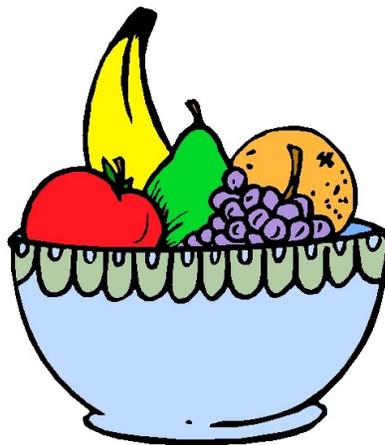


# The Fruit of the Spirit

*the key to being more like Jesus*

An interactive study guide  
for Bible study groups

*“For the fruit of the Spirit is in all goodness and  
righteousness and truth...” - Ephesians 5:9*



Disruptive Reality is an independent ministry on a mission to declare the Truth of God Almighty as revealed in his Word. Our desire is to be used by the Holy Spirit to lead the Christian Church back to the foundational truths of our faith and heritage. Truth is central to the Christian faith inasmuch as the enemies of God have been fighting against his people with lies since the Garden of Eden.

This study guide is part of a series of guides designed to give the student the knowledge required for spiritual maturity. What each one does with this knowledge is entirely up to the individual. But we know beyond all doubt that Biblical knowledge, combined with wisdom and application, will help us become all that God intends for us to be.

We hope that this study proves to be fruitful in your Christian walk.. May God bless you richly as you study His Word.



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## **Lesson 1 - An Introduction to the Fruit of the Spirit**

1. The fruit of the Spirit is an essential element in the life of every believer. The fact is, every human being bears fruit. The question then becomes, "what kind of fruit do you and I bear?".

**Read Matt. 7:17-20 and Luke 6:43-47**

According to these two passages, what determines the kind of fruit a man will bear?

**Read Gen. 1:11+12** - God set the principle in creation that a living thing can only reproduce after it's own kind. Therefore, the kind of spiritual fruit we bear cannot be changed unless we are changed by the power of the Holy Spirit.

2. **Read Luke 8:5-15.** The fruit must begin as a seed in the heart of man. So, where does the seed come from, and how is it planted?

- a) What is the seed?
- b) Who is the sower?
- c) How is fruit brought forth ?

Just like an apple tree does not grow overnight, our spiritual fruit does not either. It is a life-long process of growth.

3. **Read Gal. 5:16-25.** What is the fruit of the Spirit?

Notice the contrast between the "works of the flesh" and the "fruit of the Spirit":

- **Works of the flesh** - behaviors which result from an evil heart & mind
- **Fruit of the Spirit** - character traits resulting from the work of the Holy Spirit

According to vs. 16, what is our best defense against the works of the flesh?

To walk in the Spirit is to make the choice daily to surrender to God, and allow Him to do His will in us. That daily surrender, based on the truth of the Word, will produce good fruit in our lives.

4. A list of nine "fruits"; what does each one mean? Let's get a brief definition for each word now; we will discuss each one in detail throughout this study.

- love [agape]
- joy [chara]
- peace [eirene]
- long-suffering [makrothumia]
- gentleness [chrestotes]
- goodness [agathosune]
- faith [pistis]
- meekness [praiotes]
- temperance [egkrateia]

Remember that all nine of these fruits are character traits rather than actions. It is our character that determines our actions, so the Holy Spirit desires to change our character.

**NOTES:**

## Lesson 2 - Love is the First Fruit

As we begin the journey through the list of fruits, there is something important to notice. **Read Gal. 5:16-25**

The fruit of the Spirit is progressive, in that spiritual maturity takes us through the various stages of growth. The apple does not start out with all its parts intact like an animal does. It begins as a bud and progresses through growth, leaving behind old parts as it grows new ones. The eventual result is a fruit that looks nothing like the bud it began as.

