



**Rejoice Learning Center**  
USA, Pakistan, India, Bangladesh,  
Kenya, Tanzania, Uganda, Burundi, Benin

## Lesson 4: Fruit of the Holy Spirit

### Introduction

The **Fruit of the Holy Spirit** is the evidence of God's work in a believer. We will bear much fruit as we abide in Jesus, grow in faith, and walk in obedience to the Holy Spirit. Apart from him, we can do nothing.

### **Galatians 5:22-23 states:**

"But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law."

**Goal:** To have a biblical understanding of the fruit and to allow the Holy Spirit to develop fruit in us. The end goal is that we look and act like Jesus.

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## 1. LOVE

### **God is love.**

**1. John 4:8** Anyone who does not love does not know God, because God is love.

### **Love is from God.**

**1. John 4:7** Beloved, let us love one another, for love is from God, and whoever loves has been born of God and knows God.

### **Love gives.**

**John 3:16** For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.

## **We are called to love God and others.**

**Mark 12:29-31** Jesus answered, "The most important is, 'Hear, O Israel: The Lord our God, the Lord is one. And you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' The second is this: 'You shall love your neighbor as yourself.' There is no other commandment greater than these.

**1. John 4:19** We love because he first loved us.

**John 13:34-35** A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another. By this all people will know that you are my disciples, if you have love for one another."

**1. Peter 4:8** Above all, keep loving one another earnestly, since love covers a multitude of sins.

**Romans 13:8** Owe no one anything, except to love each other, for the one who loves another has fulfilled the law.

## **Three biblical ways to show love:**

### **1. Laying down our life.**

**Romans 5:8** But God shows his love for us in that while we were still sinners, Christ died for us.

**1. John 3:16** This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers and sisters.

**John 15:13** Greater love has no one than this, that someone lay down his life for his friends.

**Ephesians 5:25-27** <sup>25</sup> Husbands, love your wives, just as Christ loved the church and gave himself up for her <sup>26</sup> to make her holy, cleansing her by the washing with water through the word, <sup>27</sup> and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless.

### **2. Observing God's commandments.**

**John 14:15** If you love me, you will keep my commandments.

### **3. Through action.**

**1. John 3:17-18** If anyone has material possessions and sees a brother or sister in need but has no pity on them, how can the love of God be in that person? <sup>18</sup> Dear children, let us not love with words or speech but with actions and in truth.

## Characteristics of love.

**1. Corinthians 13:4-8** Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things. Love never fails.

## We are commanded to do everything in love.

**1. Corinthians 16:14** Let all that you do be done in love.

**Colossians 3:14** And above all these put on love, which binds everything together in perfect harmony.

**Summary:** Love is our foundation because God is love. And his love is expressed through us as we follow the Holy Spirit.

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## 2. JOY

### We find Joy in the presence of God.

**Psalms 16:11** You will show me the path of life; **in your presence is fullness of joy**; at your right hand there are pleasures forevermore.

**John 16:22:** Jesus speaking to his disciples:

So also you have sorrow now, but I will see you again, and your hearts will rejoice, and no one will take your joy from you.

### We find joy in believing.

**Romans 15:13** May the God of hope fill you with all joy and peace in believing.

### We find joy in our salvation.

**Psalms 51:12** King David after he sinned with Batsheba:

<sup>12</sup> Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.

**We find joy in understanding the Word of God.**

### **Nehemiah 8**

Intro: After Israel returned from Babylon to Jerusalem, Ezra the priest took the law of Moses and read it to the people. And he made it clear and gave the meaning so that the people understood what was being read.

### **Nehemiah 8:9-12**

....” For all the people had been weeping as they listened to the words of the Law.<sup>10</sup> Nehemiah (the governor) said, “Go and enjoy choice food and sweet drinks, and send some to those who have nothing prepared. This day is holy to our Lord. **Do not grieve, for the joy of the Lord is your strength.**”<sup>11</sup> The Levites calmed all the people, saying, “Be still, for this is a holy day. Do not grieve.”<sup>12</sup> Then all the people went away to eat and drink, to send portions of food and **to celebrate with great joy, because they now understood the words that had been made known to them.**

**The Lord wants us to rejoice in good and difficult times.**

**Philippians 4:4** Rejoice in the Lord always. I will say it again: Rejoice!

**Romans 5:3:** ...We also rejoice in our hardships, knowing that hardship (distress, pressure, trouble) produces perseverance; perseverance character, and character hope.

