

**transform**  
discipleship mentoring

## **Obeying Christ...Making Disciples**

“Go therefore and make disciples..”

Matthew 28:19

**LEVEL TWO**

**ENGAGING**

**Transformed Character**

**The Fruit of the Spirit**

**2**

**A Discipleship Ministry Resource Provided by  
Faith Assembly of God**

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Lesson 2

# The Fruit of the Spirit

## ENGAGE

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### (week 1) INTRODUCTION



“I know that if I said today, "How many of you would like to have me pray for you to have self control?" I could stay here and pray for people to have self control until midnight tonight. How many of you would stay if I would just lay hands on you and pray for you to have self control? Well, you know what, it would be a waste of time! Because, you are not going to have self control because somebody prays for you to have self control. You already have self control. **It is in you as a fruit of the spirit**, but it's a little teeny tiny little seed. And, nobody else can develop your fruit of the spirit. Nobody can develop your peace but you. Nobody can develop your joy but you. Nobody can develop your patience but you. Nobody can develop your discipline and self control but you.”

— Joyce Meyer

### The 9 Fruits of the Holy Spirit

As you will see in the Scripture verses that we will use in this lesson – there is one very special incredible verse that will tell you that God wants to transmit and impart to you , 9 specific character traits of the Spirit into your life and personalities. Though a book can be written to explain the fruit of the Spirit, I have chosen to be simple and brief and not make this lesson lengthy. So, here we go, enjoy!

God wants all of us to enter into a true sanctification process with Him so that He can begin the process of molding, shaping, and **transforming** us into the express image of His Son Jesus Christ. He desires to make us into a better and more holy people. He wants to transform us by the renewing of our minds. He wants to put right thinking into our thought process. The Scripture shows us that it is by the power of the Holy Spirit that this sanctification process is done. It's essential to understand that you have to be willing to work in cooperation with the Holy Spirit once He begins to start this sanctification process within you.

Your job will be to get into the Word to find out exactly what it is God is going to want to change about you. This lesson will contain all the appropriate Scripture verses showing you exactly which qualities and attributes God desires to worked into your life, and which qualities He desires to pull out of you. And there is no better place to start this lesson than with a lesson on the fruit of the Holy Spirit.

### Here are the 9 fruits of the Spirit:

**Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness, and Self-Control.**

Today, as you engage in this lesson, make it your prayer that these 9 characteristics (fruit) of the Holy Spirit become alive in your life.

Have a blessed day!





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## What is the Fruit of the Spirit?

**According to God's Word, here is the answer:**

**Galatians 5:22-23** tells us, "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control." The fruit of the Holy Spirit is the direct result of the Holy Spirit's presence in the life of a Christian. The Bible makes it clear that everyone receives the Holy Spirit the moment he or she believes in Jesus Christ (**read Romans 8:9; 1 Corinthians 12:13; Ephesians 1:13-14**). One of the primary purposes of the Holy Spirit coming into a Christian's life is to transform (change) that life. It is the Holy Spirit's job to conform us to the image of Christ, making us more like Him.

The fruit of the Holy Spirit is in direct contrast with the acts of the sinful nature in **Galatians 5:19-21**, "The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God." This passage describes all people, to varying degrees, when they do not know Christ and therefore are not under the influence of the Holy Spirit. Our sinful flesh produces certain types of fruit that reflect our nature, and the Holy Spirit produces types of fruit that reflect His nature.

The Christian life is a battle of the sinful flesh against the new nature given by Christ (**read 2 Corinthians 5:17**). As fallen human beings, we are still trapped in a body that desires sinful things (**read Romans 7:14-25**). As Christians, we have the Holy Spirit producing His fruit in us and we have the Holy Spirit's power available to conquer the acts of the sinful nature (**read 2 Corinthians 5:17; Philippians 4:13**). A Christian will never be completely victorious and always demonstrating all fruits of the Holy Spirit. It is one of the main purposes of the Christian life, though, to progressively allow the Holy Spirit to produce more and more of His fruit in our lives—and to allow the Holy Spirit to conquer the opposing sinful desires. The fruit of the Spirit is what God desires our lives to exhibit and, with the Holy Spirit's help, **it is possible!** This is key and must be understood!

