lordship of spirit-strength).

Never set the law above these qualities for they are meant to be limitless. Keep in mind that we who belong to Jesus Christ have already experienced crucifixion. For everything connected with our self-life was put to death on the cross and crucified with Messiah. If the Spirit is the source of our life, we must also allow the Spirit to direct every aspect of our lives. So may we never be arrogant or look down on another for each of us is an original we must forsake all jealousy that diminishes the value of others.” TPT (including footnotes)

Discuss the scriptures relating to each fruit of the spirit.

Love:

The word that is translated love here is the Greek word “agape” it is the love that only God can give.

1 Corinthians 13 as in the previous session.

John 15:12 “My command is this: Love each other as I have loved you. “

Luke 6:31 "Due to others as you would have them do to you."

1 Corinthians 16:14 "Let all that you do be done with love."

Proverbs 17:17 "A friend loves at all times and a brother is born for adversity."

1 Peter 4:8 "And above all things have fervent love for one another, for love will cover a multitude of sins."

John 13:34-35 "I give you a new commandment: Love each other. Just as I have loved you, so you also must love one another. This is how everyone will know that you are my disciples, when you love each other."

1 John 4:7-8 "Dear friends, let's love each other, because love is from God and everyone who loves is born from God and knows God. The person who doesn't love does not know God, because God is love."

Romans 5:5 "This hope does not put us to shame, because the love of God has been poured out in our hearts through the Holy Spirit who has been given to us."

Joy:

Unlike happiness, joy is deep rooted contentment. Joy satisfies the heart and it's described in scripture as full and complete. It is a choice, and the Lord is the originator of true joy.

Philippians 4:4 "Rejoice in the Lord always; again, I will say rejoice."

John 15:11 "These things have I spoken to you, that my joy may be in you, and that your joy may be full."

Psalm 4:7 "You have put more joy in my heart than they have when the grain and wine abound."

1 Peter 1:8,9 "Though you have not seen him, you love him. Though you do not now see him you believe in him and rejoice with joy that is inexpressible and filled with glory, obtaining the outcome of your faith, the salvation of your souls."

Psalm 16:11 "You make known to me the path of life; in your presence. there is fullness of joy at your right hand, are pleasures forevermore."

Romans 14:17 "For the Kingdom of God is not a matter of eating and drinking, but of righteousness and peace and joy in the Holy Spirit."

Luke 10:17 "The seventy-two returned with joy, saying, Lord, even the demons are subject to us in your name!"

Nehemiah 8:10 "Do not grieve, for the joy of the Lord is your strength."

Peace:

Peace in the Bible is more than just the absence of conflict, it is restoring a broken situation. It's a state of inner tranquility, of wholeness and completeness.

Matthew 10:13 "And if the house is worthy, let your peace come upon it. But if it is not worthy, let your peace return to you."

Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast, because they trust in you."

Psalm 29:11 "The Lord gives strength to his people, and the Lord blesses his people with peace."

Psalm 4:8 "In peace, I will both lie down and sleep; for you alone, O Lord make me dwell in safety."

Romans 12:18 "If it is possible, as far as it depends on you, live at peace with everyone."

Psalm 119:165 "Great peace have those who love your law, and nothing can make them stumble."

Isaiah 26:12 "Lord, you're established peace for us; all that we have accomplished, you have done for us."

John 16:33 "I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world."

Patience:

Patience is the capacity to tolerate challenges or delays without getting upset, angry or frustrated. We can develop it by trusting God and his timing, believing that He always keeps his promises.

Psalm 40:1 "I waited patiently for the Lord; and he inclined to me, and heard my cry."

Romans 12:12 "Rejoice in hope, be patient in tribulation, be constant in prayer."

Romans 8:25 "But if we hope for what we do not see, we wait for it with patience."

Ephesians 4:2 "With all humility and gentleness, with patience bearing with one another in love."

Psalm 37:7 "Be still before the Lord and wait patiently for Him."

Colossians 3:12 "Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience."

Ecclesiastes 7:8 "Better is the end of a thing, then its beginning, and the patient in spirit is better than the proud in spirit."

James 1:19 "Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger."

Kindness:

Of ourselves no one is kind Psalm 14:3 "All have turned away; all have become corrupt. There is no one who does good, not even one." Romans 3:12 "All have turned away, they have together become worthless; there is no one who does good, not even one." However, kindness can be a consistent part of our interactions with others as we allow God's kindness to be expressed through us.

Proverbs 21:21 "Whoever pursues righteousness and kindness will find life, righteousness, and honor."

Hosea 6:6 "For I desired mercy, and not sacrifice; and the knowledge of God more than burnt offerings."

Matthew 12:7 "If you had known what these words mean, 'I desire mercy, not sacrifice.' You would not have condemned the innocent."

