

UNIT 5

FRUIT OF THE SPIRIT

Hymn Part 2 **CHRIST'S LIFESTYLE**

*"... who, being in the form of God,
thought it not robbery to be equal with God."*

PHILIPPIANS 2:6



DAY 1

Love

DAY 2

Joy and Peace

DAY 3

Longsuffering and Gentleness

DAY 4

Goodness and Faith

DAY 5

Meekness and Temperance

Why You Will Find This Unit Helpful

The nine virtues in Galatians 5:22-23 are the fruit of the Spirit that dwells in you. As you develop the mind of Christ, you will display less of your old nature, and you will allow the Spirit to display more of His nature. In this unit you will study nine more qualities of Christ. God will work in you and with you to give you the mental quality of discernment. As you begin to measure your thoughts and actions against the perfection of Christ, God will continue to renew your mind to reflect the virtues of Christ.

Lifelong Objective

In Christ you will develop the mental quality of discernment and use it to display love, joy, peace, long-suffering, gentleness, goodness, faith, meekness, and temperance.

Summary of God's Work in You

Christ's lifestyle in you springs from the mental quality of discernment. God's goal is your virtue. Your growth in Christ's character can be measured only by Christ's perfection. Christ enables your virtue in His position as Model. He makes your virtue possible.

Unit Learning Goals

- You will understand the difference between the nine virtues in Galatians 5:22-23 and their opposites and perversions.
- You will know the nine virtues that are the fruit of the Spirit.
- You will demonstrate a spiritual hunger for Christ to establish these virtues in your mind.

What You Will Do to Begin Developing the Fruit of the Spirit

- You will study nine virtues, their opposites, and their perversions.
- You will become familiar with the Lifelong Helps on pages 224-59.
- You will focus your attention on one of the virtues and begin using the Lifelong Helps to move toward maturity in that virtue.

Scripture Memory Verses

"The fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law" (Gal. 5:22-23).

Lifelong Helps Related to This Unit

Christlike Virtues (pp. 227-39)

The Mind of Christ Cards Related to This Unit

4A. Unit 5: Scripture Memory—Galatians 5:22-23	
7B. Fruit of the Spirit	
12A-B. Love	15B. Gentleness
13A-B. Love Is—1 Corinthians 13	16A. Goodness
14A. Joy	16B. Faith
14B. Peace	17A. Meekness
15A. Longsuffering	17B. Temperance

Optional DVD Messages by T. W. Hunt

- Session 2, Part 1, Chapter 6: His Lifestyle
- Session 2, Part 2: His Lifestyle



DAY 1 LOVE

Today's Bible Meditation
"God commendeth his love toward us, in that, while we were yet sinners, Christ died for us"
(Rom. 5:8).

Name of Christ for Today
The Bridegroom
(John 3:29)

Prayer to Begin the Lesson
Jesus, You are the Bridegroom of the church. You gave us a new command that we should love one another as You have loved us. Teach me to love others that way. Amen.

1. Begin today's lesson by reading the Bible verse and the name of Christ for today. Work on your memory verse. Then use the suggested prayer to begin your study.

Last week you studied the eight virtues of godly wisdom in James 3:17. We trust that God has been developing in you the mental quality of discernment. This is a spiritual process of discerning right actions and thoughts from wrong actions and thoughts. For each of these virtues you studied three aspects:

1. What it is (Christlike virtue)
2. What it is not (satanic opposite)
3. How it can be distorted (perversion)

2. Let us give you a little test. We've jumbled a list of virtues, their opposites, and their perversions. See if you can place them in the right category (virtue, opposite, or perversion). First, read through the list and circle the virtues. Next, cross through the opposites. Finally, underline the perversions.

Brutal	Entreatable	Gentle	Harsh
Honest	Indulgent	Lustful	Lying
Merciful	Merciless	Pure	Puritanical
Unapproachable	Unkind restraint	Yes-person	

After you finish, check your answers with the chart on page 76.

