

# Sound in the Faith

by Bob Pulliam

## Lesson 11

### The Fruit of the Spirit



Memory Verses: John 8:31; II Timothy 2:15 (KJV); Ephesians 1:22f;  
Ephesians 5:19; Ephesians 4:4; Matthew 15:9  
Galatians 5:22-25

*“But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law. And those who are Christ’s have crucified the flesh with its passions and desires. If we live in the Spirit, let us also walk in the Spirit.”*

(Galatians 5:22-25)

One of the most difficult aspects of being a disciple is denying self for the greater good of Christ’s body, and the service of God. A good example of this can be found in the apostle Paul. He suffered great loss for the greater gain of Jesus Christ. As he wrote: *“Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, I press toward the goal for the prize of the upward call of God in Christ Jesus.”* (Phil 3:13f) Paul even allowed himself to be beaten in circumstances where he could have prevented it (Acts 16:22f & 37). And this is just as Jesus taught, as He said, *“For whoever desires to save his life will lose it, but whoever loses his life for My sake will find it. For what profit is it to a man if he gains the whole world, and loses his own soul? Or what will a man give in exchange for his soul?”* (Mt 16:25f) It all becomes a question of what we treasure most. Jesus also said, *“For where your treasure is, there your heart will be also.”* (Mt 6:21) If I treasure myself, or this world, more than my Savior, I will never seek the eternal prize with any diligence.

The task of self-sacrifice seems overwhelming at first. Without the proper focus on the goal, it will remain that way, and discourage disciples until they fall away. It is of vital importance that every disciple work on their attitude toward spiritual matters. We’ve already studied the subject of prayer, and this is an important aspect of this process. Also important

is meditation. Today, when we think of meditation, we think of a person sitting in the ‘lotus position’, chanting some heathen god’s name. But meditation is simply a process of calling forth matters on which to think. It is the concept of pondering, or reflecting. Our minds are continually active, but it is up to us to direct that activity in the right direction. And there is no better guide for directing our thoughts than the word of God.

Paul instructed the Philippians, “*Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy; meditate on these things. The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.*” (Phil 4:8f) Oftentimes our thoughts are consumed with this world’s affairs. It is very difficult to direct our attention away from these; but we must learn to think on things above (see also Col 3:1-4). If our thoughts are continually consumed by this world, we will never adequately desire heaven’s glory. And if we do not desire (treasure) heaven’s glory, our hearts will not be there.

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### ***Question Set Number One***

- 1) What is one of the most difficult aspects of being a disciple?
- 2) Why did Paul suffer loss?
- 3) What did Paul forget?
- 4) What did Paul press forward toward?
- 5) What did Paul allow that he could have prevented?
- 6) What must we do to save our life?
- 7) All of this becomes a question of what?
- 8) Self-sacrifice seems overwhelming without what?
- 9) What must every disciple work on?
- 10) Besides prayer, another important aspect is...
- 11) What is meditation?
- 12) What is the best guide for meditation?
- 13) What six things did Paul tell the Philippians to “think” on?
  - a)                      b)                      c)                      d)
  - e)                      f)
- 14) We must learn to do what?
- 15) What is true if we do not desire heaven’s glory?

## *The Fruit of the Spirit...*

Having warned the Galatians about the works of the flesh, which bring death, Paul, afterward, encouraged them to live by the fruit of the Spirit (Gal 5:22f). This list of virtues are the result (fruit) of living according to the law of the Spirit. If we live by God's word, as we should, these attributes will be a part of our lives. Some people will find that these come more naturally than others do. Do not expect them to magically appear in your life. God has placed the obligation to apply these on us. Everyone must have them at work in their lives to the greatest possible degree. As we study each of these, ask yourself how you might improve in their application to your life.

### ***Love***

This is the same love that God had for the world, when He gave His only begotten Son (Jn 3:16). It is a love that is not borne of emotion. Instead, it is an attitude. It is the love that we are to have for our enemies. Even when they curse and persecute us (Mt 5:44f). We will not *feel* warmly toward someone who is cursing us; but we can have an attitude that desires their repentance and salvation.

