

THE FRUIT OF THE HOLY SPIRIT

1. This person's life was full of sin, but God in his love and mercy has brought him to the place of repentance. He is really sorry for his sins and is asking Jesus to forgive him, and take away his sin. Jesus has forgiven his sins and he is now a new person (**Acts 3.19**).

2. When we are forgiven for our sins and believe in Jesus, the Holy Spirit comes into our hearts. Later new Christians often find that there is a conflict going on in their hearts, between what the Holy Spirit wants and what their sinful nature wants to do. "For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. They are in conflict with each other, so that you do not do what you want" **Galatians 5.17** (NIV). When we are self-centered, the sinful nature hinders the Holy Spirit working in our lives. The Holy Spirit is like a wonderful fruit tree. A tree is recognized by its fruit **Matthew 7.17-18**. When the Holy Spirit does not fully control our lives, and the sinful nature still has a lot of control we do not bear much of the fruit of the Holy Spirit. Joy, peace and other fruits of the Spirit are present in the person's life but not in full measure.

3. Now we see a picture of the person who is controlled by the Holy Spirit. God has first place in every part of his life and he humbly obeys God. **Galatians 5.22-25**, "...the Spirit produces love, joy, peace, patience, kindness, goodness, faithfulness, humility, and self-control. ...The Spirit has given us life; he must also control our lives." The fruit of the Holy Spirit is seen in this person's life.

4. The fruit of the Spirit

Joy. People can be joyful and happy when they have plenty of money and do not have any big problems or trials. But the joy with which the Holy Spirit fills our hearts is very different. This joy is not dependent upon what we have in the way of material wealth. "For God's Kingdom is not a matter of eating and drinking, but of the righteousness, peace, and joy which the Holy Spirit gives" **Romans 14.17**. In **Acts 5.41** the apostles were happy (full of joy) because God considered them worthy to suffer for the sake of Jesus. The joy of the Holy Spirit stays deep within our hearts.

Loving others. "For God has poured out his love into our hearts by means of the Holy Spirit, who is God's gift to us" **Romans 5.5**. Before we are filled with the Holy Spirit, we only love our families and friends who are good to us. But when we are filled with God's love he enables us to love those who hate us, persecute us and speak badly to us. We return good to the person who does not like us.

Goodness. The Holy Spirit helps us live lives that are pleasing to God. Christians should show a Christlike attitude and show God's love to others. We are to be like lights shining in a sinful world so that people may see the good things that we do and give thanks and praise to God (**Matthew 5.16**).

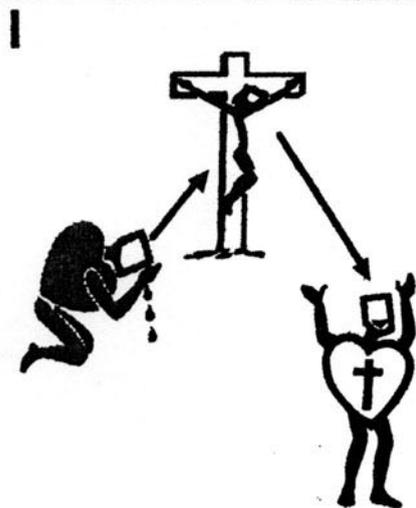
Kindness and Helpfulness. People who are not filled with the Holy Spirit, are often self-centered. The Spirit-filled Christian is different. "And look out for one another's interests, not just your own" **Philippians 2.4**. The person filled with the Holy Spirit wants to help other people and be kind to them. Husbands and wives should help, honor, and respect each other (**1 Peter 2.17, 1 Peter 3.7**).

Peace. In this world people feel that if everything is going well and smoothly in their lives, then they will have peace. The only real, true peace which we can have is when we trust God completely with our lives, in good times and in difficult times. The Bible talks a lot about peace and there are many verses in the Bible which contain the word "peace". Peace is obviously something that God wants his people to really experience in everyday life. Jesus said to his disciples, "peace is what I leave with you," **John 14.27**. We read in **Acts 16.24-25**, how Paul and Silas were praying and singing hymns to God. Why could they do this? Because of the peace they had in their hearts knowing that God was in control of the situation.

Faithfulness. The Holy Spirit gives us strength and power to overcome temptation and to live a holy life that is pleasing to God. Satan will try and get us to do wrong things, but now that we are under the control of the Holy Spirit we can live a life of victory through the power of the Holy Spirit (**1 Corinthians 16.13**).

Calm and Gentle. A person filled with the Holy Spirit does not shout and quarrel with others. He is compassionate and gentle towards others and speaks to people in a Christ-like way (**1 Peter 3.8**).

Humility and Self Control. The Holy Spirit helps us to be humble and obey God. We do not think of pleasing ourselves but our one desire is to please God in all we say and do. When temptations come we resist them and control our bodily desires and so stand strong in our faith (**Titus 2. 12, and 1 Thessalonians 4.3-4**). All these fruits of the Holy Spirit are seen in our lives when the Holy Spirit fills and controls our lives.



ACTS 3:19