The Holy Spirit will help you discern between the virtues, satanic opposites, and perversions. This week we will take a similar look at the nine virtues in Galatians 5:22-23, the fruit of the Spirit. Jesus was "full of the Holy Spirit" (Luke 4:1, NASB). Jesus described His life's mission in terms of the leadership of the Holy Spirit (see Luke 4:18). The close relationship of Jesus and the Holy Spirit will be described in unit 10, but keep in mind that Jesus is God. The Holy Spirit is also God. They are not two Gods but different Persons of the Trinity. One true God has expressed Himself in three Persons: Father, Son, and Holy Spirit. Thus, the fruit of the Spirit is also a reflection of Christ.

3. Pray as you read this chart of the virtues in Galatians 5:22-23. Ask God to guide you to one virtue He would like you to work on this week. Circle that virtue.



SATANIC OPPOSITES	CHRISTLIKE VIRTUES	PERVERSIONS
Hate, fear	Love	Possessive, permissive
Pain	Joy	Frenzy
War	Peace	Neutral
Impatient	Long-suffering	Lenient
Hard	Gentleness	Soft
Badness	Goodness	Finicky nice
Unbelief	Faith	Presumption
Arrogance	Meekness	Weakness
Undisciplined	Temperance	Fleshly effort

4. Now turn to pages 227–39 and fold down the corner or place a bookmark at the page corresponding to the virtue you selected. Then turn to the cards at the back and tear out the one that relates to this virtue. Carry it with you this week and refer to it often to focus your attention on this virtue.

Love

The first fruit of the Spirit is *love*. Jesus loved. That was His life: “Having loved His own which were in the world, he loved them unto the end” (John 13:1). The clearest expression of love in the Bible is unlimited giving of self to others. Jesus described the action of perfect love: “Greater love hath no man than this, that a man lay down his life for his friends” (John 15:13). Then Jesus proceeded to the most monumental expression of love of all ages: the cross on which He died. Paul tells us nothing in all creation “shall be able to separate us from the love of God, which is in Christ Jesus our Lord” (Rom. 8:39). No superlative can capture the essence of Christ’s love. Paul says this love “surpasses knowledge” (Eph. 3:19, NASB). Small wonder that Christ’s love controls us (see 2 Cor. 5:14, NASB). Christ’s love is the motivating factor in the Christian life.

5. What is one virtue of the mind of Christ?

Christ’s love is the motivating factor in the Christian life.

L_____	Joy	Peace
Long-suffering	Gentleness	Goodness
Faith	Meekness	Temperance

One opposite of love is *hate*. The perversions of love, such as permissiveness, protectiveness, and possessiveness, are numerous. The opposites are also numerous. For example, fear is also an opposite of love: “There is no fear in love; but perfect love casteth out fear” (1 John 4:18). Satan’s road is wide. He has many opposites and perversions. The Christlike road is narrow (see Matt. 7:14).

Love
affection, charity,
compassion, benevolence,
adoration, fondness,
commitment, caring deeply

Opposites of Love
hate, animosity, antipathy,
aversion, dislike, enmity,
hostility, ill will, malice,
vindictiveness, fear,
dread, fright

Perversions of Love
possessive, overly
protective, permissive,
smothering love,
manipulative

6. Read the list of words in the left margin to help you understand what *love* is and what it is not (opposites). Below write your definition of *love*.

Love is _____

7. Read the list of words in the margin that help you understand the perversions of *love*. Can you think of an experience when you observed this kind of behavior? If so, who was involved and when?

Love is probably the greatest virtue of all. Loving God and loving others are the essence of the two greatest commands (see Mark 12:30-31). We will focus more attention on love in unit 11.

Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength: this is the first commandment. And the second is like, namely this, Thou shalt love thy neighbour as thyself. There is none other commandment greater than these (Mark 12:30-31).

8. If time permits, read the Scriptures for Meditation under *Love* in the Lifelong Helps (pp. 233-34). Close your study today by asking God to show His love through you to a watching world. Ask God to give you specific assignments or opportunities to demonstrate love toward another person.