**Romans 12:12** Be joyful in hope, patient in affliction, faithful in prayer.

**Summary:** Joy is not dependent on circumstances. We have joy as we are in the presence of Jesus, believe in him, understand his Word, and walk in his Salvation (deliverance from sin, sickness & death).

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## **3. PEACE**

**God is a God of peace.**

The Hebrew name for "the God of peace" is "Jehovah Shalom", which appears in the Old Testament story of Gideon (Judges 6:24).

**Hebrews 13:20** Now may **the God of peace**, who through the blood of the eternal covenant brought back from the dead our Lord Jesus, that great Shepherd of the sheep, <sup>21</sup> equip you with everything good for doing his will, and may he work in us what is pleasing to him, through Jesus Christ, to whom be glory for ever and ever. Amen.

**Philippians 4:9** What you have both learned, and received, and heard, and seen in me, these things do; and **the God of peace shall be with you.**

**Jesus gives peace.**

**John 14:27** Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

**We are called to live peacefully.**

**Romans 12:18** If it is possible, as much as depends on you, live peaceably with all men.

**We are protected by peace.**

**Philippians 4:6-7** Do not be anxious about anything, 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 your minds in Christ Jesus.

**Summary:** Peace comes from trusting God, even in turmoil. When we surrender our worries to Him, His peace guards our hearts.

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## 4. PATIENCE

**God is patient.**

**2. Peter 3:9** The Lord is not slow in keeping his promise, as some understand slowness. Instead he is patient with you, not wanting anyone to perish, but everyone to come to repentance.

**We are called to be patient.**

**Romans 12:12** Rejoice in hope, be patient in affliction/tribulation, be constant in prayer.  
**Ephesians 4:2** With all humility and gentleness, with patience, bearing with one another in love,

**James 1:2-4** Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, <sup>3</sup> because you know that the testing of your faith produces patience (perseverance). <sup>4</sup> But let patience (perseverance) have *its* perfect work, that you may be perfect and complete, lacking nothing.

**Colossians 3:12-13** Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive.

**Psalms 37:7-9** Be still before the Lord and wait patiently for him; fret not yourself over the one who prospers in his way, over the man who carries out evil devices! Refrain from anger, and forsake wrath! Fret not yourself; it tends only to evil. For the evildoers shall be cut off, but those who wait for the Lord shall inherit the land.

**Our patience is an example.**

**1. Timothy 1:16** But I received mercy for this reason, that in me, as the foremost, Jesus Christ might display his perfect patience as an example to those who were to believe in him for eternal life.

**Summary:** Patience is enduring difficulties with a heart of trust in God's timing. It reflects our faith and reliance on Him.

## 5. KINDNESS

**God is kind.**

**Titus 3:4-7**

<sup>4</sup> But when the kindness and love of God our Savior appeared, <sup>5</sup> he saved us, not because of righteous things we had done, but because of his mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit, <sup>6</sup> whom he poured out on us generously through Jesus Christ our Savior, <sup>7</sup> so that, having been justified by his grace, we might become heirs having the hope of eternal life.

**Luke 6:35** But love your enemies, do good, and lend, hoping for nothing in return; and your reward will be great, and you will be sons of the Most High. For He is kind to the unthankful and evil.

