



Beacon Education

Supporting world-wide community education

The Fruit of the Spirit

Not real fruit

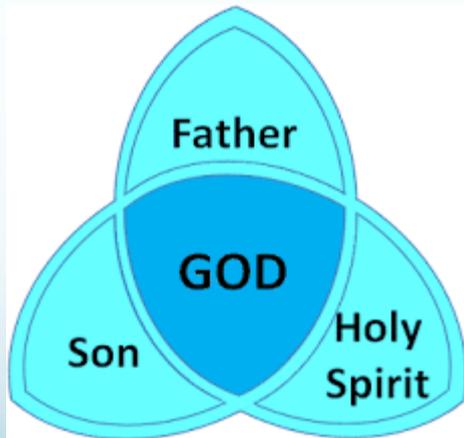
The Bible gives us instruction about ‘fruit’ that we should aim to show in our lives. This ‘fruit’ refers to Godly character traits in a person.

Galatians 5:22-23 The Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!



Who is the Holy Spirit?

- **The Holy Spirit** is recognized as God, co-equal with **God the Father** and **God the Son** (Jesus Christ).
- The Holy Spirit is the Helper or Comforter, and guides us into TRUTH.



The Trinity

The Holy Spirit can change us.

- When we believe in Jesus Christ, and give Him a place in our life, the Holy Spirit begins to live in us, and is a sign that we belong to God.
- The Holy Spirit *in us*, is essential for spiritual growth and change.
- The Holy Spirit is TEACHER who guides us into Truth.

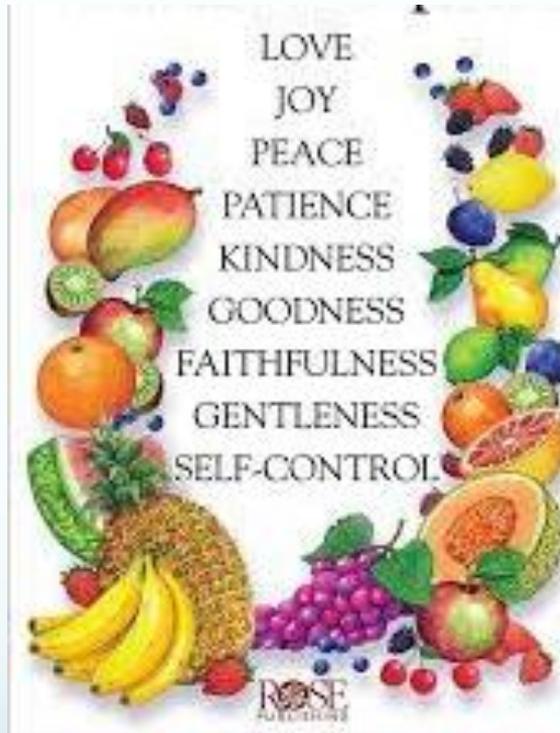
In the words of Jesus ...

- **John 16:13** But when he, the Spirit of truth, comes, he will guide you into all the truth.
- **John 14:26** The Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.

Living the way God wants us to live

- The Holy Spirit convicts us of sin, and shows us the right path.
- The Holy Spirit is a personal being, with emotions and intellect, not just a 'force'.
- When He lives within us, He helps us to live the way God wants us to live ... showing the **'Fruit of the Spirit'**.

The Nine Fruits of the Spirit



as explained in Galatians 5:22-23

Love

Love is ...

- *loving with the same kind of love that God has for us.*
- *treating others the way you would like to be treated yourself.*

Jesus said, "Love the Lord with all your heart, soul, mind and strength, and love your neighbour as yourself. (Mark 12:30-31)"

Love never fails

“Love is patient and is kind; love does not envy; love does not parade itself, is not puffed up (proud); does not behave rudely, does not seek its own way, is not provoked, thinks no evil; does not rejoice in immoral behaviour, but rejoices in the truth; bears all things, believes all things, hopes all things, endures all things. Love never fails” (1 Corinthians 13:4-8).

Love is choosing the highest good for another person.

It all begins with love.

- **Colossians 3:14** “But above all these things put on love, which is the bond of perfection.”
- The Fruit of the Spirit begins with love, because having **love**, causes us to be patient, gentle, kind, and forgiving. Love is not just a feeling—it is a decision to want the highest good of others, even at personal cost. When we allow the Holy Spirit to produce love in our heart, it radically changes how we see and treat the people around us.

Love

Application:

- Show love by checking in on friends or family members who might be going through a tough time, offering them support and a listening ear.
- Choose kindness, forgiveness and understanding, even when others fall short.



Joy

- *Joy is ...*
- *the happiness that God gives*
- *sharing God's happiness with others*

1 Thessalonians 5:16-17 Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you.

Our joy is in the Lord

Application:

- Express joy by celebrating small wins in everyday life.
- Smile at others, share laughter, and maintain a positive attitude even when life is boring or difficult.



Peace

- ***Peace is ...***
- *a calm feeling inside, knowing that God is looking after you*
- *letting God take all your worries*

Peace happens when our emotions are not up and down, but on a level path. It's when we feel confident and secure. This can only take place when our trust is in Christ.

Peace

John 16:33 These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world.