DAY 2

JOY AND PEACE



Today's Bible Meditation
“If ye keep my commandments, ye shall abide in my love. ... These things have I spoken unto you, that my joy might remain in you, and that your joy might be full” (John 15:10-11).

Name of Christ for Today
Our Peace
(Eph. 2:14)

1. Begin today's lesson by reading the Bible verses and the name of Christ for today. Work on your memory verse. Then use the suggested prayer on the following page to begin your study.

Joy

The second virtue in Galatians 5:22 is *joy*. You may be surprised to think of joy as a virtue. However, it is a virtue of Jesus, and we are noble when we aim for Christ's joy. At times Jesus knew joy derived from the occasion (see Luke 10:21). He obviously enjoyed the fellowship of Lazarus, Mary, and Martha in their home in Bethany (see Luke 10:38-39; John 11:3,5). Nevertheless, Jesus' highest joy was a constant experience. It did not depend on circumstances but on a deep reality of His being. Jesus spoke of His obedience to His Father, and then He told the disciples, “These things I have spoken to you, that My joy may be in you, and that your joy may be made full” (John

15:11, NASB). Jesus wants His disciples to have a full joy. Later He promised that their joy after His resurrection would be indestructible—a permanent feature in their lives (see John 16:22). From this time with the disciples He went to the cross.

Jesus realized joy when He sought to glorify His Father in every circumstance: “For the joy set before Him, [Jesus] endured the cross” (Heb. 12:2). In His High Priestly prayer Jesus prayed:

Father, the hour is come; glorify thy Son, that thy Son also may glorify thee: as thou hast given him power over all flesh, that he should give eternal life to as many as thou hast given him. And this is life eternal, that they might know thee the only true God, and Jesus Christ, whom thou hast sent. I have glorified thee on the earth: I have finished the work which thou gavest me to do (John 17:1-4).

Though Jesus faced that hideous punishment, His experience of joy was undisturbed. His joy, in fact, was full. In the parable of the talents, the master commanded the industrious servants to “enter into the joy of your master” (Matt. 25:21,23, NASB). This is the joy we will enter: the joy of Jesus.

 2. What are two virtues of the mind of Christ?

L _____	J _____	Peace
Long-suffering	Gentleness	Goodness
Faith	Meekness	Temperance

The opposite of joy is *sadness* or even *hurt*. The perversion is *frenzy*. Like all emotions, joy is under the control of a temperate person. Christian joy is a superlative. It cannot depend on outward circumstances, although a circumstance may produce a particular expression of joy. Many people settle for pleasure, but joy is more than pleasure. Pleasure in itself is not wrong, because Jesus enjoyed His friends. Joy, however, is higher and grander than pleasure. It is a constant experience that comes from your inner being. It is the joy of Christ in you.

 3. Read the list of words in the margin to help you understand what *joy* is and what it is not (opposites). Below write your definition of *joy*.

Joy is _____

 4. Read the list of words in the margin that help you understand the perversions of joy. Can you think of an experience when you observed this kind of behavior? If so, who was involved and when?

Prayer to Begin the Lesson

Jesus, the angels proclaimed Your joy when You came into the world. You are the Prince of Peace. You are my Peace. Guide me to live in such a way that I will know Your joy and Your peace. Amen.

JOHN 16:22

“YE NOW THEREFORE HAVE SORROW: BUT I WILL SEE YOU AGAIN, AND YOUR HEART SHALL REJOICE, AND YOUR JOY NO MAN TAKETH FROM YOU.”

Joy

delight, gladness, calm, cheerfulness, bliss, enjoyment, contentment, radiance

Opposites of Joy

pain, hurt, wound, agony, anguish, distress, misery, torment, woe

Perversions of Joy

frenzy, crazed, excitement, hysteria

Peace

The third fruit of the Spirit is peace. Jesus is the Prince of Peace (see Isa. 9:6). We usually think of Him as a King, but He is also a Prince. Jesus knows more about peace than anyone else. He rules over it. Peace is His to give, and He gives it to His disciples (see John 14:27).

