

10-7-2026 – Fruit of the Spirit – Week 1

We have it so great. Multiple stores . . . fresh fruit.

But there is no “spiritual fruit” store where you buy the Fruit of the Spirit.

[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 - So **where** do we get this Fruit?

It’s already inside us. This fruit grows from the **Spirit’s indwelling** presence.

- [1 Cor. 3:16](#) – “Do you not know that you are God’s temple and that God’s Spirit dwells in you?”

Indwelling of the H.S. is fulfillment of God’s promise – [Ezekiel 36:26-27](#):

- “And I will give you a new heart, and I will put a new spirit in you. I will take out your stony, stubborn heart and give you a tender, responsive heart. And I will put my Spirit in you so that you will follow my decrees and be careful to obey my regulations.”

Jesus promised us the H.S. to guide us. [John 14:16-17](#)

“And I will ask the Father, and he will give you another Advocate, who will never leave you. He is the Holy Spirit, who leads into all truth. The world cannot receive him, because it isn’t looking for him and doesn’t recognize him. But you know him, because he lives with you now and later will be in you.”

We receive the Holy Spirit at Salvation, upon accepting Jesus as Lord.

[Eph. 1:13-14](#) – “having heard & believed the word of truth—the gospel of your salvation—you were sealed with the promised Holy Spirit, who is the pledge of our inheritance until the redemption of those who are God’s possession”

Many **Christians** have a **gap** . . . space between what we **believe/how** we live.

We believe in & follow J.C.’s teachings... but don’t always respond as J would.

The work of the H.S. is to close that gap. Make us more like Christ.

- We **have** the **Spirit** ... but **have** our **natural desires, too**.
- Spirit should **be in control, if we've allowed** God to be **Lord** of our lives:
- **Romans 8:9** – “You, however, are controlled not by the flesh, but by the Spirit, if the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, he does not belong to Christ.”

2 - We have **2 natures in us**: Sinful nature (“the Flesh”) & the Spiritual.

Galatians 5:17 – “The sinful nature wants to do evil, which is just the opposite of what the Spirit wants. And the Spirit gives us desires that are the opposite of what the sinful nature desires. These two forces are constantly fighting each other.”

- **Am. Indian** taught Grandson of battle between **2 wolves**. (Good/evil)
- **ANGER, ENVY, JEALOUSY, REGRET, GREED, ARROGANCE, SELF-PITY, GUILT, RESENTMENT, FALSE PRIDE, EGO, etc. vs JOY, PEACE, LOVE, HOPE, SERENITY, HUMILITY, KINDNESS, EMPATHY, GENEROSITY, TRUTH, COMPASSION AND FAITH**
- **Which one wins?** The one that you feed.

Paul points out **when the Flesh is in control**, and **NOT** the Spirit: **Gal. 5:**

⁹“When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures, ²⁰idolatry, sorcery, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division, ²¹envy, drunkenness, wild parties, and other sins like these.”

- **Notice** – results show in actions. It’s outwardly obvious what’s inside.

Activating what is already inside us – H.S. - closes (removes) the gap.

- **Activating** the Fruit is **allowing** it to grow from the Spirit’s indwelling presence – will show what **leads our lives**: Flesh or Spirit.

3 – Activating the Spirit is part of Spiritual Maturity.

- It means **feeding the Spirit** so that it grows and produces fruit.
- The Christian journey is a **life-long process** of surrender . . . growth . . . and maturity.
 - We begin this journey as infants; but over time, we mature.
Many of **Paul's writings** bemoan the fact that they're still infants:
Heb. 5:12-14 – “In fact, though by this time you ought to be teachers, you need someone to teach you the elementary truths of God's word all over again. You need milk, not solid food! Anyone who lives on milk, being still an infant, is not acquainted with the teaching about righteousness. But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil.”
- It takes effort to grow & mature. **Willingness & surrender** are key.
 - Some fight it. . . Right to be mad. No forgiveness.
 - You can stay there if you choose. Hold onto those feelings.
 - But **if you're tired** of sleepless nights, stress, stomach problems ... **surrender** to the H.S. inside you. Let H.S. have control.
- Let the H.S. produce its fruit - **Galatians 5:22-23** – “But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.”

4 - How does the Fruit get produced? Get activated?

It's **not about trying harder** to produce Fruit. Can't do it on our own.

Can't will yourself to do it . . . that is living in the Flesh. Will / wants.

– Jesus tells us the way to bear fruit:

- **John 15:5** - “I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.”

- It's not about trying harder. It's **staying close** to the **source**. It's **learning to yield** to the Holy Spirit who already lives inside you. It's taking a **moment** before responding to ask – **What Would Jesus Do?**
 - Believers who are transformed aren't ones w/ the **most willpower**
 - It's all in the **surrender**. **Cooperating** w/what God is already doing in us.
- The Fruit of the Spirit is **not a checklist** you muscle through. It's the **natural overflow of a life connected to the Vine**.
 - Some Christians don't mature b/c they don't stay connected vine. Instead – take breaks... work in Jesus here/there... no priority.
 - Some don't mature b/c they are unwilling. "This is who I am" – but that ignores what Scripture teaches – that we are to **put on the new self, to have our minds renewed, to become more like our Heavenly Father – righteous & holy**.
- Process of Activating Fruit is not passive. It's "**Cooperative Surrender**." It's offering your whole being to God . . . allowing Him to be **Lord**.

Action Plan:

- 1 – Begin each day w/ a **prayer of surrender**: "I yield my day to you. Let me respond as Jesus would. Produce fruit in my life."
 - No magic words. Just surrender & desire to be attached to Jesus.
- 2 – Get into **scripture** to guide your mind & **Feed the Spirit**
 - Get a devotional book. Read a chapter a day. Thru **Scripture, God speaks** to us: **Psalm 119:105** - "Your word is a lamp to guide my feet and a light for my path."
- 3 – Be honest with how/when – you fall short. Can't improve what we don't acknowledge. Evaluate ways you don't produce fruit. Bad reactions. No filter. Angry. No patience. That's flesh, not the H.S.
- 4 – Don't ignore the opportunities that will come to produce this Fruit.