

Mom2Mom 10.18.2023
The Fruit of the Spirit
Holy Spirit APPLICATION
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) [Guidance and Decision Making | Faith Ministries Resources \(faithlafayette.org\)](https://faithlafayette.org)))

((There is only one application section for the entire lesson. You'll find a longer-than-normal application section at the end of this lesson, since the points were so interwoven.))

I. 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

(Emphasize Spirit in our key verse)

Gal. 5:22-25 ²² 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. Who is the Holy Spirit?

When Jesus returned to Heaven he left behind a new Companion that would physically 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 ⁷But 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

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

hears, He will speak; and He will disclose to you what is to come.¹⁴He will glorify Me, for 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. The jobs of the Holy Spirit:

1. 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. 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. 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. 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. Walk by the Spirit so that you will not gratify the desire of the flesh

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. 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. 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.

((click)) How do you apply this in your life?

Examples of possible applications:

- I need to rely on the Holy Spirit to help me grow spiritually and not just grit my teeth to “dig a little deeper” and “try a little harder.”
 - If self-reliance is something I struggle with I should meditate on and memorize **John 16:13** or **John 14:15-17**.
 - [Essential Christian Doctrine: A Handbook on Biblical Truth: MacArthur, John: 9781433571855: Amazon.com: Books](#) There is a section on the Holy Spirit in this Doctrine book that would be helpful if I need to learn more basics of the Holy Spirit.
- When I feel weak in my spiritual life I can ask God to help me see how the Holy Spirit is empowering me to hear, understand, and respond to the Gospel message, and to love and serve others. I can be very active in the process.
- I can participate in the Holy Spirit’s work that leads me to reject the deeds of the flesh and helps me grow in holiness. I can put focus on putting to death the deeds of the flesh to grow in personal holiness.
 - Memorize **Galatians 5:19-23**
 - I can make a repentance plan, identifying which deeds of the flesh I’m specifically working on mortifying and a specific plan of action about how I’m planning to grow in the Spirit.
 - [Fight to the Death - Faith Resources \(faithlafayette.org\)](#)
 - [Spirit-Enabled Mortification of Sin - Audio CD - Faith Resources \(faithlafayette.org\)](#)
 - [Killing Sin Habits - Faith Resources \(faithlafayette.org\)](#)
 - [Developing a Repentance Plan for Your Counselees - Faith Resources \(faithlafayette.org\)](#)

- I can work with a mentor or counselor if I need help mortifying a specific habit of sin. [Women's Mentoring and Bible Studies | Faith Church of Lafayette, IN \(faithlafayette.org\)](https://faithlafayette.org/Women's-Mentoring-and-Bible-Studies)
- I can actively study God's Word and depend on the Holy Spirit to reveal truth to me while I read the Bible. I don't need to depend on extra-biblical sources to teach me what God's Word plainly explains. Some versions of the Bible may be easier for me to understand while still remaining faithful to the truth:
 - ESV - accessible to a 10 year old and fully understandable to a 15 year old
 - NASB - accessible to a 11 year old and fully understandable to a 16 year old
 - NIV - accessible to a 7 year old and fully understandable to a 12 year old
 - NLT - accessible to a 6 year old and fully understandable to an 11 year old
 - There are lots of Bible Studies that might be helpful for you in your pursuit of biblical literacy and application [Join a Women's Bible Study | Faith Church of Lafayette, IN \(faithlafayette.org\)](https://faithlafayette.org/Join-a-Women's-Bible-Study)
- I can allow the Holy Spirit to help me to be unified to my brothers and sisters in Christ and allow the fruit of the Holy Spirit's work in me to build and benefit the body of believers in the church.
 - If you struggle to remember this, memorizing **Philippians 2:3-4** would benefit you
 - Getting involved in a small group or ABF would be helpful
 - [Adult Bible Fellowships at Faith Church East | Faith Church of Lafayette, IN \(faithlafayette.org\)](https://faithlafayette.org/Adult-Bible-Fellowships-at-Faith-Church-East)
 - [Faith Groups at Faith Church West | Faith Church of Lafayette, IN \(faithlafayette.org\)](https://faithlafayette.org/Faith-Groups-at-Faith-Church-West)
 - [Faith Groups at Faith Church North | Faith Church of Lafayette, IN \(faithlafayette.org\)](https://faithlafayette.org/Faith-Groups-at-Faith-Church-North)

((click)) How do you help your family apply this?