Jesus cautioned against worry (see Matt. 6:25,34). His own demeanor was never troubled by insecurity or instability. Insecurity cannot be decisive, and Jesus always acted decisively. His words and His actions were conclusive. Each healing was final; the leprosy, blindness, deafness, or lameness did not reoccur. Only peace can move forward, and Jesus always progressed. He never went backward in the phases of His life. Jesus had peace.

 5. What are three virtues of the mind of Christ?

L _____	J _____	P _____
Long-suffering	Gentleness	Goodness
Faith	Meekness	Temperance

Jesus was able to give His kind of peace to His disciples. This gift was given at the end of His life after the disciples had observed Him for about 3½ years. Jesus talked with them at length about important information they would need after His death:

- The Holy Spirit
- The treatment they would receive at the hands of the world
- Abiding in Him
- His departure and its significance for them

Then He concluded:

Behold, the hour cometh, yea, is now come, that ye shall be scattered, every man to his own, and shall leave me alone: and yet I am not alone, because the Father is with me. These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world (John 16:32-33).

This is one of the greatest declarations of all time. The world will always trouble us, but we are in Christ. And Christ has overcome the world!

Peace is resting in the character and achievements of Christ.

Peace
rest, quietness,
tranquility, harmony,
concord, repose, serenity

Opposites of Peace
war, rage, havoc, discord,
conflict, strife, rivalry,
clash, feud, brawl, fracas,
hassle, melee, rift

The James 3:17 *peaceable* describes an outer way of acting; the quality in Galatians 5:22 is an inner peace. Its opposite is *war*. In unit 2 we saw that our own lusts produce war within us. The mind of Christ, however, is integrated, at one with itself. Peace is to be whole, not fragmented by warring inner factions.

 6. Read the list of words in the left margin to help you understand what *peace* is and what it is not (opposites). Below write your definition of *peace*.

Peace is _____

The perversion is *being neutral*. Jesus cautioned against lukewarmness (see Rev. 3:15-16). What is wrong with being lukewarm? In this tepid, halfhearted condition we are trying to be cold (perhaps to impress certain people) and also trying to be hot (perhaps for other people). Lukewarm persons are trying to be opposite things at the same time! Bland neutrality is not what Jesus meant by *peace*.

7. Read the list of words in the margin that help you understand the perversions of *peace*. Can you think of an experience when you observed this kind of behavior? If so, who was involved and when?

Perversions of *Peace*

neutrality, lukewarmness, indifference, detached, uncommitted, uninvolved

8. Yesterday we asked you to identify one virtue in your life that God wants to work on. We suggested you mark the Lifelong Helps at the back of your book for that virtue. As you conclude today's study, turn to that page and prayerfully read the corresponding section "Showing _____. Ask God to show you any attitudes or actions that are not like this virtue. Seek God's forgiveness. Ask God to renew your mind and actions so that you will more nearly reflect that virtue in your life.

DAY 3
LONG-SUFFERING AND GENTLENESS



1. Begin today's lesson by reading the name of Christ for today. Work on your memory verse. Then pray, using the prayer on the following page to begin your study.

Today's Bible Meditation
(to be selected at the end of today's lesson)

Long-Suffering

The next virtue in Galatians 5:22-23 is *long-suffering*. *Long-suffering* is an old-English word that means *patient*. A long-suffering person suffers for a long time! Let's look at one example of Jesus demonstrating long-suffering or patience. Even under the great stress of facing His impending death, Jesus was patient and long-suffering with His disciples:

Then cometh Jesus with them unto a place called Gethsemane, and saith unto the disciples, "Sit ye here, while I go and pray yonder." And he took with him Peter and the two sons of Zebedee, and began to be sorrowful and very heavy. Then saith he unto them, "My soul is exceeding sorrowful, even unto death: tarry ye here, and watch with me." And he went a little further, and fell on his face, and prayed, saying, "O my Father, if it be possible, let this cup pass from me: nevertheless not as I will, but as thou wilst." And he cometh unto the disciples, and findeth them asleep, and saith unto Peter, "What, could ye not watch with me one hour? Watch and pray, that ye enter not into temptation: the spirit indeed is willing,

Name of Christ for Today
A Quickening Spirit
(1 Cor. 15:45)

**Prayer to Begin
the Lesson**

*Jesus, You are alive in me!
You are a quickening Spirit.*

*You have given me life—
abundant life. Thank You
for the life You give. Thank*

*You for being gentle and
long-suffering with me when
I don't measure up to Your
standards. Continue Your
life in me so that I can be
gentle and long-suffering
toward others. Amen.*

Long-Suffering

patience, endurance,
constancy, steadfastness,
perseverance, forbearance,
slow in avenging wrongs

**Opposites of
Long-Suffering**

impatient, edgy, chafing,
crabby, nagging, touchy,
impetuous, restless, quick
to avenge wrongs

**Perversions of
Long-Suffering**

lenient, indulgent,
permissive

but the flesh is weak." He went away again the second time, and prayed, saying, "O my Father, if this cup may not pass away from me, except I drink it, thy will be done." And he came and found them asleep again: for their eyes were heavy. And he left them, and went away again, and prayed the third time, saying the same words. Then cometh he to his disciples, and saith unto them, "Sleep on now, and take your rest: behold, the hour is at hand, and the Son of man is betrayed into the hands of sinners. Rise, let us be going: behold, he is at hand that doth betray me" (Matt. 26:36-46).

The opposite of *long-suffering* is *impatient*. Impatience reveals anxiety, intolerance, irritability, and a host of other un-Christlike qualities. The perversion is lenience.

2. Read the list of words in the left margin to help you understand what *long-suffering* is and what it is not (opposites). Below write your definition of *long-suffering*.

Long-suffering is _____

3. Read the list of words in the left margin that help you understand the perversions of *long-suffering*. Can you think of an experience when you observed this kind of behavior? If so, who was involved and when?

Jesus was long-suffering but never lenient. The disciples were slow to learn. Three times they got into arguments over the matter of personal greatness in the Kingdom (see Mark 9:34; 10:35-45; Luke 22:24-27), in spite of the Lord's repeated teachings on humility. Ironically, the first of these arguments occurred just after Jesus taught on His approaching humiliation and death. The last one occurred on the last night of His life when He was preparing to die. The disciples did not learn humility in spite of Jesus' efforts to teach them. They were not chosen for their brilliance!

Jesus bore with them and often retaught material He had covered already. For example, the Lord scolded them for their lack of faith (see Matt. 8:26; 14:31; 16:8; Mark 4:40). As early as the Sermon on the Mount, Jesus announced that God would provide for the needs of His own (see Matt. 6:25-34). The disciples heard Him repeatedly say that the faith of those healed was the effective force in some of His miracles (see Matt. 9:29; Luke 7:50). They heard Jesus highly commend the rare faith of the centurion (see Matt. 8:10) and of the Syrophenician woman (see Matt. 15:28). Yet in spite of their slowness, Jesus did not give up. On the way to Jerusalem, He still taught on faith (see Luke 17:6). Even in the final week of His life, Jesus struggled to convey the importance and the nature of faith (see Matt. 21:18-22). Perhaps we should be grateful that the disciples were slow to learn and that Jesus was long-suffering! His repeated teaching on faith is a help to us.