Philippians 4:6-7 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

Peace

Application:

- Give all your worries to God, Trust Him.
- Be a peacemaker in your relationships.
- Try to restore relationships that are broken.



Patience

Patience is...

- *learning to wait for things, and not getting angry when things are not going as we'd like.*
- *It is sticking to a job and not giving up.*
- *It is waiting for our prayers to be answered.*

We need patience with people, patience with jobs, patience with ourselves.

Patience

Application:

- Practice patience by responding kindly when someone takes longer than expected, such as waiting calmly in traffic or being understanding with slow service.
- Pause and pray before you react, when things don't go your way.



Kindness

Kindness is ...

- *treating others with special care*
- *thinking about how other people feel*
- *doing special things for others*

Colossians 3:12 Put on tender mercies, kindness, humility, meekness, longsuffering.

Kindness requires patience.

1 Corinthians 13:4 Love is patient and is kind.

- Maybe we have lashed out, retaliated, or “given someone a piece of our mind”.
- Patience keeps us from doing this, and from giving up on people who are difficult.
- Anyone can be kind when things are going well, but it takes supernatural kindness to remain kind when you are in the midst of suffering.

Kindness requires humility

- One of the most powerful things the Holy Spirit can do is to replace our harsh, prideful attitudes with kindness and humility.
- Kindness moves us to speak gently instead of react harshly. Humility helps us listen instead of argue.



CHOOSE
KINDNESS

Kindness

Application:

- Be attentive to the needs of others.
- Offer words of encouragement when someone feels down.
- Respond with patience and gentleness when others are difficult. Kindness is a choice, not a reaction.
- We can demonstrate kindness through small acts, like holding the door for someone, helping a neighbour, or offering a compliment.

Goodness

- *Goodness is...*
- *obeying God's word*
- *doing the right thing*

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



Example of Goodness

Application:

- Act in goodness by choosing to do what's right, such as returning extra change given by mistake or standing up for someone who is being treated unfairly.
- It's not just about what you *don't* do, but also about what you *DO* to stand up for what is right.

Dietrich Bonhoeffer — 'Silence in the face of evil is itself evil'.

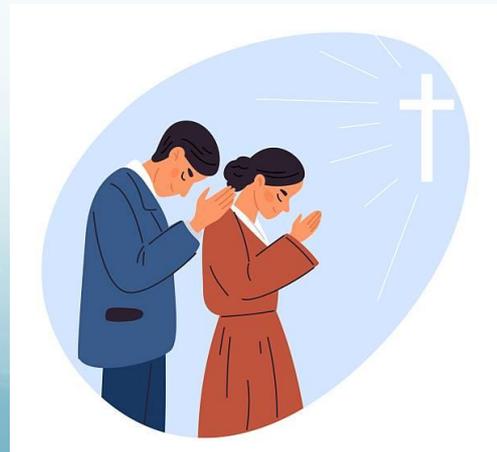
Faithfulness

- ***Faithfulness is ...***
- *Loyalty to God and others*
- *sticking up for your friend*
- *staying with someone and not leaving them*
- *being a true friend*

Faithfulness

Application:

- Keep your promises
- Honour commitments
- Stay loyal to friends and family
- Be reliable in your work and your responsibilities.



Gentleness

- ***Gentleness is...***
- *showing kindness and understanding*
- *responding calmly in tense situations*
- *considering the feelings of others*
- *treating others with care*

Philippians 4:5 Let your gentleness be known to all men. The Lord is at hand.

Gentleness

Application:

- Often, harshness stems from impatience and annoyance with other individuals. Before speaking, pause, think, and offer words that are constructive rather than harsh criticism.
- Use kind words, especially in stressful situations, and handling others' feelings with care, like speaking softly to calm someone down.
- When we try to be gentle in our own strength we will have limits. Ask the Holy Spirit to give you words.

Self-control

- *Self-control is ...*
- *not losing your temper*
- *knowing when to stop*
- *not being greedy*
- *not giving in to temptation*



2 Timothy 1:7...For God gave us a spirit not of fear but of power and love and self-control.

Self-control gives us mastery over the OPPOSITE fruits.

Galatians 5:19 (the verse BEFORE listing the Fruit of the Spirit), lists the bad fruits that are opposites:

‘When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures, idolatry, sorcery, hostility, quarrelling, jealousy, outbursts of anger, selfish ambition, dissension, division, envy, drunkenness, wild parties, and other sins like these. Let me tell you again, as I have before, that anyone living that sort of life will not inherit the Kingdom of God.’

Self-control

Application:

- Set clear boundaries and goals, for management of time, finances and what goes into our bodies.
- Manage reactions, such as not reacting in anger during a heated moment – pause before you speak.
- Resist the urge to indulge in unhealthy habits.
- Ask the Holy spirit to help you when you feel overwhelmed or tempted to act impulsively.

Questions #1

- How can the Fruit of the Spirit transform attitudes toward others?
- How does the Holy Spirit bring joy in the midst of trials?
- What is the connection between peace and trusting in God?
- How does peace as a Fruit of the Spirit provide comfort in times of uncertainty and fear?

Questions #2

- What is the connection between *kindness* as a Fruit of the Spirit, and Jesus' command to love your neighbour?
- How does patience help us deal with suffering and hardship?
- How can the Fruit of the Spirit help us to resolve conflict in the right way?