Micah 6:8 "He has told you, Oh man, what is good; and what does the Lord require of you but to do justice and to love kindness, and to walk humbly with your God?"

Luke 6:35 "But rather, love your enemies, and do good to them, and lend expecting nothing back; and then your reward will be great, and you will be children of the Most High, for He Himself is kind to the ungrateful and the wicked."

Ephesians 4:32 "Be kind and compassionate to one another…"

2 Corinthians 6:6 "Rather, as servants of God, we commend ourselves in every way…in purity, knowledge, patience and kindness, in the Holy Spirit and in sincere love;"

Galatians 6:9-10 And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart. Therefore, as we have opportunity, let us do good to all, especially to those who are of the household of faith.

Goodness:

Goodness is defined as the state or quality of being good: generosity, kindness, moral excellence, piety, virtue.

Galatians 6:10 "Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers."

Romans 15:14 "I myself am convinced, my brothers and sisters, that you yourselves are full of goodness, filled with knowledge and competent to instruct one another."

Romans 12:21 "Do not be overcome by evil, but overcome evil with good."

Mark 10:18 "'Why do you call me good?' Jesus answered. 'No one is good except – God alone.'"

Luke 6:35 "But love your enemies. Do good to them and lend to them without expecting to get anything back."

Romans 12:9 "Love must be sincere. Hate what is evil: cling to what is good."

2 Peter 1:5 "For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge:"

Matthew 12:35 "A good man brings good things out of the good stored up in him, and an evil man brings evil things out of the evil stored up in him."

Faithfulness:

To be faithful is to be reliable, steadfast and unwavering**.**

Proverbs 28:20 "A faithful man will abound with blessings, but whoever hastens to be rich will not go unpunished."

Proverbs 3:3-4 "Let not steadfast love and faithfulness forsake you; bind them around your neck; write them on the tablet of your heart. So you will find favor and good success in the sight of God and man."

2 Timothy 2:13 "If we are faithless, He remains faithful – for He cannot deny Himself."

John 14:15 "If you love me you will keep my commandments."

Psalm 31:23 "Love the Lord, all you his saints! the Lord preserves the faithful, but abundantly repays the one who acts in pride."

Hebrews 10:23 "Let us hold unswervingly to the hope we profess, for he who promised is faithful."

Hebrews 11:11 "And by faith, even Sarah, who was past childbearing age, was enabled to bear children because she considered him faithful who had made the promise."

Gentleness:

Someone who is gentle is kind, mild and calm. They do not behave in a superior way. They are humble and try to help others.

Ephesians 4:2 "with all humility and gentleness, with patience, showing tolerance for one another in love,"

Philippians 4:5 "Let your gentle spirit be known to all men. The Lord is near."

2 Timothy 2:24-25 "The Lord's bondservant must not be quarrelsome, but be kind to all, able to teach, patient when wronged with gentleness, correcting those who are in opposition,"

Matthew 11:29 "Take my yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls."

2 Corinthians 10:1 "Now I, Paul, myself urge you by the meekness and gentleness of Christ – I who am meek when face to face with you, but bold toward you when absent!"

Hebrews 5:2 "he can deal gently with the ignorant and misguided, since he himself also is beset with weakness;" (referring to the high priest)

Proverbs 15:1 "a gentle answer turns away wrath, but a harsh word stirs up anger."

Matthew 5:5 "Blessed are the gentle for they shall inherit the earth."

Self-Control:

To discipline ourselves, and rule over our actions.

1 Corinthians 9:25 "Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever."

2 Timothy 1:7 "For the spirit God gave us does not make us timid, but gives us power, love and self-discipline."

Proverbs 16:32 "Better a patient person than a warrior, one with self-control, the one who takes a city."

Proverbs 25:28 "Like a city whose walls are broken through is a person who lacks self-control."

Titus 1:8 "Rather, he must be hospitable, one who loves what is good, who is self-controlled, upright, holy and disciplined."

James 1:19 "My dear brothers and sisters, take note of this. Everyone should be quick to listen, slow to speak, and slow to become angry,"

1 Corinthians 9:24 "Do you know that in a race, all the runners run but only one gets the prize? Run in such a way as to get the prize."

1 Corinthians 9:27 "No, I strike a blow to my body and make it my slave, so that after I have preached to others, I myself will not be disqualified for the prize."

Fruit grows on trees; if the trees are cared for well they will produce abundant fruit. If you want the tree of your life to produce these fruits, meditate on these scriptures, memorize them too. Concentrate on those relating to a fruit you want to see increase the most in your life. Ask the Holy Spirit to help you every day to make the right choices and to live according to God's will.

Action Steps

- Meditate on and memorize a scripture relating to an area of your life you want to see increased fruit in. Apply it to your life. Next week share how the increased fruit was apparent in your life.

- Journal your progress and share how you are seeing fruits in your life in the next session. What challenges did you overcome or struggle with?