

## DAY 9 – THE FRUIT OF THE SPIRIT

*“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.”*

Galatians 5:22-23

The fruit of the Holy Spirit is a list of virtues or characteristics that manifest in the lives of those who have a relationship with God and have received the Holy Spirit in their hearts. In this passage, Paul lists nine traits that are the **result of a life led and filled by the Spirit of God**.

Each of these is essential in the Christian life and reflects the **character of Christ** in us. To understand them better, we must remember that the Holy Spirit is the One who dwells in us and enables us to live a life that pleases God.

When we decide to follow Christ, the Spirit begins to work within us, gradually transforming us so that we can reflect **God’s love and holiness** in our actions and attitudes.

The fruit of the Spirit is **not something we can produce by our own strength**, but rather the result of the **supernatural work of the Spirit within us**. The fruit of the Holy Spirit stands in direct contrast to the **works of the sinful nature** listed in:

*“When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures, idolatry, sorcery, hostility, quarreling, 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.”*

Galatians 5:19–21 (NLT)

Galatians 5:19–21 describes what people are like—more or less—when they don’t know Christ, and therefore are not under the influence of the Holy Spirit.

Our sinful flesh produces one kind of fruit that reflects our fallen nature, while the Holy Spirit produces a **different kind of fruit that reflects His nature**. The Christian life is a **battle between the sinful flesh and the new nature that Christ gives us** (2 Corinthians 5:17).

As fallen human beings, we are still trapped in a body that desires sinful things (Romans 7:14–25).

But as Christians, we have the Holy Spirit producing **His fruit in us**, and we count on His power to **overcome the acts of our sinful nature** (2 Corinthians 5:17; Philippians 4:13). A Christian will never be completely victorious in constantly showing the fruit of the Spirit. However, it is **one of the main purposes of the Christian life**: to allow the Holy Spirit to **gradually produce more and more of His fruit in us** and conquer our opposing sinful desires.

### REFLECTION QUESTIONS:

1. Which of the 9 characteristics of the Fruit of the Holy Spirit do you feel is most developed in your life, and which ones do you need to ask the Holy Spirit to work on more?
2. How has demonstrating the Fruit of the Holy Spirit helped you in your relationships with others?