

## SpiritFruit

Lesson One • Galatians 5:16-26

### The War Within

#### The War Within:

As Christ-followers we are in a spiritual STRUGGLE OR FIGHT to bear the fruit of the Spirit versus the works of the flesh.

*But I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do. But if you are led by the Spirit, you are not under the law. Galatians 5:16-18 ESV*

#### The Fruit of the Spirit VS. The Works of the Flesh:

### 1. What Are the WORKS of the Flesh?

*Now the works of the flesh are evident: sexual immorality, impurity, sensuality, idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God. Galatians 5:19-21 ESV*

#### **We Learn Three Things:**

- The works of the flesh are DISTINCT.
- The works of the flesh are DIVERSE.
- The works of the flesh are DEADLY.

### 2. What Is the FRUIT of the Spirit?

*But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. Galatians 5:22-23 ESV*

#### **The Fruit of the Spirit Consists of:**

- LOVE as the Christ-like response to all people in all things at all times.
- JOY as the Christ-like response to circumstances that call for sacrificing ourselves in order to serve others.
- PEACE as the Christ-like response to troubles, threats, and anxious thoughts.
- PATIENCE as the Christ-like response to those who irritate, aggravate, or provoke you.
- KINDNESS as the Christ-like response to those who are unkind and don't deserve a second chance.
- GOODNESS as the Christ-like response to what is evil.
- FAITHFULNESS as the Christ-like response to lies, deceit, or lack of loyalty.
- GENTLENESS as the Christ-like response to the desire to lash out or defend one's rights.
- SELF-CONTROL as the Christ-like response to whatever and whoever causes you to want to please yourself at the cost of pleasing God.

#### God's Plan for Bearing the Fruit of the Spirit:

### 1. Keep the Flesh CRUCIFIED!

*"I have been crucified with Christ. It is no longer I who live, but Christ who lives in me."  
~Apostle Paul, Galatians 2:20 ESV*

*And those who belong to Christ Jesus have crucified the flesh with its passions and desires.  
Galatians 5:24 ESV*

### 2. Keep WALKING with the Spirit!

*But I say, walk by the Spirit, and you will not gratify the desires of the flesh.  
Galatians 5:16 ESV*

*If we live by the Spirit, let us also keep in step with the Spirit. Let us not become conceited, provoking one another, envying one another. Galatians 5:25-26 ESV*