

"THE FRUIT OF THE SPIRIT"

Zoe Christian Fellowship of Whittier
Bishop Edward A. Smith

INTRODUCTION TO LESSON

Life Group Lesson Objective: Transformation – by the fruit of the Holy Spirit – in the Christian’s life.

Life Group Leader preparation:

But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, meekness, self-control. Against such things there is no law. – Gal 5:22

That you might walk worthy of the Lord unto all pleasing, being fruitful in every good work, and increasing in the knowledge of God – Col 1:10

The flesh against the spirit Galatians 5:19-21 The spirit against the flesh –

Christians are three-part beings. You *are* a spirit; you *have* a soul; and you *live* in a body. When you are born again, your spirit is recreated. To grow in Christ, our minds must be renewed with the Word of God - Rom 12: 2

- John 4:24 – God is a spirit: and they that worship him must worship him in spirit and in truth.

Something to think about: IS GOD WORKING MIRACLES IN YOUR LIFE THROUGH THE HOLY SPIRIT?

WEEK #1 – Settle it in your Heart to Walk in the Spirit

Group Discussion Question: How do we walk in the Spirit?

***Walking in the Spirit or being led by the Spirit is a personal decision.
Believing God’s word is true and acting on it***

Psalm 119:130 – The entrance of thy words giveth light; it giveth understanding unto the simple...

The word of God proclaims we are NEW CREATURES IN CHRIST, however we must make the decision to believe the scripture and act (not a performance but a transformation) on it. A personal decision to “put on the new man”.

It MUST BE A PERSONAL DECISION to walk in the Spirit or walk in the Flesh, which one will you choose?

The “Fruit of the Holy Spirit” vs the works of the flesh...who will win out?

- Are you able to bear pains or trials calmly without complaint? Longsuffering
- You would never say it out loud, but you think it...
- Are you hasty or impetuous when making decisions with your spouse children or other people?
- Loving your enemies...

Share ways that you can/have disciplined others who sometimes WALK IN THE FLESH?

Let’s be honest – Discussion: What area(s) of your own flesh have you gained victory...or areas you need to work on? Nobody is perfect...

WEEK #2: You will know them by their fruits – live in the Spirit

Group Discussion Question: How would someone close to you describe you...(co-worker, neighbor, family member, spouse).

A good tree cannot produce bad fruit, nor can a bad tree produce good fruit. Every tree that does not bear good fruit is cut down and thrown into the fire. So then, you will know them by their fruits," ([Matthew 7:15-20](#)).

- We will know them by what comes out . What comes out of his mouth will give him away. He may appear clean and upright to us on the outside in every way, but if deceit and falsehood are in his heart, this false teaching, false prophecy, and other perversions

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of the truth will come out of his mouth. The fruit of a fig tree is figs. The fruit of a grape vine is grapes. The fruit of a Christian is the fruit of the Holy Spirit.

- Gal 2:20 – I have been crucified with Christ; and it is no longer I who live but Christ lives in me; and the life that I now live in the flesh I live by the faith of the Son of God, who loved me and delivered Himself up for me.

When is the last time you had to make a lifetime/important decision and there was a struggle with the decision?

We are a Spirit being, we have a Soul and we live in a Body – 1 Thessalonians 5:23

1 Corinthians 9:27: "I keep my body under control" (CEV).

"I discipline my body and bring it into subjection" (NKJV).

Paul is referring to his body, he said I keep my body under control.

We are spirit beings who live in a body. Our inward man needs to control the behavior of our outward man or our body.

ROMANS 12:1 (NLT)

I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice.

Paul was talking to believers. He was telling people who were "new creatures in Christ" that *they* needed to do something about their bodies.

When you become a new person in Christ, old things do pass away and all things become new (2 Cor. 5:17). But that is true only concerning your *inward* man. Your *spirit man* becomes new. When you were born again, your body didn't change. It will always want to do things it's not supposed to do.

Controlling Your Body - Temperance

"I keep my body under control." You don't have to *keep* something under control that doesn't tend to *get out* of control.

- Kind of like driving a car...you guide the steering wheel to keep control of your car.

That's why it's important to keep your body under the control of your spirit, guided by the Holy Spirit; and learn to listen to your born-again spirit. Your re-created spirit doesn't have a sin problem. Your spirit wants to obey the Word of God and follow the leading of the Holy Spirit.

The problem will be with your body and your unrenewed mind. Why? Because your body always wants to fulfill the desires of the flesh.

Let's be honest – Discussion: How has your prayer life helped you WALK in the Spirit? Do you pray in the Spirit – (I Cor 14:2,4)?

Week #3 – God has dealt to each of us a measure of Faith (Rom 12:3)

Discussion Question: If you have been a believer for a long time, does your flesh sometimes dictate to you because of your familiarity with the Spirit?

Beloved, do not believe every spirit, but test the spirits to see whether they are from God, because many false prophets have gone out into the world. By this you know the Spirit of God: every spirit that confesses that Jesus Christ has come in the flesh is from God; and every spirit that does not confess Jesus is not from God; this is the spirit of the antichrist, of which you have heard that it is coming, and now it is already in the world. You are from God, little children, and have overcome them; because greater is He who is in you than he who is in the world. They are from the world; therefore they speak as from the world, and the world listens to them. We are from God; he who knows God listens to us; he who is not from God does not listen to us. By this we know the spirit of truth and the spirit of error," ([1 John 4:1-6](#)).

How does faith play a part in the fruit of the Spirit?

- God gives us faith, but it is up to us to continue to grow in our faith.

2 Peter 1:1-15

Add to your faith: becoming fruitful (be deliberate, be fruitful in every area of your life)

- Virtue
- Knowledge
- Self-control
- Perseverance (patience, endurance)
- Godliness
- Brotherly kindness
- love

FOR if these things be in you and abound, you will neither be barren (useless) nor unfruitful....

- Transforming your own life (and the life of others); for God's Kingdom purpose.

Let's be honest – Discussion: In your effort to walk in the Spirit how do you handle frustration?

WEEK #4: Examine Your Life – Stay in the Spirit

Group Discussion Questions: Are you continuing to be led by the Spirit, or are you being subtly drawn away by your old fleshly habits or personal skills?

Gal 3:3 Are you so foolish? Having begun in the Spirit, are ye now made perfect by the flesh?

Gal 5:1 – stand fast therefore in the liberty wherewith Christ has made us free and be not entangled again with the yoke of bondage.

- Jesus set us free once and for all – continue to walk in the spirit
- Continue to walk in God’s plan for your life
- Continue to seek the guidance of the Holy Spirit
- Stay familiar with the leading and guiding of the Holy Spirit
 - John 10:4 Jesus said “sheep know my voice, and they follow me”
- Listen to His voice.....develop a quality pray life
- Walk in love
- Continue to live under the Holy Spirit’s control
- Receive correction from peers

Psalm 119:133 – Order my steps in thy word: and let not any iniquity have dominion over me -

Let’s be honest – Discussion: Are you prepared and ready to lead others to Christ, who are held captive to sin...

“God has a plan and a purpose for each and everyone.....let’s do our part to walk it out... in the Fruit of the Spirit”