

# Fruit of the Spirit

---



# Fruit of the Spirit

---

- Biblical Word Study
- Old and New Testament Examples
- Jesus' Fruit
- Practical Application
- Q&A



# Galatians

## 5:19-25

---



# Galatians 5:19-21

---

The acts of the flesh are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.



# Galatians 5:22-25

---

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the flesh with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit.



# Gentleness

---



# Biblical Word Study

---



# Gentleness

---

## ▪ *Prätēs*

- A submissive and teachable spirit toward God that manifests itself in genuine humility and consideration toward others
- This does not imply weakness, passivity, or lack of fire.
- Gentleness is strength under control.



# Gentleness

---

## ▪ *Prātēs*

- Gentleness is not incompatible with decisive action and firm convictions.
- Gentleness depicts the manner and spirit in which we are to correct others.
- Gentleness is the quality of not being overly impressed by a sense of one's self-importance



# Gentleness

---

- *Prātēs*
  - Power regulated by love.



# Gentleness

---

- *Prātēs*

- Classical Greek Definition

- Wild horse that had been tamed: strength that is channeled, not destroyed.
    - Connected to self-mastery and rational control over anger.



# Gentleness

---

- *Prātēs*

- Humble, disciplined strength expressed in gentle, relational posture toward God and others.
  - Not weak → but strength restrained by love
  - Not passive → but actively considerate
  - Not self-asserting → but God-trusting
  - Not harsh → but restoring



Break

---



# Old and New Testament Examples

---



# Old Testament

---

- The Hebrew equivalent of *Prātēs* is *Anavah*.
- Humility before God
  - Not merely modesty, but a spiritual posture of:
    - Yielding to God's authority
    - Acknowledging dependence
    - A soft, teachable heart



# Old Testament

---

- The Hebrew equivalent of *Prātēs* is *Anavah*.
- Meekness or Gentleness Toward Others
  - Anavah involves strength under control—not weakness. It is the opposite of arrogance, but not the opposite of strength.
  - It is how someone powerful behaves when governed by God.



# Old Testament

---

- The Hebrew equivalent of *Prātēs* is *Anavah*.
- Affliction Leading to Humility
  - The root of *anavah* means “to be afflicted,” suggesting humility forged through suffering.
  - Humility grows through hardship when grounded in God.



# Old Testament

---

- The Hebrew equivalent of *Prātēs* is *Anavah*.
  - Humility before God
  - Meekness or Gentleness Toward Others
  - Affliction Leading to Humility



# Psalm 18:35

---

You make your saving help my shield,  
and your right hand sustains me;  
your help has made me great.



2 Samuel 22:36

---

You make your saving help my shield;  
your help has made me great.



# Proverbs 18:12

---

Before a downfall the heart is haughty,  
but humility comes before honor.



# Proverbs 11:2

---

When pride comes, then comes disgrace,  
but with humility comes wisdom.



# Ancient Hebrew Thought

---

- Not self-abasement or low self-esteem, but accurate self-perception in relation to God.
  - Jewish sources often define *anavah* as: “Not thinking less of yourself but knowing your place before God.”
- Rabbinic commentary says Moses’ humility did not mean he lacked power—it meant he submitted that power to God.
- *Anavah* regulates relationships, encouraging patience, restraint, and non-retaliation.



# Galatians 6:1

---

Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted.



# 1 Timothy 6:11-16

---

But you, man of God, flee from all this, and pursue righteousness, godliness, faith, love, endurance and gentleness. Fight the good fight of the faith. Take hold of the eternal life to which you were called when you made your good confession in the presence of many witnesses. In the sight of God, who gives life to everything, and of Christ Jesus, who while testifying before Pontius Pilate made the good confession,



# James 3:13-18

---

Who is wise and understanding among you? Let them show it by their good life, by deeds done in the humility that comes from wisdom. But if you harbor bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth. Such "wisdom" does not come down from heaven but is earthly, unspiritual, demonic. For where you have envy and selfish ambition, there you find disorder and every evil practice.



# James 3:13-18

---

But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere. Peacemakers who sow in peace reap a harvest of righteousness.



# Jesus' Fruit

---



# Jesus As Kindness

---

- Matthew 11:28-30
  - “Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”



# Jesus As Kindness

---

- Matthew 21:5

- “Say to Daughter Zion, ‘See, your king comes to you, gentle and riding on a donkey, and on a colt, the foal of a donkey.’”



# Jesus As Kindness

---

- Luke 22:49-51

- When Jesus' followers saw what was going to happen, they said, "Lord, should we strike with our swords?" And one of them struck the servant of the high priest, cutting off his right ear. But Jesus answered, "No more of this!" And he touched the man's ear and healed him.



# Jesus As Kindness

---

- John 19:8-11

- When Pilate heard this, he was even more afraid, and he went back inside the palace. “Where do you come from?” he asked Jesus, but Jesus gave him no answer. “Do you refuse to speak to me?” Pilate said. “Don’t you realize I have power either to free you or to crucify you?” Jesus answered, “You would have no power over me if it were not given to you from above. Therefore the one who handed me over to you is guilty of a greater sin.”



# Jesus As Kindness

---

- 2 Corinthians 10:1-3

- By the humility and gentleness of Christ, I appeal to you—I, Paul, who am “timid” when face to face with you, but “bold” toward you when away! I beg you that when I come I may not have to be as bold as I expect to be toward some people who think that we live by the standards of this world.



# Jesus As Kindness

---

- Jesus shows prauteś (gentleness/meekness) through:
  - His self-description (Matt 11:29)
  - His fulfillment of prophecy (Matt 21:5)
  - His actions of compassionate restraint (Luke 22:4-51)
  - Paul's theological description of His character (2 Cor 10:1)
- He is the model of strength expressed through humility and compassion.



# Practical Application

---



# Practical Application

---

- Responding instead of reacting
  - Being slow to anger and quick to listen
  - De-escalating conflict rather than fueling it
  - Offering calm presence in emotionally charged situations



# Practical Application

---

- Treating others with dignity
  - Correcting others gently rather than shaming
  - Speaking truth in ways that preserve relationship
  - Leading or parenting through compassion rather than force



# Practical Application

---

- Strength governed by the Spirit
  - Choosing restraint when ego is provoked
  - Not insisting on one's rights at the expense of love
  - Using influence for healing rather than domination



# Practical Application

---

- A posture of teachability
  - Being willing to admit wrong
  - Receiving correction without defensiveness
  - Staying open to spiritual growth and change



# Practical Application

---

- Living without self-exaltation
  - Not needing to be first, praised, or recognized
  - Serving quietly and faithfully
  - Allowing God, not pride, to shape one's identity



# Practical Application

---

- Trusting God's strength rather than one's own
  - Practicing prayerful dependence
  - Releasing the need for control
  - Making decisions with God's wisdom rather than self-confidence alone



Q&A

---