

# "THE FRUIT OF THE SPIRIT"

Zoe Center

## INTRODUCTION TO LESSON

**Life Group Lesson Objective:** Transformation – by the fruit of the Holy Spirit – in the Christian’s life.

**Life Group Leader preparation:**

But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, meekness, self-control. Against such things there is no law. – Gal 5:22

That you might walk worthy of the Lord unto all pleasing, being fruitful in every good work, and increasing in the knowledge of God – Col 1:10

The flesh against the spirit ..... Galatians 5:19-21 The spirit against the flesh –
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Christians are three-part beings. You *are* a spirit; you *have* a soul; and you *live* in a body. When you are born again, your spirit is re-created. To grow in Christ, our minds must be renewed with the Word of God - Rom 12: 2

- John 4:24 – God is a spirit: and they that worship him must worship him in spirit and in truth.

**WEEK #1 – Settle it in your Heart to Walk in the Spirit**

**Group Discussion Question:** How do we walk in the Spirit?

***Walking in the Spirit or being led by the Spirit is a personal decision.  
It means believing God’s word is true and acting on it***

The word of God proclaims we are NEW CREATURES IN CHRIST, however we must make the decision to believe the scripture and act (not a performance but a transformation) on it. It is a personal decision to “put on the new man”.

IT MUST BE A PERSONAL DECISION to walk in the Spirit or walk in the Flesh, which one will you choose?

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The “Fruit of the Holy Spirit” vs the works of the flesh...who will win out?

- To bear pains or trials calmly without complaint- that’s Longsuffering
- Being patient with your spouse children or other people without getting angry - That is Self-control

Share ways that you can/have disciplined others to WALK IN THE SPIRIT?

***Discussion: What area(s) of your own flesh have you gained victory...or areas you need to work on?***

WEEK #2: You will know them by their fruits – live in the Spirit

Group Discussion Question: How would someone close to you describe you...(co-worker, neighbor, family member, spouse).

A good tree cannot produce bad fruit, nor can a bad tree produce good fruit. Every tree that does not bear good fruit is cut down and thrown into the fire. So then, you will know them by their fruits," ([Matthew 7:15-20](#)).

- We will know them by what comes out . What comes out of our mouth will give us away. We may appear clean and upright to us on the outside in every way, but if deceit and falsehood are in his heart, the truth will come out of his mouth. The fruit of a fig tree is figs. The fruit of a grape vine is grapes. The fruit of a Christian is the fruit of the Holy Spirit.
- Gal 2:20 – I have been crucified with Christ; and it is no longer I who live but Christ lives in me; and the life that I now live in the flesh I live by the faith of the Son of God, who loved me and delivered Himself up for me.

We **are** a Spirit being, we **have** a Soul and we **live** in a Body – 1 Thessalonians 5:23

*1 Corinthians 9:27: "I keep my body under control" (CEV).*

*"I discipline my body and bring it into subjection" (NKJV).*

Paul is referring to his body, he said I keep my body under control.

We are spirit beings who live in a body. Our inward man needs to control the behavior of our outward man or our body.

ROMANS 12:1 (NLT)

I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice.

Paul was talking to believers. He was telling people who were "new creatures in Christ" that *they* needed to do something about their bodies.

When you become a new person in Christ, old things do pass away and all things become new (2 Cor. 5:17). But that is true only concerning your *inward* man. Your *spirit man* becomes new. When you were born again, your body didn't change. It will always want to do things it's not supposed to do.

### Controlling Your Body - Temperance

"I keep my body under control." You don't have to *keep* something under control that doesn't tend to *get out* of control.

- Kind of like driving a car...you guide the steering wheel to keep control of your car.

That's why it's important to keep your body under the control of your spirit, guided by the Holy Spirit; and learn to listen to your born-again spirit. Your re-created spirit doesn't have a sin problem. Your spirit wants to obey the Word of God and follow the leading of the Holy Spirit.

The problem will be with your body and your unrenewed mind. Why? Because your body always wants to fulfill the desires of the flesh.

***Discussion: How has your prayer life helped you WALK in the Spirit? Do you pray in the Spirit – (1 Cor 14:2,4)?***

### Week #3 – Listen to the voice of the Holy Spirit (John 10:27-28)

**Discussion Question:** If you have been a believer for a long time, how do you know when it's the Holy Spirit speaking to you or your flesh?

John 10:1-5

“Truly, I tell all of you[a] emphatically, the person who doesn't enter the sheepfold through the gate, but climbs in by some other way, is a thief and a bandit. 2 The one who enters through the gate is the shepherd of the sheep. 3 It's to him the gatekeeper opens the gate, and it's his voice the sheep hear. He calls his own sheep by name and leads them out. 4 When he has driven out all his own, he goes ahead of them, and the sheep follow him because they recognize his voice. 5 They will never follow a stranger, but will run away from him because they don't recognize the voice of strangers.” ISV

1 John 4:1-6 Beloved, do not believe every spirit, but test the spirits to see whether they are from God, because many false prophets have gone out into the world. By this you know the Spirit of God: every spirit that confesses that Jesus Christ has come in the flesh is from God; and every spirit that does not confess Jesus is not from God; this is the spirit of the antichrist, of which you have heard that it is coming, and now it is already in the world. You are from God, little children, and have overcome them; because greater is He who is in you than he who is in the world. They are from the world; therefore they speak as from the world, and the world listens

to them. We are from God; he who knows God listens to us; he who is not from God does not listen to us. By this we know the spirit of truth and the spirit of error,"

How to know when its God speaking to you:

- Is it in line with Scripture?
- Is it confirmed through Godly counsel and other people?
- Is it confirmed through other circumstances in your life?
- Will it require you to trust God?

***Discussion: What are times in your life where believed you know God was speaking you and it was later confirmed by the results?  
Or a time when you went against what you knew the Spirit was telling and it did not work out?***

#### WEEK #4: Examine Your Life – Stay in the Spirit

Group Discussion Questions: Are you continuing to be led by the Spirit, or are you being subtly drawn away by your old fleshly habits or personal skills?

Gal 3:3 Are you so foolish? Having begun in the Spirit, are ye now made perfect by the flesh?

Gal 5:1 – stand fast therefore in the liberty wherewith Christ has made us free and be not entangled again with the yoke of bondage.

Here are few suggestions to help us walk in the Spirit:

- Jesus set us free once and for all – continue to walk in the spirit
- Continue to walk in God’s plan for your life
- Continue to seek the guidance of the Holy Spirit
- Stay familiar with the leading and guiding of the Holy Spirit
  - John 10:4 Jesus said “sheep know my voice, and they follow me”
- Listen to His voice.....develop a quality pray life
- Walk in love
- Continue to live under the Holy Spirit’s control
- Receive correction from peers

***Psalm 119:133 – Order my steps in thy word: and let not any iniquity have dominion over me -***

***Discussion: Are you prepared and ready to start living as one who is led by the fruit of the Spirit?***

***When God has a plan and a purpose for each and everyone.....let’s do our part to walk it out... in the Fruit of the Spirit”***