**Psalms 145:8** You are kind and tenderhearted to those who don't deserve it and very patient with people who fail you.

**Psalms 119:88** Revive me according to Your lovingkindness, so that I may keep the testimony of Your mouth.

**We are called to be kind.**

**Ephesians 4:32** Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

**Proverbs 11:17** A man who is kind benefits himself, but a cruel man hurts himself.

**Proverbs 16:24** Kind words are like honey— sweet to the soul and healthy for the body.

**Summary:** To be kind is beneficial and healthy for everyone.

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## 6. GOODNESS

**God is good.**

**Psalms 119:68** You are good and do good; teach me your statutes.

**Psalms 34:8** Taste and see that the Lord is good; blessed is the one who takes refuge in him.

**1. Chronicles 16:34** Oh, give thanks to the Lord, for He is good! For His mercy endures forever.

**Psalms 145:9** The Lord is good to all, and His tender mercies are over all His works.

### **Psalm 31:19**

Oh, how abundant is your goodness, which you have stored up for those who fear you and worked for those who take refuge in you, in the sight of the children of mankind!

### **We must do good.**

**Galatians 6:10** So then, as we have opportunity, let us do good to everyone, and especially to those who are of the household of faith.

**Micah 6:8** He has told you, O man, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?

### **We must cling to what is good.**

**Romans 12:9** Love must be sincere. Hate what is evil; cling to what is good.

**Summary:** Goodness is living in righteousness, choosing to do what pleases God rather than the world.

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## **7. FAITHFULNESS**

### **God is faithful.**

**2. Thessalonians 3:3** But the Lord is faithful, and he will **strengthen you and protect you** from the evil one.

**1. Corinthians 10:13** No temptation has overtaken you except what is common to mankind. And God is faithful; **he will not let you be tempted beyond what you can bear**. But when you are tempted, he will also provide a way out so that you can endure it.

**1. John 1:9** If we confess our sins, he is faithful and just and will **forgive** us our sins and purify us from all unrighteousness.

**Lamentations 3:22-23** Because of the Lord's great love we are not consumed, for his **compassion** never fail. They are new every morning, great is your faithfulness.

### **We are commanded to be faithful.**

**Matthew 25:21** "Well done, good and faithful servant. You have been faithful with a few things; I will put you in charge of many things. Come and share in the....

**Summary:** Just as husbands and wives are to be faithful, we who are called "the bride" in scripture must be faithful to Jesus. We are counted faithful as we obey him.

## 8. GENTLENESS

**Jesus is gentle.**

**Matthew 11:29** Jesus said, "I am gentle and humble in heart.

**Matthew 21:5** Your king comes to you, gentle and riding on a donkey.

**Jesus was compared to the lamb of God and lambs are gentle:**

**John 1:29** Behold the Lamb of God who takes away the sin of the world.

**We are called to be gentle.**

**Ephesians 4:2** Be humble and gentle, and patient with one another.

**Philippians 4:5** Let your gentleness be evident to all.

**2. Timothy 2:24** The Lord's servant must not be quarrelsome but must be gentle.

**Result of gentleness:**

**Proverbs 25:15:** A gentle word can get through to the hard-headed.

**Summary:** Gentleness is a beautiful quality that opens doors. It is the opposite of harshness.

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## 9. SELF-CONTROL

**All of us have self-control through the holy spirit.**

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

**Self-control will save your life.**

**Proverbs 25:28** A man without self-control is like a city broken into and left without walls.

**1. Corinthians 9:24-26**

<sup>24</sup> Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. <sup>25</sup> Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. <sup>26</sup> Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. <sup>27</sup> No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.

**Proverbs 16:32** Better a patient person than a warrior, one with self-control than one who takes a city.



**Self-control is a requirement for an elder.**

**Titus 1:7-9** Since an overseer manages God's household, he must be blameless—not overbearing, not quick-tempered, not given to drunkenness, not violent, not pursuing dishonest gain. <sup>8</sup> Rather, he must be hospitable, one who loves what is good, who is self-controlled, upright, holy and **disciplined**. <sup>9</sup> He must hold firmly to the trustworthy message as it has been taught, so that he can encourage others by sound doctrine and refute those who oppose it.

**Summary:** Self-control enables us to resist temptation and to live according to the will of God.

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**Final Reflection.**

Through prayer, knowledge of the Word of God, obedience, and daily surrender, we grow in the fruit of the holy spirit. The fruit of the Holy Spirit is beautiful and makes us beautiful.

**Questions:**

1. Which fruit do you feel strongest in?
2. Which fruit do you need to grow most?