



FRIENDS & FAMILY BIBLE STUDY  
THE FRUIT OF THE  
HOLY SPIRIT



THE IPOSTAS "*RIGHT  
TRACK*" BIBLE STUDY  
SERIES



**W**e start our Bible Study about the Fruit of the Spirit by asking a very basic question.

## **What does it mean to be a Christian?**

Does it mean I am a Christian because I am Baptised?

Does it mean I am a Christian because I try to keep the Ten Commandments?

Does it mean I am a Christian because I believe the correct doctrines in the Bible?

These are all good questions and each of these points are important. The answer to all of those questions is no.

**It is none of those things that make me a Christian.**



# **Being a Christian is based on two fundamental truths:**

**(1) My sins have been forgiven by God because of what Jesus did for me by dying in my place on the Cross.**


**(2) Because my sins have been forgiven it means that I belong to God. I am His child. I am His friend. He is my father. He is my Lord. .**

**Now lets think about this by asking ourselves two questions:**

**(1) If I belong to him, does He have the authority to show me how to live my life?**

**(2) Does He have the authority to give me commandments that I must obey?**





Now the very important thing is this. Because He loves me, Jesus paid for the punishment of my sin. He loves me so much that the things He desires for me, the things that He commands me to do are:

**ALL FOR MY GOOD.**

If you look into the Bible you will see that God gives us many commands. But the greatest commandment is that we live lives that are a reflection of His love.

***We Want To Live Our Lives Like Jesus Lived***



The Bible calls living our lives in this way  
THE FRUIT OF THE SPIRIT.

Galatians 5 :22-23



## PRODUCING GOOD FRUIT OR BAD FRUIT

People are like plants. Plants can produce: (a) Good Fruit, (b) Bad Fruit, or (c) No Fruit at all.

God's desire is that we would always produce Good Fruit.

Plants produce fruit like apples, oranges, grapes, and pears.

People Produce Spiritual Fruit.

There are two kinds of Fruit.

## THE FRUIT OF THE FLESH AND THE FRUIT OF THE SPIRIT





**The Bible  
describes  
BAD FRUIT  
as:**

**Sexual Immorality** - Having Sexual relationships with anyone other than the person you are married to.

**Impurity** - Pornography and speaking about sexual things in a disrespectful manner.

**Sensuality** - Using our bodies in either pictures of real life to impress or tempt others.

**Idolatry and Sorcery** - Going to fortune tellers, witches, or curse makers.

**Enmity, Strife, Jealousy** - causing people to feel or believe negative things about other people.



**Fits of Anger** - Causing people to be afraid at your lack of self control.

**Rivalries, Dissensions, Divisions and Envy** - When you turn people against others instead of building bridges of peace.

**Drunkenness** - Drinking alcohol or smoking weed so that your mind is effected.

**Orgies** - When a group either watches pornography together or engages in group sex.





# GOOD FRUIT

**Love** - Putting someone else before myself, thinking of others first.

**Joy** - Putting another persons happiness before my own.

**Peace** - Doing whatever is needed with love for the others to put an end to conflicts.

**Patience** - Being understanding to another person's point of view and being understanding when they do not see your point of view.

**Kindness** - Expressing goodness to someone even when it is undeserved.



**Goodness** - Choosing not to allow evil in anything I think, do, or say.

**Faithfulness** - Not allowing my desires to be more important than my commitment to another person or God.

**Gentleness** - Being understanding and kind and always expressing that in a way that does not create fear in others.

**Self-control** - Not allowing frustration or anger, even when it is justified, to take over my heart, mind, words, and actions.





We will study these Good Fruits much more deeply in this Bible Study series. This Study is just an introduction.

What you have probably realized already is that it is easy to fall into producing bad fruit rather than good fruit.

Now, we need to look at the:

## **FIVE STEPS IN UNDERSTANDING THE FRUIT OF THE SPIRIT.**

These steps give us a way of revealing that we are Christians by seeking to obey God in response to His saving us from our sins and giving us a life to live for Him.

## **First Step**

The most important need is to desire the Fruit of the Spirit in my life.



## **GOD SEES JESUS IN OUR LIVES**

**Matthew 3:16-17**

**When Jesus came up from the waters of Baptism God spoke from heaven, "This is my beloved son. I am very pleased with Him."**

- 1. When you see your daughter or son do something good it makes you pleased. When God sees the Fruit of The Spirit in our lives He is pleased.**
- 2. When you see your son or your daughter do something bad it makes you sad. When God sees bad Fruit in our lives, He is disappointed.**
- 3. God wants to see His Son Jesus in our lives because when He does He is pleased.**
- 4. God sees His Son in our lives when we reveal the Fruit of the Spirit**

## **Second Step**

I cannot reveal the  
Fruit of the Spirit in  
my own strength.  
I need God's help.