Examples of possible applications:

- I can study what God says about the role of the Holy Spirit as "Ezer" (Hebrew for helper) and work to demonstrate being an "Ezer" to fulfill my biblical role as a woman.
 - [Her Worth is Far above Jewels | Faith Ministries Resources \(faithlafayette.org\)](https://faithlafayette.org/Her-Worth-is-Far-above-Jewels)
 - [Know Your Design | Faith Ministries Resources \(faithlafayette.org\)](https://faithlafayette.org/Know-Your-Design)
 - [Helper by Design - Faith Resources \(faithlafayette.org\)](https://faithlafayette.org/Helper-by-Design)
- Since the Holy Spirit empowers believers to be pure and to live in unity, I should expect that my believing children ARE capable of getting along. I can be excited to help them learn HOW to get along with each. This could also be applied in our marriage.
 - [Peacemaking for Families - Faith Resources \(faithlafayette.org\)](https://faithlafayette.org/Peacemaking-for-Families)
 - [Marriage Conflict: Talking as Teammates - Faith Resources \(faithlafayette.org\)](https://faithlafayette.org/Marriage-Conflict-Talking-as-Teammates)

((click)) How does the way you apply this change across ages and stages of life?

Examples of possible applications:

- **Baby** - I can pray that my baby will grow to love Jesus and accept salvation and learn to follow him at a young age, so that he has the benefit of the Holy Spirit's help from an early age instead of spending years building sinful habits that will make his life harder for him.
- **Toddler** - I can encourage my toddler to do hard things with courage. Many temper tantrums revolve around activities being difficult to complete. I can model asking God for his help when I need strength for difficult tasks.
 - [What Every Child Should Know about Prayer - Faith Resources \(faithlafayette.org\)](#)
 - [\(377\) Northview Kids - BRAVE - YouTube](#)
- **Early Elementary** - I can teach my early elementary kids to see how every component of their lives can be lived in step with the Holy Spirit, seeking to apply God's Word in the details of our messy days.
 - [Finding Jesus on Upside Down Days - Faith Resources \(faithlafayette.org\)](#)
 - The Good News for Little Hearts Series - example [Henry's Big Mistake - Faith Resources \(faithlafayette.org\)](#)
- **Upper Elementary** - When my upper elementary kids are tempted to get involved in things that are sinful I will help by reminding them that sin always hurts no matter if it looks attractive and that purity is a blessing no matter how weird it might look to the world. I will help them see that righteousness matters all the time.
 - [Respectable Sins Student Edition - Faith Resources \(faithlafayette.org\)](#)
- **Junior High School** - There are a lot of competing views about the Holy Spirit in the Christian world, from our experiences with the Holy Spirit being very mystical all the way to barely ever acknowledging the presence or work Holy Spirit. To help combat complacency on this topic I can help my kids know specific truths to rely on about the Holy Spirit.
 - [New City Catechism - Faith Resources \(faithlafayette.org\)](#)
 - [The Ology - Faith Resources \(faithlafayette.org\)](#)
- **High School** - I can teach my high school kids to grow the unity in their youth group by purposefully including everyone in their conversations and activities. Many kids seek fringe groups because they offer an acceptance they can't find anywhere else. Youth group and Sunday School classes should be THE most biblically loving environments children have ever experienced, but it can't be that way if every kid involved isn't doing their part to truly love each other. Parents need to be very involved in the Sunday School and youth group experience, mentoring and coaching along the way.
- **College** - I can encourage my college age children to mortify the deeds of the flesh in their life and not mess around with them, not even a little bit. Most college kids are tempted to view college as a time that they get to "experience" the world and decide things for themselves. Building an expectation of holiness

as a college kid should start when your kids are very little. There is never an acceptable time to take a break from involvement in your local church if you are a believer and follower of Jesus Christ.

- **Ephesians 5:3**
- **Adult children** - I can encourage my adult children to be active members in their local church body, using their gifts passionately to build up the unity of other believers.

Optional Memory Verse

John 14:16-17 ¹⁶*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)) Table Discussion Questions (** is also a Large Group Discussion Question)

1. ** How would you like to grow in personal application of living in synch with the Holy Spirit?
2. How do you think you might need to help your family grow in application of this topic?
3. ** How do you see the application of this topic affecting your children at their current age/stage?

((click)) Reading Discussion Questions

Discuss the questions on [Worksheet #2](#), which was assigned last week. [A helpful resource](#) including the passage discussed in this worksheet as well as some commentary was published on www.faithlafayette.org/mom2mommember.

Table Time Prayer Request Question:

1. What is one thing you'd like to personally apply more deeply from the last two weeks of Mom2Mom?
2. What is one way you'd like to see your family growing in application of this topic?

((click)) Large Group Discussion Question

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