There may be times when brethren will not act as brethren should. We all are human, and prone to the frailties of humanity. In those times when brethren mistreat us, we must not sink to a vindictive level. We are to long for their fellowship, and seek their salvation. This is not possible if we engage in heated bouts of insults. Love will become the attitude toward others that make all of the remaining elements in this list possible. If we have love, all the rest of these (joy, peace, longsuffering, etc...) will come far more naturally.

### ***Joy***

Joy is a feeling of inner happiness and delight. The opposite of joy is gloom (Jms 4:9). In Jesus Christ, the gloom of sin's condemnation has been dispelled by forgiveness. While joy is an inner happiness, it radiates from the life of an individual like the rays of sunshine from the sun. It cannot be hidden. And it has it's effect on others. You, no doubt, have known people whose lives seemed to be immersed in gloom. It affects everything they do. They are usually very pessimistic, and see the worst in every situation, and every other person. What they see is what they feel. They have no intuitive perception which allows them to see the true picture of what is around them. They are merely seeing what they already

feel.

There will be circumstances in our lives when great sorrow will come upon us (at the death of a loved one, for example). These will naturally be times for weeping. But the overall disposition of the life will still shine through as time passes, and sorrows fade. Nothing on earth can take away the greatest joy given us in Jesus Christ -- eternal salvation.

### ***Peace***

Peace should be understood as harmony and tranquility. In scripture, it many times refers to a harmony between God and man. But here, Paul is writing about harmony between members of the church. Hostility has ceased, and tranquility has replaced strife. For the Galatian brethren, there was a great deal of hostility arising from the Jew/Gentile controversy. Today, people still find petty things to quibble and fight about. At times, it may be about past treatment of family members, or even harsh words directed toward someone. These turmoils must cease, and harmony reign in their place.

### ***Longsuffering***

Longsuffering refers to a patience that can endure long without becoming heated. God is said to be longsuffering with us (II Pt 3:9), wanting everyone to be saved. So also, we are to be longsuffering with our brethren, desiring the salvation of all.

Jesus spoke of the ability to “turn the other cheek”, when struck by someone (see Mt 5:39). This would be exhibiting this longsuffering spirit.

### ***Kindness***

You might think of kindness as being a generous heart. It naturally follows the path already established by *peace* and *longsuffering*. It is gentle and calm. It will not seek it's pound of flesh, but will instead suffer wrong to bring about a greater good of calming strife.

### ***Goodness***

Goodness is a state of morality that is above reproach. Luke used this word in the book of Acts to describe Barnabas (Acts 11:24). It was also used by Jesus to describe what the Pharisees were unable to speak. This supremely moral disposition does not seek to show itself superior; but, instead, prompts a generous longing to share oneself with others.



- 10) What is joy?
  - 11) Those who lack the joy of Christ are usually very \_\_\_\_\_,  
and see the \_\_\_\_\_ in every situation, and every other \_\_\_\_\_.
  - 12) These people are merely doing what?
  - 13) When times of sorrow come, these are natural times for...
  - 14) Nothing on earth can take away what?
  
  - 15) What is peace?
  - 16) The harmony in this text is between whom?
  - 17) What must cease, and what must reign?
  - 18) Patience is to endure long without what?
  - 19) Jesus spoke of what, illustrating this?
  - 20) What will kindness do to bring about a greater good?
  - 21) What is goodness?
  - 22) What is faithfulness?
  - 23) What is meekness?
  - 24) Meekness is not what?
  - 25) Self-control is used of one who has...
  - 26) What is he able to do?
  - 27) What will we do if we are disciples?
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# A Guide to Passages With Which You Should Be Familiar

As we have already seen, a Christian should be knowledgeable in the scriptures. All of God's word is important. But there are a few passages in scripture that are very helpful in studying with others. It would be well worth your while to familiarize yourself with the following list. Do so to the point that you can find these passages without looking at the list. You will find that a few of these passages are repeated under different headings. Keep in mind that as you grow, these are not the only verses you should know.

Some of the passages below are listed in **bold**. These should eventually be memorized. Take a few minutes every day to work on memory work. One day, it could make a difference in teaching a friend.