**Prayer time:** Lord, I understand that since I became a Christian, I now have your Holy Spirit living inside of me. Help me to live my life in obedience to whatever your Holy Spirit is doing. May my life be an instrument by which others see the character of Love, in Jesus name I pray, amen!

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### (week 1) The Fruit of LOVE

“But the fruit of the Spirit is **LOVE**, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control.” (Galatians 5:22)

Before we get into the appropriate teaching on the fruit of the Spirit, note the following: The word “**Spirit**” is with a capital “S” – which means these 9 fruits are coming directly from the Holy Spirit, not from ourselves. What this means is that God’s love, God’s peace, God’s joy, and God’s goodness can begin flowing through us. These are His divine attributes and personality qualities that will start to move into the core of our lives. What an experience for the believer! God, living in us and makes himself known through us.

Jesus has already told us that He is the vine and we are the branches, right? (read John 15) The branches draw their life from the vine, not vice versa. Just as the branch draws its life from the vine, so too must we draw our life directly from Jesus. Jesus will release His divine life directly into us through the Holy Spirit in the exact same way that the vine will release the life of the tree into the branches. (memorize John 15:5) **M**

In one short, but incredible powerful Scripture verse, God is giving all of us an incredible revelation on what can go on behind the scenes in the spiritual realm for those who are willing to be led by Him in this sanctification process.

Now I will go on to describe what each one of these nine fruits are all about and give you definitions from some of the different Bible Dictionaries and Commentaries, thereby making it easier for you to work with the Holy Spirit once He starts to move in your life.

**1. LOVE:** If I had to rank all of the above fruits in their order of possible importance, the quality of **love** would have to be **#1**.

Here are some of the different definitions on what **love** is from the different Bible Dictionaries and Commentaries:

1. **Unselfish, benevolent concern for another; brotherly concern; the object of brotherly concern or affection**
2. **The self-denying, self-sacrificing, Christ-like love which is the foundation of all other graces**
3. **Unselfish, loyal and benevolent concern for the well being of another**
4. **The high esteem which God has for His human children and the high regard which they, in turn, should have for Him and other people**
5. **To love, to have affection for someone; to like; to be a friend; the love of brothers for each other**

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### (week 1) The Fruit of **LOVE** - continued

One of the main messages seen clearly from the teachings of God's Word is the extreme importance of learning how to **love** God, **love** ourselves, **love** one another, and to even go as far as to be able to **love** our enemies and those who will try and hurt us. **Ouch!**

However, our ability as fallen sinners to love one another is very limited. This is why it is so important for each and every Christian to work very closely with the indwelling Holy Spirit who will **love** through us. Remember, we are dead to sin and alive to God.

It is only when the **love** of the Holy Spirit starts to flow and enter into our personalities can we even begin to **love** God, **love** ourselves, and **love** one another to the degree and to the intensity that God would really like to see from each one of us.

To those of you who desire change through the sanctification process (being made holy) with the Lord – this quality should be listed as the **#1** quality you want to manifest in your life. The Holy Spirit will be moving on you very early and very quickly to get this quality imparted into your mind, soul, and emotions due to the extreme importance of it in your walk with the Lord.

You can be the greatest man of God / woman of God and have some of the greatest gifts of God flowing through you – **but if you are not walking with all of this in the spirit of love and humility**, it will have all been for nothing. Like 1 Corinthians 13 says, it's all just a bunch of annoying noise. It all starts with **LOVE!** That's why this is where the Holy Spirit starts in the area of character transformation.



**Assignment - Read the love chapter in the Bible:  
1 Corinthians 13**

**and list for discussion purposes what LOVE is**

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The Fruit of **JOY**

With all that is going on in the world that we live, crime, disorder and the bad things that happen to people, many Christians have lost their **joy** in the Lord. Too many people today walk around with a **no strength** to take on the challenges of life. Although this reality tends to get the best of us at times, the good news is this, through the power of the Holy Spirit we have the hope of God's wonderful strength and presence in our lives as believers and with that truth comes a **joy** unspeakable.

