

Chapter 8: “THE FRUIT OF THE SPIRIT” Provides Relief!

“But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law.” (Gal. 5: 22,23)

Peter mentions eight of the Christian graces:

“But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, ⁶ to knowledge self-control, to self-control ^[d]perseverance, to perseverance godliness, ⁷ to godliness brotherly kindness, and to brotherly kindness love. ⁸ For if these things are yours and abound, you will be neither barren nor unfruitful in the knowledge of our Lord Jesus Christ. ⁹ For he who lacks these things is shortsighted, even to blindness...” 2 Peter 1:5-9

There are several different ways that the spiritual fruit from Galatians 5:22-23 could be defined, but this is one way you may find helpful:

Love: Unconditional actions and reactions

Joy: A benefit from growing spiritual fruit

Peace: A benefit from growing spiritual fruit

Long-suffering: Suffering long with a good attitude

Kindness: Opposite of nasty and rude

Goodness: Expressing oneself by good deeds

Faithfulness: Continued loyalty

Gentleness: Patience and forbearance

Self-control: The hardest fruit for us to grow

Let it be kept in mind that the Holy Spirit and the word of God are never separated in the redemption of man. Whatever the Spirit does in his work with man, either in regeneration or in sanctification, he does it, through the word of truth, the gospel.

The chief work that the Holy Spirit has with Christians is to develop them into the likeness of Christ; the primary objective of the Holy Spirit in dwelling in Christians is to reproduce in men the beauty and glory of the personality of Christ.



People are not machines in the hands of the engineer to be made of service by moving so many levers ; they are not lumps of clay in the hands of a potter molded without their volition ; men are made a little lower than the angels, endowed with reason, will, judgment, memory; they possess faculties implying intelligence and natural power of action, plan, purpose, and desire.

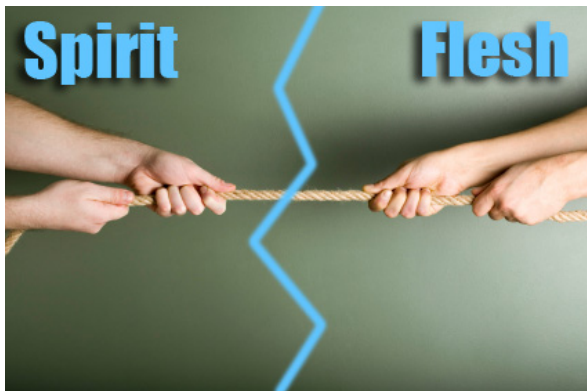
The Holy Spirit recognizes this nature of man in dealing with men, and places upon them the responsibility of cooperation with his work and response to his holy influences.

THE CHRISTIAN LIFE

There are two levels of life or two planes upon which children of God may live—a lower and a higher, a carnal and a spiritual. The Christian who enjoys the Christian life and develops most nearly into the likeness of Christ must live upon the higher plane.

Science explains this in three planes: The Lizard just reacts on impulse without thinking, a mammalian reacts from emotion, but a human facts from reason.

The carnal nature and the spiritual are both in the same person; There is a conflict between the two—which shall prevail?



“I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh. For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish.” Galatians 6:16,17)

To bear fruit is the supreme and ultimate purpose of the Christian life.

"Every branch in Me that does not bear fruit He takes away; and every branch that bears fruit He prunes, that it may bear more fruit. . . . "I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing. . . . By this My Father is glorified, that you bear much fruit; so you will be My disciples." (John 15:2-8) See Also Matthew 7:16-20.

One cannot live a faithful Christian life without bearing the fruit of the Holy Spirit. No one can bear the fruit of the Spirit without having the Spirit; the Holy Spirit must dwell in Christians before the fruit of the Spirit can be manifested.

Emotional Amputation

When a man gives his heart to a woman, the emotional connection is very strong! Psychology Today uses the term Emotional Amputation to describe a breakup. The hours, days, weeks, and months that follow a split are filled with depression, anxiety and loneliness. Emotional amputation speaks to this brutal process from which many do not recover!



When a man gives his heart to drugs, the emotional connection is very strong. The emotional amputation element is what keeps an addict from quitting! Entering an addiction recovery program is like climbing into a roller coaster that can last hours, days, weeks, and even months. The twists, turns and sudden drops (depression, anxiety, loneliness) are a vicious ride that must be endured. This brutal process (emotional amputation) often provokes relapse (self-medicating).