 4. What are four virtues of the mind of Christ?

L _____ J _____ P _____

L _____ Gentleness Goodness

Faith Meekness Temperance

Gentleness

The fifth fruit of the Spirit is *gentleness*. The Greek word for *gentleness* in Galatians is different from the word for *gentle* in James. The word in Galatians describes an attitude or disposition that is more than action. Biblical gentleness is demonstrated in a sensitive balance that does not go too far yet demonstrates the tender touch of God when it is really needed. Jesus displayed gentleness. Jesus tenderly dealt with children, with the helpless, with the lame and impaired. The prophecy of the Servant of the Lord in Isaiah 42:3 had said of Him that “a battered reed He will not break off, and a smoldering wick He will not put out” (Matt. 12:20, NASB). With those who needed firmness Jesus was uncompromising and firm. With the vulnerable He dealt sympathetically. We see one of the gentlest actions from His hand when He healed the leper after the Sermon on the Mount:

¹When he was come down from the mountain, great multitudes followed him. ²And, behold, there came a leper and worshipped him, saying, Lord, if thou wilt, thou canst make me clean. ³And Jesus put forth his hand, and touched him, saying, “I will; be thou clean.” And immediately his leprosy was cleansed. ⁴And Jesus saith unto him, “See thou tell no man; but go thy way, shew thyself to the priest, and offer the gift that Moses commanded, for a testimony unto them” (Matt. 8:1-4).

 5. What are five virtues of the mind of Christ?

L _____ J _____ P _____

L _____ G _____ Goodness

Faith Meekness Temperance

The opposite of *gentleness* is *hardness* or *hard*. Jesus warned the Pharisees that Moses permitted them divorce only “because of the hardness of your hearts” (Matt. 19:8). The perversion is to be *soft*. Jesus was not soft when He pronounced repeated woes on the Pharisees and teachers of the law in the temple (see Matt. 23:13-36).

Gentleness

kindness, goodness of heart, integrity, goodness in deeds or actions, kindly disposition toward others

 6. Read the list of words in the margin to help you understand what *gentleness* is and what it is not (opposites). Below write your definition of *gentleness*.

Gentleness is _____

Opposites of Gentleness

hard, severity, harsh, caustic, rough, abusive, hard, stiff, bitter, cruel, fierce, violent, blunt, brash, rude, short, snippy, grating

Perversions of Gentleness

soft, mushy, negligence,
laxity, dereliction,
heedless, careless,
inattentive, unchecked,
unbridled, reticent

7. Read the list of words in the left margin that help you understand the perversions of *gentleness*. Can you think of an experience when you observed this kind of behavior? If so, who was involved and when?

8. Turn to the Lifelong Helps to the virtue you are focusing on this week. Read the Scriptures for Meditation and select one that is particularly meaningful. Write it in the right margin under "Today's Bible Meditation" at the beginning of today's lesson. Spend some time with God to seek understanding of the verse and the virtue. Ask God to assist you in making that virtue evident in your life.

DAY 4

GOODNESS AND FAITH



Today's Bible Meditation
"Moreover it is required in
stewards, that a man be
found faithful"
(1 Cor. 4:2)

Name of Christ for Today
The Good Shepherd
(John 10:11)

**Prayer to Begin
the Lesson**
*Jesus, Good Shepherd,
guide me to paths of righ-
teousness. Feed me on the
riches of Your truth. Quench
my thirst for fellowship
with You! Amen.*

1. Begin today's lesson by reading the Bible verse and the name of Christ for today. Work on your memory verse. Then use the suggested prayer to begin your study.

Goodness

The next virtue is *goodness*. As Jesus used the word, *good* indicated that something or someone was functioning. If we said, "This watch is no good anymore; it won't keep time," we would mean that the watch did not work; it did not function. This is how Jesus used the word. Of the two servants who invested well, Jesus said, "Well done, *good* and faithful slave" (Matt. 25:21,23, NASB; italics mine). These servants functioned; they produced. Jesus said a good tree produces good fruit (see Matt. 7:17); that is, the tree functions. Something is good when it works.

Jesus obviously produced. He never failed. His teaching made a profound, lasting impression. After the healing of the deaf man in the Decapolis, "they were utterly astonished, saying, 'He has done all things well; He makes even the deaf to hear, and the dumb to speak'" (Mark 7:37, NASB). Jesus' success rate was 100 percent! The supreme evidence, however, is from the Father Himself. Jesus said:

I have greater witness than that of John: for the works which the Father hath given me to finish, the same works that I do, bear witness of me, that the Father hath sent me. And the Father himself, which hath sent me, hath borne witness of me (John 5:36-37).