The **joy** of the Lord is a much needed character trait in the life of the believer. No matter what a person is going through – God can still fully heal, deliver, and restore you if you are willing to work with Him in the process of transformation. And one of the things that God can fully restore in you is your **joy** in Him.

Here are some of the different definitions of what real **joy** is all about:

1. Great delight; gladness of heart
2. The happy state that results from knowing and serving God
3. That deep, abiding, inner rejoicing in the Lord
4. To rejoice, to be glad
5. Happy, joyful, cheerful, rejoicing, festive

**The Bible says that the joy of the Lord is your strength (read Nehemiah 8:10).**

This is why it is so important that every Christian have some level of God's **joy** operating through them. Without God's **joy** operating in your life, things can begin to dry up. Nothing is ever fun anymore. Everything can start to become a chore. The **joy** of the Lord can really give you an incredible surge of strength in your own daily walk with God – especially when you have to take on some really tough situations.

Be confident that the Holy Spirit seeks to manifest this divine quality in your life. It will be His **joy** not yours. Once God starts to release His **joy** into your life, you won't be able to help but feel it. And once you are able to start feeling the **joy** of the Lord, it will become much easier for you to learn how to walk in your relationship with the Lord, Jesus.

**The key is this:** When you see the relevancy of God's Word and His promises connected to your life and situation, hope begins to rise and brings a joy that will in turn give you a divine strength from the Holy Spirit. As you grow in your relationship with Christ and the scripture, Joy will become more and more a character trait flowing through the spirit in you than an emotional response to a circumstance. May the Lord richly bless you today!



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## The Fruit of PEACE



**Peace** is surrendering and yielding ourselves to the Lord to be in His control, for He is our ultimate peace! In so doing, tranquility will be our tone, control, and our composure. This will be fueled from our harmonious relationship with God—handing over control of our hearts, will, and minds to Him. We are willing to make peace with others because we

have found peace with God. Thus, we can live at peace with our neighbors, proclaiming serenity and rekindling it when it goes down or is lost. Peace is unity, which is more important than just resolving trivial disagreements. Our focus must be on edifying and encouraging—such things, unfortunately, rare in the church today! We will either lift people up or bring them down, something we need to know so as to pursue peace and harmony and not let the childish and petty things of life divide us. Our focus must be on keeping our own accounts straight and not worrying or interfering with others. This helps make us peacemakers. Once we make real peace with God, we will be able to make and maintain peace with others. When we are at peace with God, we need to be at peace with ourselves emotionally, and others relationally. **READ: Isaiah. 26:3; Matthew 5:9; Luke 19:42; John 14:27; 16:33; Romans 5:1; 12:18; Galatians 5:22-23; Colossians 3:15; Philippians 4:7**

Without the **peace** of God operating in your life, you could become very easily rattled, shaken, tormented, and confused should adversity ever come your way, and it will.

May the God of hope fill you with all **joy** and **peace** as you trust in him, so that you may overflow with hope by the power of the Holy Spirit" (**Romans 15:13**).

It's very important to note that it is **AS** you **TRUST** Him peace will come.

What is it that is going on in your life right now that has you worried. Perhaps your uncertain about something or someone that you're in a relationship with? What about your finances, too much month at the end of your money? Or is there an unresolved conflict in your life with someone? What are you going to do?

Sometime ago when I was attending Joanna's home church, I had a strange thing happen to me. Back then I was in the midst of a very challenging season of my life. I was very anxious and worried about many things. It was mother's day and this lady was handing out these plastic knitted things that had spiritual sayings on them. After all the mother's received their gift, the woman came over to me and felt the Lord told her to give me the last one. I was very grateful for her kindness and opened up the gift. I couldn't believe what mine said..."**LET GO AND LET GOD**". That day the Spirit of God was encouraging me to trust God. As I trusted (left the outcome in God's hands), He gave me such a pleasant **peace**. I encourage you today, **LET GO AND LET GOD!** He will not disappoint you.



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### The Fruit of **PATIENCE**

**Patience**, in some translations is called *Longsuffering*; this calls for showing tolerance and fortitude toward others, even accepting difficult situations with them—and God—without making demands or conditions. **Patience** is our “staying power.” It is like perseverance and the endurance to not give up; it is about actively overcoming our situation—not just sitting, accepting, and doing nothing! It allows us to endure a less than desirable situation, to make us better, more useful, and even optimistic and prudent. Hence, its other name, *longsuffering*. It allows us to put up with others who “get on our nerves” without losing other characteristics of grace.