## *Authority:*

Necessary **Mt 21:23-27** necessary, and only two sources  
**I Sam 15:22** obedience better than sacrifice  
man's way **Prov 14:12** seems right, but is way of death  
**Mt 15:8-9** doctrines of men make worship vain

## *Bible:*

Complete **Jd 3** "the faith once for all delivered"  
**II Tim 3:16f** "inspired... may be complete... thoroughly furnished"  
Gospel **Rom 1:16** gospel is "power of God unto salvation"  
Gal 1:6-9 curse on any who change the gospel  
II Th 1:8 vengeance taken on any who obey not the gospel  
Understand Eph 3:3-4 "made known mystery... you may understand"  
Eph 5:17 "understand what the will of the Lord is"  
**II Tim 2:15** "rightly dividing the word of truth"  
O.T. **Gal 3:24f** law was a schoolmaster... no longer under it  
Col 2:14 law was nailed to the cross

## *Church:*

The Body Eph 1:22f "the church, which is His body"  
**Col 1:18** "He is the head of the body, the church,"  
Col 1:24 "for the sake of His body, which is the church,"  
Only One **Eph 4:4** "There is one body"  
One Head **Col 1:18** "He is the head of the body, the church,"  
Kingdom Mt 16:18f "I will build My church... give... keys of kingdom"

## *Getting to Heaven:*

will of God **I Tim 2:3-4** God "desires all men to be saved"  
way there **Mt 7:13-14** a narrow way  
**Mt 7:21-23** must do will of father in heaven

*Salvation:*

Works	Gal 2:16	Salvation not of the works of the law of Moses
	Jn 6:27-29	Faith is a work commanded by God
	<b>Jms 2:20</b>	“faith without works is death”
	<b>Jms 2:24</b>	“justified by works, and not by faith only”
Justified	<b>Rom 5:9</b>	by the blood of Jesus
	Rom 5:1	by faith in Jesus
	Titus 3:7	by God’s grace
	<b>Jms 2:24</b>	by works of obedience to the will of God
Believe	<b>Mk 16:16</b>	“He who believes and is baptized will be saved;”
Repent	<b>Lk 13:3</b>	“unless you repent you will all likewise perish.”
	<b>Acts 2:38</b>	“repent... baptized... for remission of sins”
Confess	<b>Rom 10:10</b>	“with the mouth confession is made unto salvation.
Baptized	<b>Mk 16:16</b>	“He who believes and is baptized will be saved;”
	<b>Acts 2:38</b>	“repent... baptized... for remission of sins”
	<b>Acts 22:16</b>	“baptized... wash away sins... calling on name...”
	<b>Rom 6:3-4</b>	“baptized into Christ... buried... in baptism”
	<b>Gal 3:26-27</b>	“baptized into Christ... put on Christ”
	Eph 4:5	only “one baptism”
Faithful	<b>Jn 8:31</b>	only a disciple if we abide in His word
	Rom 12:2	must not be conformed to this world
	Rev 2:10	“Be faithful until death... give you the crown of life.”
	<b>Gal 5:4</b>	can fall from grace (be lost)

*Sin:*

Define	<b>I Jn 3:4</b>	sin is the transgression of the law
	Rom 4:15	if there is no law, there cannot be transgression
Brings	<b>Isa 59:1-2</b>	separation from God
	<b>Rom 6:23</b>	wages of sin is death
Who	<b>Rom 3:23</b>	all have sinned
	Ezk 18:20	son shall not inherit iniquity of father
	Mt 19:14	Jesus said of children, “of such is the kingdom of heaven”

*Eternal Destiny:*

Heaven	Rev 21:4	no tears, sorrow, or death
	II Cor 4:16-18	eternal weight of glory
	I Th 4:13-18	after a glorious resurrection from death
	I Jn 3:2	raised to be like Christ (in glory)
Hell	Mk 9:42-48	a fire that is not quenched
	Mt 25:46	everlasting punishment
	Rev 14:11	smoke of the tormented ascends forever, and they have no rest day or night