The success rate of Jesus testifies that God the Father was endorsing all His works. He functioned. Jesus was good.

 2. What are six virtues of the mind of Christ?

L _____

J _____

P _____

L _____

G _____

G _____

Faith

Meekness

Temperance

The opposite of *goodness* is *badness*. One perversion is to be *finicky nice*. Jesus was far more than merely nice. He certainly was not choosy or persnickety. Jesus was the most wholesome man who ever lived. He loved His friends and cultivated friendship. He even loved to eat! Behind every charge of the Pharisees was an element of truth. They called Jesus a glutton (see Matt. 11:19), so obviously they had observed that He enjoyed eating. Some of them even invited Him for meals. Jesus was no more a glutton than He was a drunkard, but He evidently ate with delight. But Jesus also knew when the next bite would be sin! To Him, human life was good and worthy of His blessing. Jesus blessed the wedding at Cana. He was a real man, and He was wholesome. Jesus showed goodness at its best.

 3. Read the list of words in the right margin to help you understand what *goodness* is and what it is not (opposites). Below write your definition of *goodness*.

Goodness is _____

Goodness

uprightness of heart and life, moral, wholesome, productive, functioning, working order

 4. Read the list of words in the right margin that help you understand the perversions of *goodness*. Can you think of an experience when you observed this kind of behavior? If so, who was involved and when?

Opposites of Goodness

badness, unwholesome, evil, corruption, depravity, immorality, wickedness, nonproductive

Perversions of Goodness

finicky nice, self-righteous

Faith or Faithfulness

The seventh fruit of the Spirit is faith or faithfulness. Jesus was faithful in His love for His disciples (see John 13:1). And Jesus is faithful in His promises:

- “If ye shall ask any thing in my name, I will do it” (John 14:14).
- “I will not leave you comfortless: I will come to you” (John 14:18).
- “Because I live, ye shall live also” (John 14:19).

Jesus showed His faithfulness to Scripture and to the work of His Father until His death:

After this, Jesus knowing that all things were now accomplished, that the scripture might be fulfilled, saith, "I thirst." Now there was set a vessel full of vinegar: and they filled a sponge with vinegar, and put it upon hyssop, and put it to his mouth. When Jesus therefore had received the vinegar, he said, "It is finished" (John 19:28-30).

Jesus is faithful as High Priest (see Heb. 3:1). John calls Him the "faithful witness" (see Rev. 1:5). He is the "same yesterday and today, yes and forever" (Heb. 13:8, NASB). He is the standard for faithfulness by which we measure ourselves.

 5. What are seven virtues of the mind of Christ?

L_____ J_____ P_____

L_____ G_____ G_____

F_____ Meekness Temperance

The opposite of *faith* or *faithfulness* is *faithlessness* or *fickleness*. Many Christians would be horrified if they were accused of fickleness, and yet they do not live up to the high standard of Jesus for faithfulness. The perversion of faith is legalism—doing the right things for the wrong reasons.

Faith

faithfulness, trustworthiness, integrity, reliability, fidelity, ardor, loyalty, dependability, consistency

Opposites of Faith

faithlessness, fickleness, untrustworthiness, inconsistency, uncertainty, waywardness, capriciousness

Perversions of Faith

legalism, workaholism, overcommitted, fanatical, overzealous, extremism

 6. Read the list of words in the left margin to help you understand what *faith* is and what it is not (opposites). Below write your own definition of *faith*.

Faith is _____

 7. Read the list of words in the left margin that help you understand the perversions of *faith*. Can you think of an experience when you observed this kind of behavior? If so, who was involved and when?

 8. Close your study today in prayer. Ask God to wash away things in your mind and life that are not good and things that are faithless. Invite Him to complete His good work in you and to show goodness and faith through your life.