**Patience**, is showing tolerance and fortitude toward others, even accepting difficult situations from them, and God, without making demands or conditions. Patience allows us to endure a less than desirable situation to make us better and more useful and even optimistic and prudent.

**READ:** (Hosea 2:19-23; Psalm 33:20; Matthew 27:14; Romans 5:3; 12:12; Galatians 5:1; 5:22-23; Colossians 1:11; James 1:3-4,12; 5:10-11).

#### Share Time:

What are the things that cause you to be impatient or distrustful?

How can you make James 1:3-4 work in you? Are you willing to allow **Patience** to develop in you, even through times of waiting and confusion?

In what situation did you fail to have **Patience** when you should have?

What issue in your life would improve with more **Patience**?

**Think through the steps you need to take to put Patience into action in a specific situation.** Perhaps you could learn to relax when things

do not work out your way, or refuse to allow your circumstances to get in the way of your **Patience**.





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### The Fruit of **KINDNESS**

**Kindness** is the medium through which Christ's love becomes real, tangible, and knowable through us. It is the application of sincere love that manifests itself in practicing benevolence and a loving attitude towards others. Kindness is the essence that shows the world we are Christians, like the fragrance coming from a beautiful flower. It is being convicted with God's Word, and then modeling it to others. Being charitable is an aspect of good positive relationships of others, and a "MUST" part of the Christian experience and duty! **Kindness** is the subject to the object of who we are in Christ. This is something we replicate as we are kind, and also respond in **kindness** to others, our response to one another fuels the other's response, and so forth. In this way, we will be escalating love and **kindness** instead of repression and dysfunction!

**READ: (Romans 2:1-4; 12:9-21; 2 Corinthians 6:6-7; Galatians 5:22-23; Ephesians 4:32; Colossians 3:12-14; 1 John 3:16-23)**

#### Share Time:

What are the things that cause you to be cruel or rude?

Boaz had no obligation, outside of tradition, to help Ruth, yet He did. Why did he (Ruth 2:8-16; 3:15)?

In what situation did you fail to have **kindness** when you should have?

What issue is in your life that would improve with more **kindness** ?

Think through the steps you need to take to put kindness into action in a **specific situation**. How about learning to drive without rage when someone cuts you off, or spending more time helping someone you do not like, or not letting your circumstances get in the way of being kind to strangers, even if you are in a hurry?



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### The Fruit of **GOODNESS**

**Goodness** is the engagement of love that shows the application of Christ, His righteousness, and Truth. This models it to others in the action of love, making Christ and us attractive and inviting. This is God at work in our faith, so we are synergized with His power and then engage it to others. This is the fruit that makes people liked by and even lovable to others. This displays integrity, honesty, and compassion to others, and allows us to do the right thing. It is doing the right thing, even when it does not feel like we should, as Joseph did. He was betrayed and sold as a slave, yet, he chose to make his situation into something good, and to help and treat others better than he needed to. Why are we to be good? Because God is good to us (Psalm 86:5; 145:4-13)! Goodness is the model for people to repent and accept Christ.

**READ:** (Amos 5:15; Proverbs 25:21-22; Matthew 19:16; Romans 12:17; Galatians 5:22-23; 2 Corinthians 5:20; Ephesians 5:8-9; 2 Thessalonians 1:11; 1 Peter 3:11; 2 Peter 1:3-8)

#### Share Time:

What are the things that cause you to be bad or ruthless?

How can you make Eph. 5:8-9 work in you, even through times of waiting and confusion, even when people are rude and evil to you?

In what situation did you fail to have Goodness in which you should have?

What issue is in your life that would improve with more Goodness?

Think through the steps you need to take to put Goodness into action in a specific instance. Such as learning to be good to people who are rude to you or not letting your circumstances get in the way of the way you treat others?



