



THE FRUIT OF THE SPIRIT

(Galatians 5:22-23)

LOVE

- God's unique love (*agape*); His nature (*1 Jn 4:8*)
- known by the action it prompts; self-sacrificing (*1 Jn 3:16-18*)
- directed to the "undeserving" (*grace*; *Rom 5:8*)
- seeks the welfare of all; especially fellow believers (*Jn 13:34*)

JOY

- gladness/delight in view of God's blessings (present & future)
- independent of external circumstances
 - rejoice always (*Php 4:4*)
 - in trial and sorrow (*James 1:2-4; 2 Cor 4:17*)

PEACE

- inner quietness, rest, harmony, contentment and security
 - calms outward appearance and behaviour
- in the midst of opposition. strife, turmoil, frustration
 - transcends normal human understanding (*Php 4:6-7*)

LONGSUFFERING/PATIENCE

- enduring trial and suffering without complaint or resentment
- self-restraint in the face of offence and provocation
 - does not hastily retaliate, rebuke or punish
- associated with love/grace/mercy (*1 Cor 13:4-7; Col 3:12-13*)

GENTLENESS/KINDNESS

- conduct toward others that is gracious, pleasant, gentle...
 - soft-spoken, kind and even-tempered
 - even toward those in opposition (*2 Tim 2:24-25*)
 - shown to us by God in Christ (*Eph 2:7; Titus 3:4*)

GOODNESS

- just, virtuous, honourable and pleasing to God
- opposed to evil; detesting it (*Rom 12:9*)
- not fellowshiping with evil; exposing it (*Eph 5:11*)
- not repaying evil; overcoming with good (*Rom 12:17-21*)

FAITH/FAITHFULNESS

- confidence/trust in God and reliance upon Him (*Heb 11:1*)
- fidelity, trustworthiness (*Heb 3:2*)

MEEKNESS/GENTLENESS

- acceptance of God's will without disputing/resisting (*Mt 26:39; 2 Cor 12:8-9*)
- associated with humility and lowliness (*Php 2:3; Col 3:12*)
 - a tender, teachable heart (*James 1:21*)
 - inner beauty – a quiet spirit (*1 Pet 3:4*)
- exercised toward all (*good and evil; Titus 3:2*)

TEMPERANCE/SELF-CONTROL

- moderation/balance in the indulgence of appetites/passions
- power of the Spirit over human will (*Rom 13:13-14*)
 - more than human “willpower”
- yielded to the Spirit's rule over all desires (*1 Cor 6:12*)

THERE IS NO LAW AGAINST THESE !

Laws and rules restrain and condemn sinful behaviour, but cannot eliminate it. The fruit of God's Spirit is Christ's righteousness – no law stands against it. Christians, through faith in Christ, are under the rule of the Spirit (*Rom 7:4-6*). As such, the Spirit-led believer is not under any set of religious rules (*Rom 8:14; Gal 5:18*). The Spirit of Christ transcends and supersedes rules and regulations (*2 Cor 3:7-11*). The key for the believer is to “walk in the Spirit” (*Gal 5:16*). This is accomplished by exercising faith in Christ to live His life through us and having no confidence in our natural abilities (*Php 3:3*) – apart from Christ, we can do nothing (*Jn 15:5*).