

Fruit of the Spirit

Gal. 5:22-23

Assembled By Bro. Wayne Coleman

Week 1: A Look At Fruit

Part 1: A Look At Fruit

Gal 5:22-23

22 But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith,

23 Meekness, temperance: against such there is no law.

Fruit = Karpos- A Result

1. properly: the fruit of trees, Matt 12:33
2. Metaphorically, that which originates or comes from something; an effect, result (from Thayer's Greek Lexicon, Electronic Database. Copyright (c) 2000 by BibleSoft)

PAUL DESCRIBES IT

The most famous passage about the 'fruit of the Spirit' is in Galatians 5:22, where Paul gives us a list of fruit. The list is meant as a contrast to the list of the deeds of the flesh' found in 5:19-20. The fruit list is clearly not intended as an exhaustive description of the fruit, but was given to highlight the fruit that Paul wants the Galatian church to keep in mind. He lists the following fruit:

Nine Fruits: **Trans. #1**

- love;
- joy;
- peace;
- patience;
- kindness;
- goodness;
- faithfulness;
- gentleness;
- self-control.

When Paul follows the list of the fruit of the Spirit by saying that "against such things there is no law", he was talking about the fact that the societal authorities find it pretty hard to object to behavior that shows these characteristics. Even a staunch enemy of the

church will likely find these qualities appealing. They are known to be positive characteristics by the general public, in most eras, in most lands.

Eph 5:9-11

9(For the fruit of the Spirit is in all goodness and righteousness and truth;)

10 Proving what is acceptable unto the Lord.

11 And have no fellowship with the unfruitful works of darkness, but rather reprove them.

Fruit = Photos- Light Trans. 2

The Syriac, Coptic, Sahidic, Aethiopic, Armenian, Vulgate, and Itala, together with several of the fathers, read **phootos** (NT:5457), light, which is supposed by most critics to be the true reading, because there is no mention made of the Spirit in any part of the context. As light, Eph 5:8, not only means the divine influence upon the soul, but also the Gospel, with great propriety it may be said: The fruit of the light, (from Adam Clarke's Commentary, Electronic Database. Copyright (c) 1996 by BibleSoft)

Fruit of the Spirit-taken from Gal 5:22. 'Aleph (') A B Delta G f g, Vulgate, read 'the fruit of THE LIGHT:' in contrast with "the unfruitful works of darkness" (Eph 5:11). 'Walk as children of light, FOR the fruit of the light (has its sphere: shows itself) in all (kinds of) goodness

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Some Key Verses On Fruit

John 15:8

8 Herein is my Father glorified, that ye bear much fruit; so shall ye be my disciples.

John 15:16

16 Ye have not chosen me, but I have chosen you, and ordained you, that ye should go and bring forth fruit, and that your fruit should remain: that whatsoever ye shall ask of the Father in my name, he may give it you.

Rom 6:22

22 But now being made free from sin, and become servants to God, ye have your fruit unto holiness, and the end everlasting life.

James 3:18

18 And the fruit of righteousness is sown in peace of them that make peace.

Fruit of the Spirit

Gal. 5:22-23

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Week 2: The Fruit of Love

PART 2: The Fruit of Love

1 Cor 13:4-8

4 **Charity** suffereth long, and is kind; charity envieth not; charity vaunteth not itself, is not puffed up,

5 Doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil;

6 Rejoiceth not in iniquity, but rejoiceth in the truth;

7 Beareth all things, believeth all things, hopeth all things, endureth all things.

8 Charity never faileth:

Gal 5:22

[Love] Agapee (NT:26). An intense desire to please God and to do good to mankind; the very soul and spirit of all true religion; the fulfilling of the law, and what gives energy to faith itself. See Gal 5:6.

Attributes of Love- **Trans. 3**

In 1 Cor 13, in the midst of Paul's description of the gifts of the Spirit, there is a section on love. While not directly about 'fruit', it is about what springs from love, and it is in much the same vein. According to verses 3-8, love:

- suffers long;
- is kind;
- does not envy;
- does not parade itself;
- does not get 'puffed up';
- does not behave rudely;
- is not provoked;
- does not think evilly, nor rejoice in sin;
- rejoices in the truth;
- bears all things;
- believes all things;
- hopes all things;
- endures all things.

