

Mom2Mom 10.11.2023
The Fruit of the Spirit
Holy Spirit TEACHING
TEACHER Notes

((Teacher, you may find it helpful to listen to the following resources in preparation for teaching this lesson [Role and Work of the Holy Spirit \ Faith Ministries Resources \(faithlafayette.org\)](https://faithlafayette.org/role-and-work-of-the-holy-spirit) [Guidance and Decision Making \ Faith Ministries Resources \(faithlafayette.org\)](https://faithlafayette.org/guidance-and-decision-making)))

- I. **((click)) If we are seeking to cultivate the growth of the fruit of the Spirit in our lives, we would do well to know the Person of the Holy Spirit and how He works.¹**

(10 min. with more of the time given to point B)

(Emphasize Spirit in our key verse)

*Gal. 5:22-25 But the **fruit of the Spirit** is love, joy, peace, patience, kindness, goodness, faithfulness, ²³gentleness, self-control; against such things there is no law. ²⁴Now those who belong to Christ Jesus have crucified the flesh with its passions and desires. ²⁵If we **live by the Spirit**, let us also **walk by the Spirit**.*

A. ((click)) Who is the Holy Spirit?

When Jesus returned to Heaven he left behind a new Companion that would in fact live inside the body of each believer (John 14:23). This Companion, the Holy Spirit, is the primary manifestation of the Trinity among us on earth now that Jesus' work on earth is complete, and he has returned to heaven. The Holy Spirit is the member of the Trinity that has the job of completing and sustaining the work that God the Father planned, and Jesus the Son began to fulfill. **The Holy Spirit's presence is always associated with blessing and fruitfulness (Gen 1:2; Is 32:14-18).** **((Teacher, emphasize this point among all the other "Holy Spirit" points.))** John 16:7-15 tells us that Jesus was excited for us to receive the Holy Spirit, because he would be our Helper. He told the disciples that he had to go away, then he said,

John 16:7-15 But I tell you the truth, it is to your advantage that I go away; for if I do not go away, the Helper will not come to you; but if I go, I will send Him to you. ⁸And He, when He comes, will convict the world concerning sin and righteousness and judgment; ⁹concerning sin, because they do not believe in Me; ¹⁰and concerning righteousness, because I go to the Father and you no longer see Me; ¹¹and concerning judgment, because the ruler of this world has been judged. ¹²"I have many more things to say to you, but you cannot bear them now. ¹³But when He, the Spirit of truth, comes, He will guide you into all the truth; for He will not speak on His own initiative, but whatever He hears, He will speak; and He will disclose to you what is to come. ¹⁴He will glorify Me, for

¹The book [Systematic Theology](#) by Wayne Grudem, pages 634 – 653 was referenced heavily for the research of this section

He will take of Mine and will disclose it to you.¹⁵All things that the Father has are Mine; therefore I said that He takes of Mine and will disclose it to you.

The original word for “Helper” meant one who was called alongside to help. We can see in John 14:15-16 that Jesus asked for God to send the Holy Spirit specifically to help us love Him and keep his commandments. The Holy Spirit was given to be our companion to comfort us, to advocate for us, and to intercede for us.

John 14:15-17 “If you love Me, you will keep My commandments.¹⁶I will ask the Father, and He will give you another Helper, that He may be with you forever; ¹⁷that is the Spirit of truth, whom the world cannot receive, because it does not see Him or know Him, but you know Him because He abides with you and will be in you.

B. ((click)) The jobs of the Holy Spirit:

1. **((click)) Empowers** – The Holy Spirit gives and sustains **life**. Rom. 6:4 tells us we “walk in newness of life” and that life is “born of the Spirit” as John 3:6-7 tells us (also Ps 104:30; John 6:63). One day when Christ returns it will be the Holy Spirit who gives new life to our resurrected human bodies (Rom 8:11). In addition to giving life, the Holy Spirit gives us the power we need to hear, understand, and respond to the Gospel message (Heb 3:7-8, 10:15-16) and to serve (Acts 1:8). The Holy Spirit empowers our prayers and makes them effective (Rom 8:26).