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## The Fruit of FAITHFULNESS

**Faithfulness** is the application of our faith in action! Because we are saved by the grace of God thru Faith, He dwells in our hearts. Faithfulness is a fruit of the Spirit; it is the result of **faith** from the Spirit working in us. He is our witness to God's promise that if we accept the truth about God, He will save us.

If we take a look in the new testament at Hebrews 11 we will find a list of faithful men and women in the Old Testament who **trusted** God. Their *faith* was in Him!

**Noah** trusted God's word about the coming judgment as well as God's promise to save his family (Genesis 6-9). **Abraham** and Sarah believed against all evidence that they would have a child (Genesis 21:1-34). **Rahab** trusted God to protect her family when the Israelites destroyed Jericho (Joshua 6). **Gideon's** mustard-seed faith routed an entire army (Judges 6-7).

**READ: (Psalm 119: 89-90; Isaiah 25:1; Matthew 17:19; 25:21; Romans 1:17; 5:1-2; 1 Corinthians 12:9; Galatians 5:22-23; Ephesians 3:16-17; Hebrews 11:1; 1 Thessalonians 5:24)**

Faithfulness is *believing* that God is Who He says He is and promises and continues in that belief despite the challenges and hardships of life. Functionally, that means we **trust** what God says in the Bible, His Word! We **trust** He will work out everything for good. We **trust** He will work His will in us. And we **trust** that our situation on earth is nothing compared to our future reward in heaven. The only way we can have such faith is by the Holy Spirit's influence. He testifies to the truth and causes us to seek God. It's the Holy Spirit, the third person of the trinity that makes us faithful.

### Share Time

What are the things that cause you to doubt or distrust God?

How can you give God more Faithfulness so you can fully realize that God is in control of your life and situation, so you can fully trust Him?

In what situation did you fail to have Faithfulness in which you should have?

What issue is in your life that would improve with more Faithfulness?

**Think through the steps you need to take to put Faithfulness into action in a specific instance. Will Christ find the kind of faith in you when He comes (Luke 18:1-8)?**

Such as having faith in spite of confusion and uncertainty or standing firm believing what is true even though you may not experience it or know what is going on or what Christ is doing in you?



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### The Fruit of GENTLENESS

**Gentleness**, sometimes referred to as Meekness, is the fruit that will show calmness, personal care, and tenderness in meeting the needs of others. It is to be more than just a personality; it is to be who we are by the work of the Spirit within us. This is not weakness or a lack of strength; rather, it is being humble and gentle toward God and others. This also means being nonresistant to God and His work in us. Gentleness produces a desire and effort to please God and to submit our will and aspirations to His will and what is best. By keeping our focus on Christ with humility, we can endure being personally attacked.

**READ:** (Psalm 37:11; Isaiah. 40:11; 42:2-3; Galatians 5:22-23; Philippians 4: 5, Matthew 5:5; 11:29; 12:15; Ephesians 4:1-2; 2 Timothy 2:24; 1 Thessalonians 2:7)

#### Share Time

What are the things that cause you to be rough and course with others?

Are you aware of the intricacy and delicacy of life, so you are tender too?

In what situation did you fail to have Gentleness in which you should have?

What issue is in your life that would improve with more Gentleness?

**Think through the steps you need to take to put Gentleness into action in a specific instance.** Such as how does God's tenderness toward you affect the way you go about your life to get things done? Does His care affect the way you care with humility and gentleness being tender in spite of people treating you like a doormat?



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### The Fruit of **SELF-CONTROL**

**Self-Control**, sometimes referred to as *Temperance*, is allowing God to be in control of our will and hearts, and to be diligent in seeking the Spirit to enable us. We can know what not to do, and guard the areas in which we are weak. This will allow us to have discipline and restraint, with obedience to God and others. It is not allowing distractions to derail or remove us from His will and plan, so we will not be held back from what Christ has called us to do. This comes down to how we trust in our Lord, we can trust God for the future because we can see what He has done in the past.

**READ: (Proverbs 16:32; 25:28; Romans 13: 12-14; 1 Corinthians 6:12; 9:25-27; Galatians 5:22-23; 1 Thessalonians 5: 22; Titus 2:12; Hebrews 12:2; 2 Peter 1:5-7).**

#### Share Time

What are the things that lure you to be self-indulgent?

