10-28-2026 – Fruit of the Spirit – Week 4

Spiritual fruit from H.S. – Produces **more of God**, **less of us**. **Transforms** us:

- 2 Cor. 3:18 - "And the Lord—who is the Spirit—makes us more and more like him as we are changed into his glorious image."

We are changed by the Spirit to reflect the nature of God.

> Galatians 5:22-23 – "But the fruit of the Spirit is love, joy, peace, patience, **kindness, goodness, faithfulness**, gentleness, and self-control. Against such things there is no law."

1 – Kindness. What is kindness?

- From O.T., **Hebrew** word: **Chesed**, translated as "loving kindness" or "steadfast love."
- **Chesed** is understood to **mean Action over Feeling;** it's not a passive emotion but an **active, practical deed** to help someone in need.
    - Acts of **loving kindness** are given **without expecting** anything in return, simply b/c we have love in our hearts.
- Consider Luke 6:35 – "But love your enemies, do good to them, and lend to them without expecting to get anything back. Then your reward will be great, and you will be children of the Most High, because he is kind to the ungrateful and wicked."
    - This shows that God's kindness stems from love.
    - God does good things simply b/c God is love.
        - **Acts not based on the receiver**, but the **love of the Giver**.
    - In particular, Jesus said "do good" & "lend" w/out expectations. Look at this **in context** from Luke 6:
    - 32 "If you love those who love you, what credit is that to you? Even sinners love those who love them. 33 And if you do good to those who are good to you, what credit is that to you? Even sinners do that. 34 And if you lend to those from whom you expect repayment, what credit is that to you? Even sinners lend to sinners, expecting to be repaid in full.

35 But love your enemies, do good to them, and lend to them without expecting to get anything back.

- **Jesus urges us to live to a higher standard . . .** to be more like our Heavenly Father; reflect His nature and attributes/characteristics.
    - "If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head." – **Romans 12:20**
- **The idea** here is we are to **respond in kindness.**
    - By treating our enemies with love & kindness, we **demonstrate the love of Christ** and live out the Gospel in practical ways.
    - To "heap burning coals" is belief that unexpected acts of kindness can bring about change in an enemy; Kindness can cause conviction & repentance in the enemy.
        - This idea stems from how God changes us:
        - **Romans 2:4** – "Don't you see how wonderfully kind, tolerant, and patient God is with you? Does this mean nothing to you? Can't you see that his kindness is intended to turn you from your sin?"
    - So if we're acting with a heart changed by God, living in step with the Holy Spirit's guidance, we will:
        - **Matthew 5:42** – "Give to the one who asks you, & do not turn away from the one who wants to borrow from you."
    - Kindness happens thru Fruit of the Spirit . . . when our hearts **surrender** to God's transformational process.

2 – Goodness.

- Kindness is the practical expression of the heart… it's tied to actions.
- Goodness is internal quality of moral integrity rooted in God's character.
- Goodness - internal motive to do what's right b/c of desire/righteous.

- It comes from a Greek word which means: **uprightness of heart**
- ***The Rich Young Ruler*** - **Luke 18:18 -** Then a certain ruler asked Him, "Good Teacher, what must I do to inherit eternal life?" [19] **"Why do you call me good?" Jesus answered. "No one is good—except God alone."** Jesus' question is to have him consider his own words.
    - If goodness belongs to God, then calling Jesus good requires viewing Him as more than an honored rabbi. He's Son of God.
- **Jesus** says **no one is good**. All humans have sin.
    - **Ecclesiastes 7:20** – "Surely there is no righteous man on earth who does good and never sins."
    - **Psalm 14:3** – "All have turned away, they have together become corrupt; there is no one who does good, not even one."
        - We have to rely on God's righteousness & the H.S. to change us . . . **we can't be "good" by willpower.** Effort.
    - We're made righteous by the blood / Jesus, & the H.S. produces the fruit in us. Righteousness is **internal desire** to live for God.
    - Jesus said: *"Blessed are those who hunger and thirst for righteousness, for they will be filled." – Matt. 5:6*

God's goodness is shown:

- **Psalm 119:68** – "You are good, and You do what is good; teach me Your statutes."
- **Psalm 145:9** – "The LORD is good to all; His compassion rests on all He has made."
- **Psalm 25:8** – "Good and upright is the LORD; therefore He shows sinners the way."
- **Nahum 1:7** – "The LORD is good, a stronghold in the day of distress; He cares for those who trust in Him."

What goodness is not: Not just following rules. Empty good deeds.

- **Goodness is** the condition of the heart; it's a **responsive** heart:
    - Offering comfort to others. Being compassionate...
    - Helping others in need. Showing the way…
    - Goodness is being a blessing, not for praise/recognition
    - Doing the right thing when no one is looking
        - That's b/c **Goodness** is **tied** to God's **righteousness**.
        - Goodness flows from a heart that is motivated by living to please God – righteousness. H.S. cultivates goodness …
- James 1:17 – "Every good and perfect gift is from above, coming down from the Father of lights, who does not change like shifting shadows."
    - That means God is good . . . all the time . . . who provides goodness to us as a gift . . . b/c He is love.
    - "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up." – Gal. 6:9

3 – **Faithfulness**.

Psalm 33:4 says God he "is faithful in all he does."

- God is faithful, so He will never abandon us, or give up on us:
    - 1 Cor. 1:8-9 – "He will sustain you to the end, so that you will be blameless on the day of our Lord Jesus Christ. God, who has called you into fellowship with His Son Jesus Christ our Lord, is faithful."
- God's faithfulness rests in His **unchanging character**. Always same.
- Look at all the ways God shows His Faithfulness:
    - Lamentations 3:22-23 – "Because of the loving devotion of the LORD we are not consumed, for His mercies never fail. / They are new every morning; great is Your faithfulness!"
        - He will always be merciful.

- **2 Thessalonians 3:3** – "But the Lord is faithful, and He will strengthen you and guard you from the evil one."
    - He will gives us strength, but also protect us.
- **1 John 1:9** – "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."
    - He will always forgive us.
- **Hebrews 10:23** – "Let us hold resolutely to the hope we profess, for He who promised is faithful."
    - He will always keep His promises. His word always true.
- **1 Thessalonians 5:23-24** – "May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. The One who calls you is faithful, and He will do it."
    - God sanctifies us… makes us righteous so that we can be blameless before God, welcomed into eternal home.
    - God's faithfulness gives us **confidence** and hope … our **victory, endurance, strength rests on His character rather than our ability.**

- God is faithful. God is always there. . .

  . . . so we can be "confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus." - **Philippians 1:6**

Tonight – a challenge – a clarification - and encouragement for the soul.