

The Fruit of the Holy Spirit



SABBATH—MAY 13

READ FOR THIS WEEK'S STUDY: Isaiah 53:3; John 3:16; John 15:13; Romans 5:5; 1 Corinthians 13; Ephesians 2:8; Philippians 4:11-13; 1 John 3:16; 1 John 4:8.

MEMORY VERSE: “But the fruit the Holy Spirit produces [makes] is love, joy and peace. It is being patient, kind and good. It is being faithful and gentle and having control of oneself. There is no law against things of that kind” (Galatians 5:22, 23, Nlrv).

WE ARE SAVED ONLY THROUGH WHAT JESUS CHRIST DID FOR US ON THE CROSS TWO THOUSAND YEARS AGO. As Peter explained it, “We believe we are saved through the grace of our Lord Jesus. Those who aren’t [are not] Jews are saved in the same way” (Acts 15:11, Nlrv). Paul wrote: “God’s grace has saved you because of your faith in Christ. Your salvation doesn’t [does not] come from anything you do. It [salvation] is God’s gift. It is not based on anything you have done. No one can brag about earning it” (Ephesians 2:8, Nlrv). Ellen G. White adds: “It is very, very clear that it is totally impossible for sinners to save themselves by their own best good works. Salvation is given only through faith in Christ.”—Adapted from *Faith and Works*, p. 19.

But no Christian who enjoys the results of salvation through Christ can live without showing the fruit of the Holy Spirit (Matthew 12:33). We show the fruit through our daily actions. We can preach all the sacred truths in heaven and earth, but the best proof that we are in Christ is the fruit we show. We show the fruit by the way we live and the things we do.

This week, we will take a look at what this fruit is and what it should mean for our lives.

Study this week’s lesson to prepare for Sabbath, May 20.

SUNDAY—MAY 14**LOVE (Romans 5:5).**

Read Romans 5:5 and Galatians 5:22. Why do you think Paul listed love as the first “fruit of the [Holy] Spirit” in Galatians 5:22? How does 1 Corinthians 13 describe love?

Certain kinds of trees grow leaves in the spring as the sap¹ begins to rise in the trunk and reaches out into every branch and twig. Love will fill a Christian the same way.



Sap in the tree’s branches and twigs helps the leaves to grow. Likewise, God’s love in us helps us to grow.

Jesus is God. There is no life separate from God. In the same way, there is no love separate from God. If a human is going to have and show God’s love, he or she must receive love from God. There is no other way. Love has to come from a source² that in and of itself knows love and can

give it. And that Giver is God. Read 1 John 4:8.

We need to answer an important question: What do we mean by “love”? The word *love* has been so cheapened that it covers many acts and emotions that really are not love at all. However, the Bible has many verses that help us understand love as a fruit of the Holy Spirit.

What do the following verses teach us about real love? John 3:16; John 15:13; 1 John 3:16.

MONDAY—MAY 15**JOY AND PEACE (Romans 8:28).**

The idea of joy and peace as fruit of the Holy Spirit (Galatians 5:22, 23) can lead to wrong interpretations. Our world is a sinful world. We are sinful humans. Each one of us is suffering the results of sin. Some of these results are sickness, loss, separation, fear, worry, and uncertainty. The list goes on. Not even Christians can escape the painful struggles that bother us in a fallen world. Jesus suffered. We are going to suffer too.

As Christians, there should be a difference, however. Many people blame pain and suffering on nature, bad luck, or angry evil spirits. Christians should live daily with the knowledge that they serve a living and loving God. This God knows our troubles, but He loves and cares

¹ sap—the liquid in trees that helps them to grow.

² source—where something comes from. God is the Source of love. Love comes from God.

about us and our problems. As a human, He has known plenty of suffering Himself (Isaiah 53:3; Mark 15:15; John 11:35; Hebrews 4:15; 1 Peter 4:1).

We know that whatever happens, God loves us and promises to see us through it all. God also promises us an eternity³ in perfect happiness. Knowing this should give us joy and peace that will help us to better accept whatever difficult situations we find ourselves in now.



Thinking about eternity gives us peace when we have troubles.

We must remember, too, that joy and peace are not the same as always feeling happy. Instead, joy and peace come from knowing that God is close. He promises to get us through whatever happens, even if

we are not feeling happy.

How do the following verses help us understand why we should have joy and peace in our lives as Christians, even if our situations are difficult? Matthew 6:31; Romans 8:28; Philippians 4:11-13; 1 John 4:8; Revelation 21:4.

Think about the verses you just read. If you know anyone who is struggling right now, share some of these verses with that person.

TUESDAY—MAY 16

LONGSUFFERING (Exodus 34:6).

Another “fruit of the [Holy] Spirit” in Galatians 5 is “longsuffering.” It comes from a Greek word that means “patience,” “steadfastness,” and “slowness in taking revenge.”⁴

How is “longsuffering” a reflection of God’s character? Exodus 34:6; Romans 2:4.

How do the following examples show us the “longsuffering” of God?

Genesis 15:16_____

Isaiah 5:1-5_____

³ eternity—life without end.

⁴ revenge—doing something bad to someone who has hurt you.

Hosea 11:8 _____

Revelation 2:20, 21 _____

“Longsuffering accepts many things without trying to take revenge by word or act.

“Longsuffering is having patience when someone insults you. If you are longsuffering, you will not share with others your supposed knowledge of someone’s mistakes. You will try to help and save that person because he or she has been purchased with Christ’s blood. . . . To be longsuffering does not mean being gloomy and sad, sour and hardhearted.”—Adapted from *My Life Today*, p. 52.

