

THE FRUIT OF THE SPIRIT

Welcome Holy Spirit Series • Week 4

Series Overview

- Week 1 — The Promise: Holy Spirit as Comforter and Helper, always with believers
- Week 2 — The Power: Resurrection power that raised Christ and gives us new life
- Week 3 — The Passion: Making Jesus known. Pentecost; 120 frightened disciples transformed into the world-changing Church
- Week 4 — The Fruit: How Holy Spirit transforms us from the inside out into true image bearers

Key Scripture

Galatians 5:22–23 (NLT) *"But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!"*

Why "Fruit" — Not "Fruits"?

Paul's deliberate use of the singular is theologically significant:

- Fruit is the natural outcome of a living, deeply rooted, nourished tree — you can't manufacture it
- All nine qualities are one unified character — we can't pick our favourites and ignore the rest
- Growth takes time — fruit requires a season; spiritual maturity is downloadable

John 15:4–5 (NLT) *"Remain in me, and I will remain in you. For a branch cannot produce fruit if it is severed from the vine, and you cannot be fruitful unless you remain in me... For apart from me you can do nothing."*

Works of the Flesh vs Fruit of the Spirit

Paul deliberately contrasts the two:

Works of the Flesh	Fruit of the Spirit
<i>Strains, grasps, performs</i>	<i>Produces, yields, blossoms</i>
Comes from effort and self-will	Comes from connection and surrender



The Nine Qualities at a Glance

#	Quality	Key Insight
1	Love <i>Agape</i>	Unconditional, sacrificial, covenant-keeping love — the root from which all other fruit grows. Love bears all things, believes all things, endures all things. Not primarily a feeling — a choice, a commitment. (1 Corinthians 13)
	Joy <i>Chara</i>	Not circumstantial happiness — a supernatural inner anchor that remains even in pain or difficulty <i>"Rejoice in the Lord always. I will say it again: Rejoice!"</i> <i>Philippians 4:4 (NIV)</i>
3	Peace <i>Eirene</i>	Shalom: wholeness, completeness, flourishing — a peace that guards like a sentry (phroureō) <i>"Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus."</i> <i>Philippians 4:7 (NLT)</i>
4	Patience <i>Makrothumia</i>	Long-suffering — trusting God's timing; not rushing the harvest or pulling on branches.
5	Kindness <i>Chrestotes</i>	Goodness expressed in action; the same word used for God's kindness that leads us to repentance
6	Goodness <i>Agathosyne</i>	Bold moral integrity — authentic generosity of heart, even when it means hard truths
7	Faithfulness <i>Pistis</i>	Reliability and covenant-keeping — staying when staying is hard; mirroring God's own faithfulness
8	Gentleness <i>Prautes</i>	Strength submitted to God — like a powerful horse trained and guided; restores rather than crushes <i>"Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls."</i> <i>Matthew 11:29 (NLT)</i>
9	Self-Control <i>Enkrateia</i>	Self-governance through Spirit's power — keeps all other qualities in proper balance. Without self-control, the other qualities become unstable: love becomes possessive, joy becomes recklessness, kindness can become enabling.



Melbourne
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Come as you are.

How Does the Fruit Actually Grow?

1. Remain in the Vine

Abide — remain, don't drift. Fruit grows from sustained, daily, habitual connection with Jesus through Scripture, prayer, worship, and fellowship.

2. Cooperate with the Pruning

John 15:2 (NLT) *"He cuts off every branch of mine that doesn't produce fruit, and he prunes the branches that do bear fruit so they will produce even more."*

Seasons of greatest loss are often when the deepest fruit is being prepared. Don't run from the hard seasons; don't numb the pain. Trust the Gardener.

3. Walk in Step with the Spirit

Galatians 5:25 (NIV) *"Since we live by the Spirit, let us keep in step with the Spirit."*

Two friends who've walked so many roads together they naturally fall into the same rhythm. Small daily choices — pausing before reacting in anger, saying yes to gentle nudges toward kindness, forgiveness, truth.

Call to Action

Step 1: Write out all nine fruits of the Spirit on a piece of paper.

Step 2: Honestly mark — with the Spirit's help — which are growing well and which feel stunted or absent. Diagnosis is the beginning of healing.

Step 3: Ask Holy Spirit to highlight one fruit to focus on this season. Just one.

Step 4: Ask: What would it look like to abide more deeply this week? What needs pruning? Where do I need to get back in step with You?

Holy Spirit is not just a doctrine we affirm — not a past-tense experience we remember. Holy Spirit is the living, active, and creative presence of God at work in us right now.

Connected through Christ. Thriving in community!