DAY 5

MEEKNESS AND TEMPERANCE



1. Begin today's lesson by reading the Bible verse and the name of Christ for today. Work on your memory verse. Then use the suggested prayer to begin your study.

Meekness

Jesus claimed *meekness* for Himself and, significantly, coupled it with being "lowly in heart" (Matt. 11:29, KJV). His meekness is worthy of our imitation.

Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light (Matt. 11:28-30).

2. What are eight virtues of the mind of Christ?

L_____	J_____	P_____
L_____	G_____	G_____
F_____	M_____	Temperance

One opposite of meekness is *arrogance*. The perversion is *weakness*, and many think of meekness in terms of its perversion. True meekness is a humility coupled with inner strength. We will look more thoroughly into meekness in unit 6 on servanthood and unit 7 on the Beatitudes.

3. Read the list of words in the margin to help you understand what *meekness* is and what it is not (opposites). Below write your definition of *meekness*.

Meekness is _____

4. Read the list of words in the margin that help you understand the perversions of *meekness*. Can you think of an experience when you observed this kind of behavior? If so, who was involved and when?

Today's Bible Meditation

"Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls" (Matt. 11:29).

Name of Christ for Today

The True Vine
(John 15:1)

Prayer to Begin the Lesson

Heavenly Father, You are the Gardener, and Jesus is the True Vine. Help me abide in Christ more. Prune away things and activities in my life so that I can be most fruitful. Holy Spirit, please bear Your fruit through me. Amen.

Meekness

accepting God's dealings with us as good without resistance, a fruit of power, lowly before God and humble before people

Opposites of Meekness

arrogance, haughtiness, pride, cockiness, egotism, vanity, conceit

Perversions of Meekness

weakness, wimpy, cowardly, spinelessness, timidity

Temperance

The final virtue, *temperance*, is rendered in Greek by a compound that refers to inner strengthening. The translation *self-control* captures some of the idea. Temperance is also a discipline, but it cannot be imposed from an outside source. Temperance cannot be achieved by energy or by training. Rather, temperance is a fruit of the Spirit. The spiritual Christian has this quality, not as a result of will power or effort but as a result of the work of the Holy Spirit in our lives. Temperance grows the way fruit grows.

MARK 1:35

"IN THE MORNING, RISING UP A GREAT WHILE BEFORE DAY, HE WENT OUT, AND DEPARTED INTO A SOLITARY PLACE, AND THERE PRAYED."

Temperance is observable in such disciplines as prayer, Bible study, and witness. In Jesus we see it in His night of prayer prior to choosing the disciples (see Luke 6:12) and in His rising early to pray (see Mark 1:35). Jesus' discipline is also obvious in His enormous knowledge of the Old Testament and in His constant proclamation of the kingdom of God. Certainly Jesus' temperance was a fruit because of His intimate acquaintance with and dependence on the Holy Spirit. Notice the self-control Jesus exhibited during His trial before Pilate:

Jesus stood before the governor: and the governor asked him, saying, Art thou the King of the Jews? And Jesus said unto him, "Thou sayest." And when he was accused of the chief priests and elders, he answered nothing. Then said Pilate unto him, Hearest thou not how many things they witness against thee? And he answered him to never a word; insomuch that the governor marvelled greatly (Matt. 27:11-14).

5. What are nine virtues of the mind of Christ?

L _____

J _____

P _____

L _____

G _____

G _____

F _____

M _____

T _____

The opposite of temperance is to be *undisciplined*, referring to a lack of self-control. Another opposite is *self-indulgent*. Paul cautioned against self-seeking people in the church who mislead the body of Christ (see Rom. 16:18). The perversion is *fleshly effort* or *self-effort*. The spiritual Christian always remembers that "it is God [not self] who is at work in you, both to will and to work for His good pleasure" (Phil. 2:13, NASB). Temperance, or self-control, rests in God's work in our lives. We cooperate with or work with God in accomplishing His aims.¹