

Skegness Community Church - Weekly Bible Study 2025
52 passages of Scripture that every believer should know

Week 10 THE FRUIT OF THE SPIRIT
Galatians 5:22-23

“The fruit of the Spirit is, love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.”

Last week we examined the filling of the Spirit. We now turn our attention to the fruit of the Spirit. On the eve of the crucifixion, Jesus said; “Remain in me, and I will remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.” The fruit we bear as believers is evidence of His abiding on the throne of our lives. At first glance, there appears to be a grammatical error in this verse. “The fruit of the Spirit is love, joy, peace” The truth is that the fruit of the Spirit is love. Love, period. The nine fruits listed here are a cluster describing the evidence of the life of Christ within us. The fruit represents what we are rather than what we do. Here we are reintroduced to the principle of being before doing. What we do is determined by who, or whose, we really are. The fruit described in Galatians is a triad: three clusters with three fruits each. They are reflected in a countenance that is **obvious**, conduct that is **orderly**, and a character that is **obedient**.

A COUNTENANCE THAT IS OBVIOUS “Love, joy, peace”

Certain individuals seem to have a countenance of love, joy, and peace. The word translated “love” here is *agape*, God’s own love. This is the highest level of love, the kind that always seeks the other’s highest good. Next comes joy. It is the inner joy of Christ that reveals itself through our very countenance. This is the joy spoken of by Christ to His disciples on His last night in their presence: “I have told you this so that My joy may remain in you, and that your joy may be full” (John 15:11). Peace makes up this triad of characteristics that are obvious in the countenance of the Spirit-controlled believer. Inner peace is God’s very special gift to us. Jesus said: Peace I leave with you; My peace I give you. I do not give as the world gives. Do not let your hearts be troubled, and do not be afraid” (John 14:27).

A CONDUCT THAT IS ORDERLY “patience, kindness, goodness”

Patience; this type of conduct is produced from within. In our fast-paced, self-seeking world, patience does not seem to be in high demand. Patience arises from love. Love’s greatest triumph is not always in what love does but in what loves refrains from doing. The conduct of one who is abiding in Christ is also characterised by kindness. Since Christ shows His kindness to us and He abides within us, we are to pass this kindness on to others in conduct that is orderly.

A CHARACTER THAT IS OBEDIENT “faithfulness, gentleness, self-control.”

What better could be said of someone than that he or she is characterised by faithfulness to God! When we live a life of faithfulness, there is something inherent about it that strengthens our own sense of self-worth. Another fruit that issues out of the abiding life in Christ is gentleness. On the surface it sounds a bit weak. However, it is one of the strongest character traits that can exist. Finally, we come to the last piece of fruit in our cluster - self-control. It is impossible to achieve the highest level of self-control apart from God’s abiding Spirit within us. Self-control does not come by the outworking of mere fleshly energy and effort, it is the result of the life of the Holy Spirit within us. When we come to know Christ as a personal Saviour, the Father sends the Holy Spirit not only to seal us, indwell us, and fill us, but also to produce fruit through us.

As you memorise this verse this week, meditate on a few questions: What about my countenance? Do others see love, joy, and peace in me? What about my conduct? Are patience, kindness, and goodness characteristic of who I am? What about my character? Do I exhibit faithfulness, gentleness, and self-control? The fruit of the Spirit is *love!* Allow Christ’s love to reign and rule in you and through you today. Being comes before doing, for what we do is always determined by who we are.