### 1. Definition of 'love' – *agape* [ag-ah'-pay] love, i.e. affection or benevolence

From the biblical perspective, there are four kinds of love:

- **eros** - physical and/or sexual love
- **phileo** - to be a friend of; to be fond of
- **thelo** - to delight in
- **agape** - selfless benevolence

To understand agape, **Read John 3:16**. Eros, phileo, and thelo are all natural to us in the flesh. But agape is a fruit of the Spirit. Why? Because it is impossible for man to be completely selfless in the flesh.

### 2. Read Rom. 5:1-5. How, when, and where?

- a) How is love established in us?
- b) Where is love established in us?
- c) When is love established in us?

### 3. If love is a work of the Holy Spirit, what is our responsibility according to the following references?

- a) Eph. 3:17-19, II Cor. 5:14 –
- b) I Cor. 13:1-4 –

### 4. Staying in I Cor. 13, let's define the characteristics of genuine agape love:

- suffers long –
- is kind –
- envies not –

- vaunts not itself –
- not puffed up –
- does not behave itself unseemly –
- seeks not her own –
- not easily provoked –
- thinks no evil –
- rejoices not in iniquity, but rejoices in the truth –
- bears all things –
- believes all things –
- hopes all things –
- endures all things –
- never fails –

5. Other things we need to know about love:

- a) **Rom. 12:9** – Our love is to be without what?
- b) **Heb. 12:6+7, Pr. 13:24** – Does love tolerate sin?
- c) **I Jn. 3:14-21** – What is love evidence of?

**NOTES:**

## Lesson 3 - The Fruit of Joy

**Read Gal. 5:22-25.** Joy is second in the list of the fruits of the Spirit. In our current culture, the word joy is often defined as happiness. But Spiritual joy is more than just happiness.

### 1. Definition of 'joy' – *chara [khar-ah] cheerfulness, a calm delight*

Spiritual joy is an attitude of the heart which manifests itself in cheerfulness and a delight in the Lord, regardless of circumstances or surroundings.

Using the above, define the fruit of joy in your own words:

### 2. Human or worldly joy is different in that it comes from circumstances. What types of things bring worldly joy?

- a) Pr. 15:21 –
- b) Pr. 23:24 –
- c) Ecc. 2:9+10 –
- d) Is. 22:12+13 –

Although worldly joy isn't in itself evil, the problem is that when circumstances change for the worse, worldly joy disappears.

3. Spiritual joy is much more than worldly happiness. Since its source is God Himself, it need never run dry. **Read Rom. 14:13-18.** Our joy is not to come from earthly things, but rather resulting from our inclusion in the Kingdom of God.

### 4. What things should bring us Spiritual joy?

- a) I Jn. 1:3+4 – The Word. Why?
- b) I Thess. 2:17-29 – Other believers. Why?
- c) II Cor. 8:1+2 – Trial and tribulation. Why?

d) Php. 1:2-6 – Prayer. Why?

e) Phlm. 5-7 Love. Why?

**5. Read Neh. 8:8-12.**

The fruit of Joy is worked in us by the Holy Ghost, as we embrace and hold on to God. As we learn and practice His will, as we experience His presence in prayer and worship, as we learn to walk by faith, and as we become content in all things, our joy will grow in proportion.

**NOTES:**

## Lesson 4 - The True Peace from God

**Read Gal. 5:22-25.** Peace is the third gift in the list of nine. Peace is often defined as the lack of war, fighting, or disagreement. While that is certainly part of it, the fruit of peace is far more personal and deep.

### 1. Definition of 'peace' – *eirene* [*i-ray'-nay*] *peace, quietness, rest, + set at one again*

The best way to explain the fruit of peace is the phrase "set at one again"; that is to be reunited with someone from whom you have been estranged. For believers, it is to be reunited with God, which then results in quietness and rest.

### 2. What prevents mankind from experiencing peace?

a) Rom. 8:5-8 –

b) Rom. 3:11-18 –

Having peace with God is similar to having peace in the. It is achieved between parents and children when the children are submitted to the will of the parents. Peace is disrupted when the child is disobedient or in rebellion.

