

Sunday School Lesson: 1/5/25

The Fruits of the Spirit, as outlined in [Galatians 5:22-23](#), are the qualities that are produced in the life of a believer who is walking in step with the Holy Spirit. These virtues reflect God's character and serve as evidence of His transformative work within us.

Passage of Focus: Galatians 5:22-23

Galatians 5:22-23

"But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law."

Fruits of the Spirit -

1. Love (Agape)

- **Agape** (ἀγάπη) – This is unconditional, sacrificial love. It's a choice to seek the well-being of others, regardless of their actions or feelings. Agape love is the same love that God has for us (1 John 4:10).
- *Scriptural reference:* [1 John 4:19](#), [John 13:34-35](#)
- *Application:* Love is not based on feelings or circumstances but is a decision to act in the best interest of others. How can we show love to others, even when it's difficult?

2. Joy (Chara)

- **Chara** (χαρά) – Joy is a deep, abiding sense of happiness and contentment that comes from the Holy Spirit, not from external circumstances. It's a fruit that is available even in suffering.
- *Scriptural reference:* [Philippians 4:4](#), [James 1:2-4](#)
- *Application:* True joy comes from knowing God and experiencing His presence, not from temporary things. How can we cultivate joy, even in trials?

3. Peace (Eirene)

- **Eirene** (εἰρήνη) – Peace here refers to a sense of wholeness, tranquility, and harmony, both in our relationship with God and with others. It is the result of being reconciled to God.
- *Scriptural reference:* [John 14:27](#), [Philippians 4:6-7](#)
- *Application:* Peace is not the absence of conflict but the presence of God's assurance. How can we be peacemakers in our relationships and communities?

4. Forbearance (Makrothumia)

- **Makrothumia** (μακροθυμία) – Often translated as patience or long-suffering, it involves bearing with others' faults or injustices without quickly becoming angry or frustrated.
- *Scriptural reference:* [Ephesians 4:2](#), [Colossians 3:12-13](#)
- *Application:* Forbearance means enduring hardship with a calm spirit and waiting on God's timing. How do we react when we're wronged or when others' faults irritate us?

5. Kindness (Chrestotes)

- **Chrestotes** (χρηστότης) – Kindness is a spirit of goodness, helpfulness, and generosity toward others. It goes beyond mere politeness and seeks to bless others.
- *Scriptural reference:* [Ephesians 4:32](#), [Titus 3:4-5](#)
- *Application:* The kindness that flows from the Spirit can transform relationships. How can we actively demonstrate kindness in our daily interactions?

6. Goodness (Agathosune)

- **Agathosune** (ἀγαθωσύνη) – Goodness refers to moral excellence and virtue. It's a deep goodness that is rooted in the character of God and seeks to do good to others.
- *Scriptural reference:* [Romans 15:14](#), [Matthew 5:16](#)
- *Application:* Goodness seeks to bless others and reflect God's character in all situations. How can we live out goodness in our actions and decisions?

7. Faithfulness (Pistis)

- **Pistis** (πίστις) – Faithfulness involves trustworthiness, loyalty, and steadfastness. It is a commitment to follow God and to be reliable in our relationships with others.
- *Scriptural reference:* [1 Corinthians 4:2](#), [2 Timothy 2:13](#)
- *Application:* Faithfulness requires perseverance and consistency. How can we show faithfulness in our commitments to God and to others?

8. Gentleness (Prautes)

- **Prautes** (πραΰτης) – Gentleness is humility and meekness, not weakness. It involves strength under control, showing respect, and being sensitive to others' feelings.
- *Scriptural reference:* [Matthew 11:29](#), [James 3:13](#)
- *Application:* Gentleness is about treating others with care and respect, even when we have the power to act differently. How can we cultivate gentleness in our interactions?

9. Self-Control (Enkrateia)

- **Enkrateia** (ἐγκράτεια) – Self-control is the ability to control one's emotions, desires, and actions, particularly in difficult situations. It's a sign of maturity and strength in the Spirit.
- *Scriptural reference:* [1 Corinthians 9:24-27](#), [2 Peter 1:5-6](#)
- *Application:* Self-control is essential for resisting temptation and living a disciplined life. What areas of your life require more self-control, and how can the Holy Spirit help?

Key point - Cultivation of the Fruit

- In Galatians 5:22-23, the word "fruit" is in the singular form (καρπός, *karpos*), suggesting that these qualities are not individual or isolated but are part of a holistic, unified work of the Spirit in the believer's life.
- The verb "**produce**" or "**manifest**" (*phaino* - φανέω) implies that the fruits of the Spirit aren't something we work to achieve on our own, but something that naturally appears as we submit to the Holy Spirit's leading.

Important Application Points

- **Holistic Fruit:** The Fruits of the Spirit are not optional, isolated traits. They all work together to form a complete picture of Christlike character. The more we walk with the Spirit, the more these qualities should be evident in our lives.
- **Continuous Process:** Cultivating the fruits is a lifelong process. The Holy Spirit helps us grow in these areas, but we must also be intentional in yielding to His work.

- **Against the Flesh:** [Galatians 5:16-17](#) explains the battle between the Spirit and the flesh. These fruits are the opposite of the works of the flesh ([Galatians 5:19-21](#)), so cultivating the fruits requires dying to self and living by the Spirit.

Questions for Reflection -

1. **Personal Reflection:** Which fruit do you see most in your life right now? Which one do you feel needs more cultivation?
2. **Love in Action:** How can you demonstrate agape love in a difficult relationship or situation this week?
3. **Joy in Suffering:** Can you think of a recent challenge where you experienced joy despite the circumstances? What role did your relationship with God play in that joy?
4. **Peacemaking:** How can you be an instrument of peace in a current conflict in your life or community?
5. **Self-Control:** What areas of your life need more self-control, and how can the Holy Spirit help you exercise discipline in those areas?
6. **Gentleness:** How can you practice gentleness in your conversations, especially when discussing difficult topics or confronting issues?

Conclusion -

The Fruits of the Spirit are the marks of a life transformed by *the Holy Spirit*. As we grow in our relationship with God and surrender to His leading, these characteristics will increasingly define our lives, making us more like Christ. Let's commit to seeking the Holy Spirit's help in cultivating these fruits and reflecting God's love to the world around us.

Prayer / Application -

Have an intentional focus –

Heavenly Father,

Thank You for the gift of the Holy Spirit, who empowers me to live out the Fruits of the Spirit. Help me to be more loving, joyful, peaceful, patient, kind, good, faithful, gentle, and self-controlled in every area of our lives. Transform me to reflect Your character, and may others see You in us.

In Jesus' name, Amen.