Heb 3:7-8 Therefore, just as the Holy Spirit says, “Today if you hear His voice, ⁸Do not harden your hearts as when they provoked Me, As in the day of trial in the wilderness,

*Heb 10:15-16 ¹⁵And the Holy Spirit also testifies to us; for after saying, ¹⁶“This is the covenant that I will make with them After those days, says the Lord: **I will put My laws upon their heart, And on their mind I will write them,”***

2. **((click)) Purifies** - The Holy Spirit is responsible for the growth of Christ-like character in our lives and leads us to reject the deeds of the flesh (Gal 5:16-24). He is responsible for convicting the world of sin (John 16:8-11). The Holy Spirit completes our initial cleansing at salvation (1 Cor 6:11), and after salvation He produces our growth in holiness (2 Cor 3:18). “Sanctification comes by the power of the Holy Spirit (2 Thess 2:13; 1 Peter 1:2; Rom 8:4, 15-16), so that is it ‘by the Spirit’ that we are able to ‘put to death the deeds of the body’ and grow in personal holiness (Rom 8:13, 7:6; Phil 1:19)²

² *Systematic Theology*, Grudem, p 640

Rom 5:5 says *and hope does not disappoint, because the love of God has been poured out within our hearts through the Holy Spirit who was given to us.*

It is the Holy Spirit that pours out the love of God (along with His other characteristics) inside of our hearts, and that outpouring of God's love is what makes us capable of loving others.

3. ((click)) Reveals – The Holy Spirit was active in revealing God's Word through the Prophets and Apostles as the Scriptures were being compiled. The Holy Spirit bears witness in our spirit that we are children of God (Rom 8:16) and even gives us the desire to follow God (Rom 8:4-16; Gal 5:16-25). Many scripture passages indicate that the Holy Spirit actively guides and directs God's people to accomplish the Father's will. He also teaches us what the Bible means and helps us to remember it when we need it (John 14:20; Luke 12:12). He guides us to the truth (John 16:13).

John 16:13 But when He, the Spirit of truth, comes, He will guide you into all the truth; for He will not speak on His own initiative, but whatever He hears, He will speak; and He will disclose to you what is to come.

4. ((click)) Unifies – The Holy Spirit created a new community at Pentecost. That community was and is comprised of all the believers in Jesus Christ. The Holy Spirit continues the work that He started then by helping the universal community of believers be unified around the purposes of the Lord (Acts 2:44-47). The apostles realized that the deep and abiding fellowship of believers was made possible by the work of the Holy Spirit (2 Cor 13:14). As we grow in the fruit of the Spirit, one of the inevitable side effects is that like-mindedness with other believers will grow as well (Phil 2:1-4), since all true believers are worshiping the same Savior and are cooperating with the Holy Spirit to grow in his likeness. His work in each believer is being accomplished for the common good of all believers (1 Cor 12:7). As we reject the deeds of the flesh...strife, dissension, disputes, and factions....and grow in the love, joy, peace, patience, kindness, goodness, gentleness, self-control, and humility of Christ (the evidences of the Spirit working in us) unity and harmony among believers will grow (Col 3:14).

Phil 2:1-4 Therefore if there is any encouragement in Christ, if there is any consolation of love, if there is any fellowship of the Spirit, if any affection and compassion, ²make my joy complete by being of the same mind, maintaining the same love, united in spirit, intent on one purpose. ³Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves; ⁴do not merely look out for your own personal interests, but also for the interests of others.

II. ((click)) **Walk by the Spirit so that you will not gratify the desire of the flesh**

(10 min. with more of the time given to point B)

Galatians 5:16-25 is a passage of contrasts that contains the list of character qualities of the fruit of the Spirit. We will be studying each wedge of that fruit all year. Side note: the Greek word used for 'fruit' here is singular, imagine an orange of multiple wedges.³

The passage begins: *But I say, walk by the Spirit, and you will not carry out the desire of the flesh. (v.16)*

A. ((click)) Do Not Gratify the Desire of the Flesh – The “desire of the flesh” is revealed in the “works of the flesh” listed in Galatians 5:19-21. These “works” or “deeds” *are evidence that I am living for my own satisfaction.* When these traits or behaviors are surfacing, they demonstrate that I am living **my** way for **myself**. I selfishly pursue anything I want—the ‘desire of MY flesh,’ and that leads to sexual immorality, impurity, sensuality, idolatry, sorcery, enmities, strife, jealousy, outbursts of anger, disputes, dissensions, factions, envying, drunkenness, carousing, and just in case you think you are avoiding all those, Paul finishes with “things like these.”