### 3. What then, is the solution that will cause the fruit of peace to grow?

a) II Pet. 1:2+3 –

b) Phil. 4:8+9 –

c) Is. 26:3 –

**4. Read Psalm 85:8-12.** Like all of the fruits of the Spirit, peace is established in us when we are born-again. As the Holy Spirit indwells us, He reunites us with the Father, through the blood of Jesus. However, in order for that fruit to grow, we must bring our hearts and minds in line with the Lord's and submit to Him entirely. When we do that, the quietness and rest will follow.

5. How should peace be manifested in the life of the believer?

a) Phil. 4:6+7 –

b) Col. 3:14+15 –

c) I Cor. 14:29-33 –

d) Ps. 4:7+8 –

**NOTES:**

## Lesson 5 - The Fruit of Longsuffering

**Read Gal 5:22-25.** Long suffering is fruit number four and, along with meekness, may be the most difficult of the fruits to allow to grow. It is often presumed to be a sign of weakness. Yet the opposite is true. Genuine longsuffering requires strength of character.

**Read Matt. 18:21+22**

1. **Definition of 'longsuffering'** – *makrothumia* [mak-roth-oo-mee'-ah] *longanimity, forbearance or fortitude; longsuffering, patience.*

Longsuffering is to patiently endure evil until the Lord sees fit to bring His correction. **Read Ex. 34:1-7.**

- a) Who declares that God is longsuffering?
- b) Who hears the message?
- c) Who is the recipient of God's longsuffering?
- d) Explain why:

2. Like all the fruits longsuffering is a part of God's nature that He wants to develop in us. And, He has a specific purpose in mind.

- a) II Pet. 3:8-10 - Why does God "suffer long"?
- b) I Tim. 1:15-17 - Why do we need longsuffering?

**See also II Cor. 6:4-10.**

3. Like the other fruits, genuine longsuffering will be displayed in our lives in very specific ways. For example:

- a) Eph. 4:1-3 –
- b) Col. 1:10-12 –
- c) II Tim 4:2+3 –

4. List the names of five people you need longsuffering with, and how the Spirit can manifest this in each relationship.

a.

b.

c.

d.

e.

5. To learn how to allow the Holy Spirit to develop longsuffering in us, **Read Col. 3:8-14.**

a) Do we already possess it?

b) How do we access it?

c) Which other fruit is the basis of longsuffering?

NOTES:

## Lesson 6 - Gentleness

**Read Gal. 5:22-25.** The next fruit in our list is gentleness. In our fast-paced, aggressive, and prideful culture, gentleness is rare.

1. definition: 'gentleness' - chrestotes [*khray-stot'-ace*] usefulness, excellence (in character or demeanor): gentleness, good(-ness), kindness.

To put this in plain modern English, gentleness is the character trait that combines strength of character and a mild-mannered disposition. It is similar to temperance but deals more with emotions and outward mannerisms. A gentle person is strong in character, conviction, and moral duty, yet laid-back and mild-mannered in personality.

2. **Read II Sam. 22:33-38** (also Ps. 18:32-37). There appears to be a contradiction as David speaks in these two texts.

a) Do you recognize it?

b) How do we reconcile it?

3. List some of the characteristics of gentleness.

a) I Thess. 2:4-8 –

b) II Tim. 2:23-26 –

c) Titus 3:1+2 –

d) Js. 3:15-18 –

The most important thing to remember about all of the fruits of the Spirit, is that we already possess them. Even if they are in such small amounts that they are not recognized, they are still there in the heart of the believer.

**Read John 15:3-7.** Like all fruits, gentleness grows as we yield ourselves to God, and allow Him to make us like Jesus. It requires a decision on our part to practice what ever level of gentleness we have available, and the more we practice, the quicker it grows.

4. Let's take a look at Jesus in action, demonstrating gentleness. **Read Jn. 8:1-11**

- a) How did the scribes and pharisees display a lack of gentleness?
  
- b) According to the law, was her punishment deserved?
  