“But be doers of the word, and not hearers only, deceiving yourselves. ²³ For if anyone is a hearer of the word and not a doer, he is like a man observing his natural face in a mirror; ²⁴ for he observes himself, goes away, and immediately forgets what kind of man he was. ²⁵ But he who looks into the perfect law of liberty and continues in it, and is not a forgetful hearer but a doer of the work, this one will be blessed in what he does.” James 1:22-25



The good news is the help God provides: "The fruit of the Spirit is love, joy, peace, long-suffering..." (Galatians 5:22). The spiritual "fruit" of "joy" relieves the depression, the "peace" eases the anxiety and the "long-suffering" alleviates the loneliness.

It is terrible to watch an addict reject, resist, quench, and grieve the Holy Spirit. It is a wonderful sight to see a depressed, anxious and lonely addict receive the Holy Spirit's help!



Chapters 8: The Fruit of the Spirit Provides Relief

1. List the fruit mentioned in Galatians 5:22,23

Love, Joy, Peace, Longsuffering, Kindness, Goodness, Faithfulness, Gentleness, Self-control

2. Define each fruit mentioned in Galatians 5:22,23

Love: unconditional actions and reactions

Joy: A benefit from growing spiritual fruit

Peace: A benefit from growing spiritual fruit

Longsuffering: Suffering long, in a good attitude

Kindness: opposite of nasty and rude

Goodness: Expressing oneself by good deeds

Faithfulness: Continued loyalty

Gentleness: Patience and forbearance

Self-control: the hardest fruit for me to grow

3. Explain from the Bible the 2 planes/levels our mind's live in.

Bible: Our minds operate in a carnal (selfish) and a spiritual plane/level.

Science: Lizard: impulse without thinking

Mammalian: react from emotion.

Human: react from reason

4. A. In John 15:2-8, what happens to those who do not bear fruit?

- a. He takes them away (they do not have the help of the Holy Spirit).

B. What does God do to those who bear fruit?

b. He Prunes (helps them bear more fruit).

5. What is spiritual fruit the result of?

Walking in the Spirit actively and reactively.

6. But be _____ of the word, and not _____ only, _____ yourselves. ²³ For if anyone is a hearer of the word and not a _____, he is like a man observing his natural face in a mirror; ²⁴ for he observes himself, goes away, and immediately _____ what kind of man he was. ²⁵ But he who looks into the perfect law of liberty and _____ *in it*, and is not a _____ hearer but a _____ of the work, this one will be blessed in what he does." James 1:22-25

²² But be **doers** of the word, and not **hearers** only, **deceiving** yourselves. ²³ For if anyone is a hearer of the word and not a **doer**, he is like a man observing his natural face in a mirror; ²⁴ for he observes himself, goes away, and immediately **forgets** what kind of man he was. ²⁵ But he who looks into the perfect law of liberty and **continues** *in it*, and is not a **forgetful** hearer but a **doer** of the work, this one will be blessed in what he does." James 1:22-25

7. You will know them by their _____. Do men gather grapes from thornbushes or figs from thistles? ¹⁷ Even so, every _____ tree bears _____ fruit, but a _____ tree bears _____ fruit. ¹⁸ A good tree cannot bear bad fruit, nor *can* a bad tree bear good fruit. ¹⁹ Every tree that does not bear good fruit is _____ down and _____ into the fire. ²⁰ Therefore

by their _____ you will _____ them. Matthew
7:16-20

¹⁶You will know them by their **fruits**. Do men gather grapes from thornbushes or figs from thistles? ¹⁷Even so, every **good** tree **bears** good fruit, but a **bad** tree bears **bad** fruit. ¹⁸A good tree cannot bear bad fruit, nor *can* a bad tree bear good fruit. ¹⁹Every tree that does not bear good fruit is **cut** down and **thrown** into the fire. ²⁰Therefore by their **fruits** you will **know** them. Matthew 7:16-20

8. ⁵But also for this very reason, giving all _____, add to your faith virtue, to virtue knowledge, ⁶to knowledge self-control, to self-control [d]perseverance, to perseverance godliness, ⁷to godliness brotherly kindness, and to brotherly kindness love. ⁸For if these _____ are _____ and _____, *you* will be neither _____ nor _____ in the knowledge of our Lord Jesus Christ. ⁹For he who _____ these things is _____, even to _____...” 2 Peter 1:5

⁵But also for this very reason, giving all **diligence**, add to your faith virtue, to virtue knowledge, ⁶to knowledge self-control, to self-control [d]perseverance, to perseverance godliness, ⁷to godliness brotherly kindness, and to brotherly kindness love. ⁸For if these things are **yours** and **abound**, *you* will be neither **barren** nor **unfruitful** in the knowledge of our Lord Jesus Christ. ⁹For he who **lacks** these things is **shortsighted**, even to **blindness**...” 2 Peter 1:5