Rom 8:5-8 ⁵ For those who are according to the flesh set their minds on the things of the flesh, but those who are according to the Spirit, the things of the Spirit. ⁶For the mind set on the flesh is death, but the mind set on the Spirit is life and peace, ⁷because the mind set on the flesh is hostile toward God; for it does not subject itself to the law of God, for it is not even able to do so, ⁸and those who are in the flesh cannot please God.

BE ON GUARD: When we see any of the works of flesh, we can know we are NOT walking by the Spirit.

The desire of the flesh will bring *death*, but remember the Spirit brings *life*.

B. ((click)) Walk by the Spirit to cultivate the Fruit of the Spirit –

So what does it mean to “walk by the Spirit?” The word “walk” is all over the pages of Scripture and when used figuratively it routinely refers to our manner of living day to day. Our patterns, habits, character. Gal 5:16 uses ‘walk’ in this way.

In Gal. 5:25 a different Greek word is used for *walk* that gives more depth to its meaning. Here, the idea is “to keep in step with the Spirit” or “follow the Spirit.” Think of military units marching together – one person is “keeping time” and calls the cadence. “left. . . left. . .left, right, left. . .” The Holy Spirit calls the cadence of our life, we are responsible to follow, keeping in step so that He may lead us towards Christ-likeness.

³ *Biblical Doctrine*, MacArthur and Mayhue, 375.

The evidence that the Holy Spirit is working in us and developing the Character of Christ is seen in the way we say “no” our flesh with its passions and desires (Gal 5:24) and pursue self-effacement, killing prideful, boastful, envious living. This is in line with our Creation Mandate of “subduing the earth” and the mandate we were given to “rule and have dominion” starting with ruling over our very own bodies, minds, emotions, and relationships with others in order to bring them into conformity with Christ. (Gen 1:26-28)

Rom 8: 9-13⁹ However, you are not in the flesh but in the Spirit, if indeed the Spirit of God dwells in you. But if anyone does not have the Spirit of Christ, he does not belong to Him.¹⁰ If Christ is in you, though the body is dead because of sin, yet the spirit is alive because of righteousness.¹¹ But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ Jesus from the dead will also give life to your mortal bodies through His Spirit who dwells in you.¹² So then, brethren, we are under obligation, not to the flesh, to live according to the flesh—¹³ for if you are living according to the flesh, you must die; but if by the Spirit you are putting to death the deeds of the body, you will live.

Optional Memory Verse

John 14:16-17¹⁶ I will ask the Father, and He will give you another Helper, that He may be with you forever;¹⁷ that is the Spirit of truth, whom the world cannot receive, because it does not see Him or know Him, but you know Him because He abides with you and will be in you.

(click)) Homework

Assign [Worksheet #2](#). This should be read and completed this week and discussed next week. [A helpful resource](#) including the passage discussed in this worksheet as well as some commentary will be published on www.faithlafayette.org/mom2mommember.

((click)) Table Discussion Questions (** is also a Large Group Discussion Question)

Application Questions for Holy Spirit

1. ** Based on today’s lesson, who is the Holy Spirit? How does that differ with what you might have understood about the Holy Spirit in the past?
2. Which of the jobs of the Holy Spirit are newer for you to understand?
3. ** How does a community of believers all growing in the fruit of the Spirit result in unity?
4. Why is it helpful to know what the deeds of the flesh are?
5. How does it help you to avoid the deeds of the flesh when you realize that they bring death?
6. In what ways are you walking by the Spirit and seeing the fruit of the Spirit being cultivated in your life?

Table Time Prayer Request Question:

In what specific ways can we ask Jesus to help you grow in appreciating and utilizing the help of the Holy Spirit this week?

((click)) Large Group Discussion Question

Table time discussion questions 1 and 3 will be used for large group discussion.