What happens to our relationships with God and others when we relinquish self-control?

In what situation did you fail to have Self-Control in which you should have?

What issue is in your life that would improve with more Self-Control?

**Think through the steps you need to take to put self-control into action in a specific instance.** For example, how can you place safeguards against the areas in your life where you are weak? What about premarital sex and boundaries to prevent it? Or, how can you make sure you act with kindness, but do not allow yourself to be taken advantage of too much?

Or, how can you avoid situations, things, certain people, and places that may cause you to lose control? Or, how can you balance having joy and fun, but not allowing them to become excesses that lead to sin?



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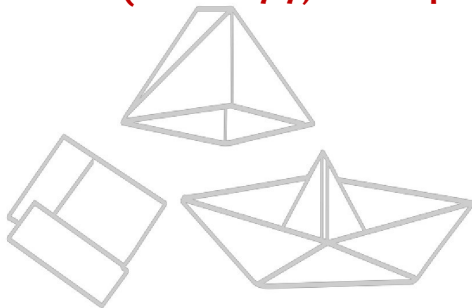
### The Fruit of the Spirit is God's Power

God has given us the power to live for Him victoriously and with excellence! He feeds us the spiritual food, pays our spiritual debt, and gives us knowledge and the assets to be godly and good. If we truly trust in Christ not just as Savior but also as LORD we are given the power and ability to live a life of fullness, distinction of character, and supernatural spiritual maturity so He is glorified by our lives and living testimony. He gives us the resources. They are here for us, and are at our disposal. We are not alone or cut off from what we need! But, there is a catch. We have to go for it; we have to appropriate His gifts and opportunities into our lives, as in finding and engaging them. We take firm hold of our faith (make our election sure) when we trust and then obey what He has for us. If we do not, we live a life of waste and even sin, missing out what is sooooo good and precious for us. Why would anyone forsake His love and gifts?

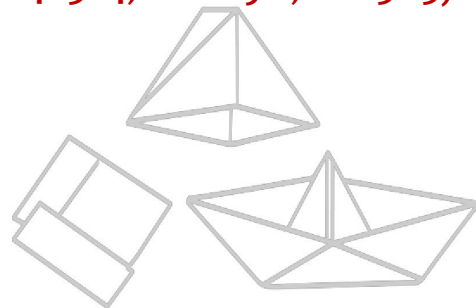
**READ: (Deut. 31:6; Phil. 2:13; 3:13-14; 4:13)**

There is a second aspect to receiving and applying His power of Fruit and Spirit into our lives. We have the responsibility to practice it. The sad part this is perhaps the most negated aspect of our faith journey for most Christians! We are not great at it at the start. Just like learning to drive or play a game, it takes time to master, no matter how talented we may be. We have to work at it by learning, absorbing, and then applying what we have learned. In using it, we grow and mature. The price is not too high since Christ paid for it. We have no excuse not to grow and serve Him! Never consider that it is too difficult or that you are not gifted or worthy enough, because the Spirit in you is able to do it.

**READ: (Psalm 87:7; Isaiah 40:29-31; John 14:13-14; 2 Cor. 9:8; Col. 3:23)!**



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### Review Questions - Lesson 2

1. What is the goal of entering into a true sanctification process ? p.9

2. Name the Scripture Reference for the Fruit of the Spirit ? p.10

3. Regardless if you are a man or woman of God, how must one walk? p.12

4. TRUE or FALSE: T \_\_\_\_\_ or F \_\_\_\_\_  
No matter what a person is going through – God can still fully heal, deliver, and restore you if you are willing to work with Him in the process of transformation.? p.13

5. What fruit of the Spirit is needed to be able to put up with those who get on your nerve? p.15

6. What fruit of the Spirit is considered the “gluing fruit” that perseveres out faith? p.18

7. What fruit of the Spirit allow us to give God control of our wills and our heart?

p.20

8. TRUE or FALSE: T \_\_\_\_\_ or F \_\_\_\_\_

If we truly trust in Christ, not just as Savior but also as LORD, we are given the power and ability to live a life of fullness, distinction of character, and supernatural spiritual maturity so He is glorified by our lives and living testimony. p.21