Agape-It denotes:

1. affection, good-will, love, benevolence: John 15:13; Rom 13:10; 1 John 4:18
 - a. Used of the love of men to men;
 - b. Used of the love of men toward God:
 - c. Used of the love of God toward men:
 - d. Used of the love of God toward Christ:
 - e. Used of the love of Christ toward men:

2. Agapae, love-feasts, feasts expressing and fostering mutual love which used to be held by Christians before the celebration of the Lord's supper, and at which the poorer Christians mingled with the wealthier and partook in common with the rest of food provided at the expense of the wealthy: Jude 12 (and in 2 Peter 2:13, Lachmann, Tregelles' text; Westcott-Hort's marginal reading)

Love is in the Bible 310 times

Merriam Webster's:

- 1 : strong affection
- 2 : warm attachment *love of the sea*
- 3 : unselfish loyal and benevolent concern for others

Some Key Verses On Love

Prov 10:12

12 Hatred stirreth up strifes: but love covereth all sins.

John 13:34-35

34 A new commandment I give unto you, That ye love one another; as I have loved you, that ye also love one another.

35 By this shall all men know that ye are my disciples, if ye have love one to another.

10 Be kindly affectioned one to another with brotherly love; in honour preferring one another;

Rom 13:10

10 Love worketh no ill to his neighbour: therefore love is the fulfilling of the law.

Eph 3:19

19 And to know the love of Christ, which passeth knowledge, that ye might be filled with all the fulness of God.

1 John 4:16-19

16 And we have known and believed the love that God hath to us. God is love; and he that dwelleth in love dwelleth in God, and God in him.

Principle Fruits

Nine Fruits:

- **love;**
- **joy;**
- **peace;**
- **patience;**
- **kindness;**
- **goodness;**
- **faithfulness;**
- **gentleness;**
- **self-control.**

What Is Implied By Fruit

Fruit = Karpos- A Result

1. properly: the fruit of trees, Matt 12:33
2. Metaphorically, that which originates or comes from something; an effect, result
(from Thayer's Greek Lexicon, Electronic Database.
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Fruit = Photos- Light **Trans. 2**

The Syriac, Coptic, Sahidic, Aethiopic, Armenian, Vulgate, and Itala, together with several of the fathers, read **phootos** (NT:5457), light, which is supposed by most critics to be the true reading, because there is no mention made of the Spirit in any part of the context. As light, Eph 5:8, not only means the divine influence upon the soul, but also the Gospel, with great propriety it may be said: The fruit of the light, (from Adam Clarke's Commentary, Electronic Database. Copyright (c) 1996 by Biblesoft)

Attributes of Love

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- does not envy;
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- does not think evilly, nor rejoice in sin;
- rejoices in the truth;
- bears all things;
- believes all things;
- hopes all things;
- endures all things.

Other Fruits

In Phillipians 4:8, Paul advises us to think on things that are:

- true;
- noble;
- just;
- pure;
- lovely;
- of good report;
- of any virtue;
- worthy of praise.

In [Colossians 3:12-16](#), the church members are told to put on (wear) these things:

- tender mercies;
- kindness;
- humility;
- meekness;
- patience.

Then, they are further [instructed](#) to:

- bear with one another;
- forgive one another;
- love;
- let the peace of God rule their hearts;
- be thankful;
- have the Word live in them;
- teach and admonish one another;
- sing with grace in their hearts.

This is all to be done in the name of Jesus, to further the purpose He came for.

Fruit of the Spirit

Gal. 5:22-23

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Week 3: The Fruit of Joy

Part 3: The Fruit of Joy

Neh 8:10

10 Then he said unto them, Go your way, eat the fat, and drink the sweet, and send portions unto them for whom nothing is prepared: for this day is holy unto our Lord: neither be ye sorry; for the joy of the LORD is your strength.

Joy in the Bible 165 times

NT:5479- Joy

chara (khar-ah') from NT:5463; cheerfulness, i.e. calm delight:

Joy- The exultation that arises from a sense of God's mercy communicated to the soul in the pardon of its iniquities, and the prospect of that eternal glory of which it has the foretaste in the pardon of sin. See Rom 5:2.

(Websters) Main Entry: joy

Function: verb

1: REJOICE

(Websters) Main Entry: joy

Pronunciation: *j*i

Function: noun

Etymology: Middle English, from Old French joie, from Latin gaudia

1: a feeling of happiness that comes from success, good fortune, or a sense of well-being

2: a source of happiness

Synonyms bliss, delight, enjoyment, pleasure, joy*less adjective

Ps 16:11

11 Thou wilt shew me the path of life: in thy presence is fulness of joy; at thy right hand there are pleasures for evermore.