- c) How did Jesus display strength of character to the scribes and pharisees?
  
- d) And to the woman?
  
- e) How did Jesus display gentleness to the scribes and pharisees?
  
- f) And to the woman?

**NOTES:**

## Lesson 7 - Goodness

At just about every funeral that takes place, we here the phrase, "he was a good man", or something similar. We all like to think that we, along with our family and friends are essentially good. But genuine goodness is not something we are born with. It is a fruit of the Spirit. **Read Gal. 5:22-25.**

1. definition: 'goodness' - agathosune [ag-ath-o-soo'-nay] goodness, i.e. virtue or beneficence: goodness.

Goodness is practicing virtue, or "doing the right thing" for the sole benefit of someone else. It goes hand in hand with love, in that the motivation is the welfare of others. It is a quality that most of us desire to have, and it is possible through the Holy Spirit.

2. According to the above definition, explain goodness in the context of the following passages:

a) Psalm 23 –

b) Psalm 25:1-8 –

c) Psalm 33:1-5 –

3. **Read Rom. 15:13+14.** Paul lists two things that go along with goodness.

a) What are they?

b) Why are they necessary?

4. Each of the Spiritual fruits has a unique quality or two. What makes goodness unique is that not only is it one of the nine fruits, but it is also an "umbrella" if you will, for the other eight. **Read Eph. 5:1-10.** Verses 1-6 speak of the characteristics and qualities of the natural sinner.

a) According to verse 7, what should be our position on these things?

b) In verse 8, why should we take this position?

- c) From verse 9, we see that all the fruits are under the "umbrella" of goodness, righteousness, and truth.  
Explain:

5. **Read Mk. 10:17+18.** No man is inherently good, and goodness is not part of our nature. But Jesus is good because He is God, and we can develop goodness by striving to follow Jesus.

**NOTES:**

## ***Lesson 8 - Faith: It Pleases God***

Faith is the Spiritual fruit which fuels the Christian walk. It fuels the engine of the heart and mind, it can literally move mountains, and it moves the heart of God. **Read Gal. 5:22-25.**

1. definition: 'faith' - istis [pis'-tis] persuasion, i.e. credence; moral conviction; constancy, assurance, fidelity.

This definition doesn't do much to aid our understanding. The word "faith", much like "love" requires an application or demonstration to give us complete understanding.

2. Before we look at what faith is, let's look at what it is not. **Read Js. 2:14-20.**

a) Verse 19 implies that faith is not the same as belief. How do we know this?

b) What should genuine faith produce?

3. Now let's look at what faith is. **Read Lk. 7:1-9.**

a) What is important about the job of the centurion?

b) What is his attitude toward the Lord?

c) What did he do that caused Jesus to recognize his faith?

Faith is simply a choice to submit (or surrender, if you prefer) to whatever God says, and then act accordingly. Faith is never blind. Rather, it is a willful, positive response to something God says.

a) In light of the centurion's example, explain **Eph. 2:8+9**:

4. In order to submit, we need to hear what God says. According to **Rom. 10:16-18**, how do we access the fruit of faith ?

5. What can we learn about faith from the following references?

a) Rom. 3:29-31 –

b) Rom. 5:1+2 –

c) I Tim. 3:8-10 –

d) Heb. 11:1-3 –

e) Heb. 11:6 –

f) Matt. 21:19-22 –

**NOTES:**

## Lesson 9 - Meekness

Meekness is often confused with weakness. When we think of someone who is meek, it conjures up images of a fearful, cowardly, spineless, little man that spends his life cowering in a corner. But Jesus is the epitome of meekness, and He certainly is not weak. **Read Gal. 5:22-25.**

1. definition: 'meekness' - praiotes [prah-ot'-ace] gentleness, humility; meekness.

Meekness is the realization and acknowledgment of what I am, in relation to God and the world around me. It is the acceptance of the fact that God is God, and I am not. And that I am no better than anyone else.