### **WE APPROACH GOD BY PRAYER Philippians 4:13**

**I can do all things through Christ who  
strengthens me.**

**I can not produce the Fruit of the Spirit in  
my own strength. I need God to help me and  
give me spiritual strength.**

**1. Lord I do not have strength in myself,  
please help me.**

**2. One of the most common prayers in the  
Bible is "Lord Please Help Me."**

**3. When you pray Lord Help Me, you are  
asking a God who loves you and wants to  
help you.**

## **Third Step**

God teaches me through the Bible how to reveal the Fruits of the Spirit in my life.



### **HEARING GOD'S VOICE**

**Romans 10:17**

**Faith comes by hearing, and hearing comes by the Word of God.**

**The key issue here is that we need to listen to God. This means we need to be open to God's word even if it is difficult.**

- 1. God speaks to us in many ways. Creation, Dreams, People and Life's circumstances.**
- 2. The only way God speaks to us in a way that builds our faith is through the Bible.**
- 3. The ONLY voice you can really trust is God's voice in His Word the Bible.**

## **Fourth Step**

I have to be willing to  
CHOOSE the right  
path when the Bible  
shows me the way.



### **CHOOSING THE RIGHT PATH**

**Joshua 24:15**

**Choose this day who you will serve.**

**When we choose sin we will always regret what we have done. When we choose God's way we will always know that we have done right.**

- 1. We make choices every day to either do right or wrong.**
- 2. The Bible shows the choices we must make to reveal the Fruit of the Spirit.**
- 3. It is easy to make bad choices....they come natural to us.**
- 4. We can only make good choices by seeking God's help.**

## **FIFTH Step**

When I fail, I go  
back to Step Two  
where I humbly  
begin again



### **WHEN IT ALL GOES WRONG**

**Philippians 1:9**

**If we confess our sins, He (God) is faithful and just to forgive us our sins and cleanse us from all unrighteousness.**

**Never be ashamed to admit your failure.**

**There is nothing that God can not redeem and restore.**

**1. We all fail.**

**2. When we fail we can give up and just carrying on making bad choices.**

**3. When we fail we can accept, acknowledge and then confess our failure to God.**

**4. God's response is always to forgive and cleanse our hearts.**



# ANSWER THE QUESTIONS

## WHAT MAKES ME A CHRISTIAN

BAPTISM

THE TEN COMMANDMENTS

BELIEVING CORRECT THINGS

RECEIVING THE FORGIVENESS OF SINS

## FILL IN THE BLANKS

If I belong to Him, He has the  
\_\_\_\_\_ to show me how to  
\_\_\_\_\_.

He has the \_\_\_\_\_ to give  
me \_\_\_\_\_ that I must obey.

The things that He \_\_\_\_\_ me to  
do are all for my \_\_\_\_\_.

\_\_\_\_\_ - Pornography and speaking about sexual things in a disrespectful manner.

\_\_\_\_\_ - Causing people to be afraid at your lack of self control.

**Sexual Immorality** is having sexual relationships with anyone other than \_\_\_\_\_.

**Impurity** is often \_\_\_\_\_ and speaking about sexual things in a disrespectful manner.

**Sensuality** is using our \_\_\_\_\_ in either pictures of real life to impress or tempt others.

**Idolatry and Sorcery** is going to \_\_\_\_\_.

**Enmity, Strife, Jealousy** is causing people to feel or believe negative things \_\_\_\_\_.

**Fits of Anger** is causing people to be \_\_\_\_\_ at your lack of self control.

**Rivalries, Dissensions, Divisions and Envy** is when turn people \_\_\_\_\_ instead of building \_\_\_\_\_.

**Drunkenness** is drinking alcohol or smoking weed so that \_\_\_\_\_.

**Orgies** is when a group either \_\_\_\_\_ or engages in group sex.



**Love** is putting someone else \_\_\_\_\_, thinking of others first.

**Joy** is putting another \_\_\_\_\_ happiness before my own.

**Peace** is doing whatever is needed with love for the others to put an \_\_\_\_\_.

**Patience** is being understanding to another person's point of view and being \_\_\_\_\_ when they do not see your point of view.

**Kindness** is expressing \_\_\_\_\_ to someone even when it is undeserved.

**Goodness** is choosing not to allow evil in anything I \_\_\_\_\_.

**Faithfulness** is not allowing my desires to be more important than my \_\_\_\_\_.

**Gentleness** is being \_\_\_\_\_ and expressing that in a way that does not create fear.

**Self-control** is not allowing anger or frustration \_\_\_\_\_ to dominate my heart, mind, words and actions.



Think of the Bible as a deep rooted, stable and sure foundation like a majestic Oak tree. You can trust the Bible, it is a place of safety and security. All of our studies are based upon the Bible and we trust that you will be blessed and enriched in your Christian lives through your studies.



# LET'S PRAY TOGETHER

***Father in Heaven***

***I ask for your help to be a person who pleases you. I have very little strength in myself and ask you to give me strength so that I can reveal the fruit of thr spirit in my life.***

***I pray in Jesus name. Amen***





ИПОСТАС

THE IPOSTAS "*RIGHT TRACK*" BIBLE STUDY RESOURCES