Ps 16:11 [Is fulness of joy] Not partial joy; not imperfect joy; not joy intermingled with pain and sorrow; not joy which, though in itself real, does not satisfy the desires of the soul, as is the case with much of the happiness which we experience in this life-but joy, full, satisfying, unalloyed, unclouded, unmingled with anything that would diminish its fulness or its brightness; joy that will not be diminished, as all earthly joys must be, by the feeling that it must soon come to an end.

Some Key Verses On Joy

Ps 30:5

5 For his anger endureth but a moment; in his favour is life: weeping may endure for a night, but joy cometh in the morning.

Ps 32:11

11 Be glad in the LORD, and rejoice, ye righteous: and shout for joy, all ye that are upright in heart.

Luke 15:10

10 Likewise, I say unto you, there is joy in the presence of the angels of God over one sinner that repenteth.

John 15:11

11 These things have I spoken unto you, that my joy might remain in you, and that your joy might be full.

Rom 14:17

17 For the kingdom of God is not meat and drink; but righteousness, and peace, and joy in the Holy Ghost.

James 1:2

2 My brethren, count it all joy when ye fall into divers temptations;

Jude 24

24 Now unto him that is able to keep you from falling, and to present you faultless before the presence of his glory with exceeding joy,

What Brings True Joy ??

1. Money?
2. Friends?
3. Relationships?
4. Popularity?
5. Fashion?
6. Hobbies?
7. Entertainment?

To answer this question, you must ask yourself; 'What makes me truly happy?'

[Long-suffering] Makrothumia (NT:3115). Long-mindedness, bearing with the frailties and provocations of others, from the consideration that God has borne long with ours; and that, if he had not, we should have been speedily consumed: bearing up also through all the troubles and difficulties of life without murmuring or repining; submitting cheerfully to every dispensation of God's providence, and thus deriving benefit from every occurrence.

[Gentleness] Chreestotees (NT:5544). Benignity, affability; a very rare grace, often wanting in many who have a considerable share of Christian excellence. A good education and polished manners, when brought under the influence of the grace of God, will bring out this grace with great effect.

[Goodness] Agathosune (NT:19). The perpetual desire and sincere study, not only to abstain from every appearance of evil, but to do good to the bodies and souls of men to the utmost of our ability. But all this must spring from a good heart—a heart purified by the Spirit of God; and then, the tree being made good, the fruit must be good also.

[Faith] Pistis (NT:4102), here used for fidelity-punctuality in performing promises, conscientious carefulness in preserving what is committed to our trust, in restoring it to its proper owner, in transacting the business confided to us, neither betraying the secret of our friend, nor disappointing the confidence of our employer.

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Gal 5:23

[Meekness] Prautees (NT:4240). Mildness, indulgence toward the weak and erring, patient suffering of injuries without feeling a spirit of revenge, an even balance of all tempers and passions, the entire opposite to anger.

[Temperance] Engkrateia (NT:1466). Continenence, self-government, or moderation, principally with regard to sensual or animal appetites. Moderation in eating, drinking, sleeping, etc.

(from Adam Clarke's Commentary, Electronic Database. Copyright (c) 1996 by BibleSoft)

What Brings True Joy ??

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- 9. Friends?
- 10. Relationships?
- 11. Popularity?
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- 13. Hobbies?
- 14. Entertainment?

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Fruit of the Spirit

Mark 4:37-40

Assembled By Bro. Wayne Coleman

Week 4: The Fruit of Peace

Part 4: The Fruit of Peace

Peace in the Bible 429 times

Mark 4:37-40

37 And there arose a great storm of wind, and the waves beat into the ship, so that it was now full.

38 And he was in the hinder part of the ship, asleep on a pillow: and they awake him, and say unto him, Master, carest thou not that we perish?

39 And he arose, and rebuked the wind, and said unto the sea, Peace, be still. And the wind ceased, and there was a great calm.

40 And he said unto them, Why are ye so fearful? how is it that ye have no faith?

Peace] Eireenee (NT:1515). The calm, quiet, and order, which take place in the justified soul, instead of the doubts fears, alarms, and dreadful forebodings, which every true penitent less or more feels, and must feel until the assurance of pardon brings peace and satisfaction to the mind. Peace is the first sensible fruit of the pardon of sin. See Rom 5:1, and the notes there.