2. Moses is the first person in Scripture to be referred to as meek.

a) Ex. 32:25-29 – Was Moses weak? Explain:

b) Num. 12:1-4 – Why is Moses described here as meek?

c) Is. 53:7 – Jesus demonstrated meekness in a similar fashion. Explain:

3. **Read I Pet. 3:1-6.** A submissive and loving wife is used here to show meekness.

a) How does she show it?

b) What is God's view?

4. Meekness should be the hallmark of our evangelism.

a) II Tim. 2:23-25 – We are to instruct those who oppose themselves. To what end?

b) I Pet. 3:14-16 – We should always be ready to give and answer to those who ask of our reason for hope. To what end?

5. Meekness is also vital for a healthy church body. Let's look at some references that show us this. Write down whatever thoughts come to mind for each one.

a) Titus 3:1-3 –

b) Col. 3:12+13 –

c) Eph. 4:1-3 –

d) Gal. 6:1+2 –

In reality, we all deserve to split the gates of hell wide open to take us into residence. To understand who God is, and what I really am is a heart- changing thing. It is the difference between fresh fruit and old fruit.

**NOTES:**

## Lesson 10 - Temperance

**Read Gal. 5:22-25.** The last fruit in our list of nine is temperance. Interestingly, this word only appears three times in Scripture. Does this fact mean that temperance is not as important as the rest? Not at all. As we shall see, Scripture has plenty to say on the subject without actually using the word 'temperance'.

1. definition: 'temperance' - egkrateia [eng-krat'-i-ah] self-control, continence; temperance.

Temperance is the ability to exercise self-control; whether it's a sin issue, a bad habit, an overindulgence, or whatever. It is something that we can apply in the flesh to some degree, but unless temperance is a work of the Spirit in us, failure will be the ultimate end.

2. The most effective method of temperance is to keep yourself out of potentially tempting circumstances. The following references tell us to avoid certain things. What are they?

a) Pr. 4:14-16 –

b) Rom. 16:16+17 –

c) I Cor. 7:1-3 –

d) I Tim. 6:20+21 –

e) II Tim. 2:23+24 –

f) Titus 3:9 –

Notice that except for fornication, this list of things deals mainly with the way we think, not the way we act.

3. If temperance is the ability to exercise self-control, that ability must come from somewhere. For example, a weight lifter may have the ability to bench-press several hundred pounds. The power to do so rests in the muscles of his hands, arms, and shoulders.

**Read I Pet. 4:1+2 and Eph. 4:20-24.** What is the "power" behind temperance?

4. **Read Jn. 1:1+2, 14 and Col. 3:16.** How do we get the mind of Christ into ourselves?

5. This brings us full circle to II Pet. 1:5-7. Temperance is part of a "process", or a building project, if you will. List the eight "building blocks" below.

- |    |    |
|----|----|
| 1. | 2. |
| 3. | 4. |
| 5. | 6. |
| 7. | 8. |

Explain the blocks that precede temperance and those that follow. How does this whole process work?

**NOTES:**

**A note to teachers and study group leaders:**

This study guide is a great resource to aid learning spiritual truth if used correctly. It is intended for small groups of 2-10 people, but can be adapted to larger ones.

The methodology employed in this study is to provoke thought and discussion within the framework of Scripture, thereby teaching the student how to learn and find the answer himself. We believe this is a far better approach to study groups than simply "spoon-feeding" Scripture.

Therefore, questions and discussion are both encouraged. Don't feel like you must complete one lesson per week to stay with the program. Take as long as needed to complete each lesson with understanding, because the next lesson will build on the previous one.

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May God bless you in your studies!

**A final word to students:**

We hope this study guide has been beneficial to you in your walk with Jesus. Discipleship is a journey that will take you to places and teach you things that you never thought possible. Should you make the decision to be a true disciple of Jesus, following Him will not be easy. But through the power of the Holy Spirit and the grace of God the Father, you will experience the ultimate Christian life that God intended for you. And that, you will never regret.

God bless you in your walk with our Lord!