Our patience and longsuffering with others should come from our understanding that God is patient and longsuffering with us. Imagine if God treated each of us as we often treat one another! Fortunately, He does not. When we see that God is very patient with us, we should be patient with others. We look in the mirror and see ourselves for what we are and know that God loves us and is patient with us. Then we will be better able to show the fruit of longsuffering. In and of ourselves, we cannot do it. We need to surrender our will to God. We

need to remember the Cross and what it represents about His longsuffering toward us. Then we will grow the fruit of longsuffering.

How longsuffering have you been with someone who has recently frustrated you? What if he or she is someone who is “hard to love”? What changes do you need to make in order to treat that person as Christ treats you? What is the only way you can be patient with that person?

WEDNESDAY—MAY 17

GENTLENESS AND GOODNESS (John 8:3-11).

Describe how you understand “gentleness and goodness.” Suppose a person shows these two fruits of the Holy Spirit. Who will this person look like?

You perhaps already have noticed how the fruit of the Holy Spirit show parts of Jesus’ character. Let us review the fruit of the Holy Spirit we have studied so far: love, joy, peace, and longsuffering. In each case, these fruits are all found in Jesus. So, when we look at Him, we see the greatest example possible of goodness and gentleness. This is because Jesus as God showed goodness and gentleness. The more we show the fruit of the Holy Spirit, the more we will be like Jesus in all that we do and say.



Jesus is the perfect example of all the fruit of the Holy Spirit.

Choose one example in each Gospel⁵ of how Jesus showed goodness and gentleness. What can you learn from each of your examples?

goodness _____

gentleness _____

In the story of Jesus' fast⁶ in the wilderness (Matthew 4:1-11), you see goodness when Jesus denied self for the good of others. Perhaps you saw

Jesus being gentle with the woman at the well (John 4:5-42) and with the woman caught in adultery (John 8:3-11). Jesus always treated people, even those who have done wrong, with courtesy and respect.

Study again the examples you chose. What can you learn from them about changes you need to make in your own life?

THURSDAY—MAY 18

Faith (Ephesians 2:8).

What does Ephesians 2:8 tell us about where faith comes from?

In English, the words “faith”, “belief”, or “believer” are translated from the same Greek word. That makes sense because you have to believe in something first before you can have faith in it. You might get rich from a job you hate, or you might be healed by a doctor you do not trust. However, you will never have faith in a God you do not believe in. You cannot separate belief from faith.

Faith and belief are not the same thing. Faith might mean “belief,” but belief does not automatically mean “faith.” The Bible warns us about confusing “faith” with “belief.”

How do James 2:19, 20 help us understand the difference between belief and faith?

⁵ Gospel—the books of Matthew, Mark, Luke, and John are called the Gospels.

⁶ fast—a period of time when you do not eat so you can be closer to God. Instead of eating or thinking about food, you pray.

Faith and works are related to each other. Saving faith leads to actions (works). As James clearly explained, “Faith without works is dead” (James 2:20), the same way a body without breath is dead.

Faith is a gift. Faith is a fruit of the Holy Spirit (Galatians 5:22), but faith is not something we get from God for nothing. Daily growth in faith is very important to keeping faith. Growth in faith is based on your love for God and what He has done for you. If faith is not held dear, protected, and made stronger, it will become just belief and maybe later turn into unbelief. The world is filled with people who were very strong in faith but who do not even believe anymore. “Brothers and sisters, make sure that none of you has a sinful heart. Do not let an unbelieving heart turn you away from the living God” (Hebrews 3:12, NIV).

What do you do that makes your faith stronger? What do you do that makes your faith weaker? What can you do more of to make your faith stronger?

FRIDAY—MAY 19

ADDITIONAL STUDY: First Corinthians 13; Ellen G. White, *Steps to*

Christ, “God’s Love for Man,” pp. 9–15; *The Desire of Ages*, pp. 302–306, 347, 425–431; *Testimonies for the Church*, vol. 2, pp. 134, 135; *Education*, pp. 253–255; *Thoughts From the Mount of Blessing*, “The Beatitudes,” pp. 13–18.

The fruit of the Holy Spirit are meekness⁷ and temperance.⁸ “Moses was the greatest man to have led God’s people. He was greatly honored by God. This is not because of the experience he had in the Egyptian court.⁹ This is because Moses was the meekest of people. God talked with him face to face, as a person talks with a friend. If people wish to be honored by God, let them be humble. Those who do God’s work should be known as being very humble. Of the person who is well-known for his or her meekness, Christ says ‘That person can be trusted.’”—Adapted from Ellen G. White Comments, *The Seventh-day Adventist Bible Commentary*, vol. 1, p. 1113.

“Train and control the mind. Self-control is a power that all may have. A person can gain self-control by putting the will completely on the side of God. You can take the will of God for your will.”—Adapted from *Our High Calling*, p. 219.

⁷ meekness—being very humble; not being proud.

⁸ temperance—taking good care of your health by not using cigarettes and harmful foods. Temperance also involves exercising and not working too much; self-control.

⁹ court—the home of a king or ruler; a ruler and all the people who work for him or her.



Moses was humbled before God
(Exodus 3:1-6).

DISCUSSION QUESTIONS:

1. As a class, talk about the meaning of love. You will probably notice

that love is hard to describe, but what points do your descriptions have that are the same? What can you learn from these points?

2. Is there someone from your church who is no longer attending or who is struggling with faith? Why not plan on visiting that person or inviting him or her to do something with you? What things can you do to help that person regain the faith that has slipped away?
3. Let class members talk about someone they knew who showed goodness, gentleness, and meekness. What can you learn about these fruit from these people? How can you show these fruit in your life?