Mark 4:39

There was no necessity for the Lord to repeat his command, for it brought instantaneous obedience. Peace, be still. Literally, Be silent. Be muzzled. Lenski interestingly translates the perfect tense imperative of Christ's second command, "Put the muzzle on and keep it on" (R. C. H. Lenski, The Interpretation of Mark's Gospel, p. 201).

(from The Wycliffe Bible Commentary, Electronic Database. Copyright (c) 1962 by Moody Press)

Webster's

Main Entry: peace

Pronunciation: *p*s

Function: noun

1 : a state of calm and quiet; esp : public security under law

2 : freedom from disturbing thoughts or emotions

3 : a state of concord (as between persons or governments); also : an agreement to end hostilities

Transparency # 1

Jesus Brings Peace

1. Calms our worries
2. Calms our doubts
3. Calms our fear

As A Result:

1. Sickness is healed
2. Miracles are obtained
3. Others are affected
4. We can face our personal storms with confidence
5. Greater results from our prayers
6. More power realized

Some Key Verses On Peace

Ps 29:11

11 The LORD will give strength unto his people; the LORD will bless his people with peace.

Ps 122:6-7

6 Pray for the peace of Jerusalem: they shall prosper that love thee.

7 Peace be within thy walls, and prosperity within thy palaces.

Isa 26:12

12 LORD, thou wilt ordain peace for us: for thou also hast wrought all our works in us.

John 14:27

27 Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.

Week 4- Transparency #1

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Fruit of the Spirit

Luke 21:19

Assembled By Bro. Wayne Coleman

Week 5: The Fruit of Patience

Part 5: The Fruit of Patience

Luke 21:19

19 In your patience possess ye your souls.

KJV

Patience in the Bible 34 times

NT:5281- **Patience**

hupomonee

1. steadfastness, constancy, endurance James 5:11

2. patient, steadfast waiting for;

3. patient enduring, sustaining: 2 Cor 1:6

(from Thayer's Greek Lexicon, Electronic Database. Copyright (c) 2000 by BibleSoft)

COMMENTARY:

[Long-suffering] Makrothumia (NT:3115). Long-mindedness, bearing with the frailties and provocations of others, from the consideration that God has borne long with ours; and that, if he had not, we should have been speedily consumed: bearing up also through all the troubles and difficulties of life without murmuring or repining; submitting cheerfully to every dispensation of God's providence, and thus deriving benefit from every occurrence.

Rom 5:3-4

3 And not only so, but we glory in tribulations also: knowing that tribulation worketh patience;

4 And patience, experience; and experience, hope:

Rom 5:3-8

The order of these verses is significant - tribulation, endurance, character, and then hope. Testing brings the response of endurance. Endurance produces character. The outcome of all of this is hope. 5. Hope does not disappoint. Even though hope does center in God's future action (Rom 8:24-25), it has an important present possession-] God's love,]
(from The Wycliffe Bible Commentary, Electronic Database. Copyright (c) 1962 by Moody Press)

Transparency #1

Rom 5:3

Endurance under trials, without sustaining loss or deterioration. It is a metaphor **taken from refining metals.**

(from Adam Clarke's Commentary, Electronic Database. Copyright (c) 1996 by Biblesoft)

Some Key Verses On Patience:

1 Thess 1:3

3 Remembering without ceasing your work of faith, and labour of love, and patience of hope in our Lord Jesus Christ, in the sight of God and our Father;

Heb 10:36

36 For ye have need of patience, that, after ye have done the will of God, ye might receive the promise.

Heb 12:1

Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us,

James 1:4

4 But let patience have her perfect work, that ye may be perfect and entire, wanting nothing.

The Reward of Longsuffering/ Patience

Rom 5:3-8

The order of these verses is significant - tribulation, endurance, character, and then hope. Testing brings the response of endurance. Endurance produces character. The outcome of all of this is hope. 5. Hope does not disappoint. Even though hope does center in God's future action, it has an important present possession, God's love (from The Wycliffe Bible Commentary, Electronic Database. Copyright (c) 1962 by Moody Press)

Rom 5:3- Patience

Endurance under trials, without sustaining loss or deterioration. It is a metaphor taken from refining metals.

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Fruit of the Spirit

II Peter 2:1-7-8

Assembled By Bro. Wayne Coleman

Week 6: The Fruit of Kindness

Part 6: The Fruit of Kindness (Gentleness)

Kindness in the Bible 48 times

2 Peter 1:7-8

7 And to godliness brotherly kindness; and to brotherly kindness charity.

8 For if these things be in you, and abound, they make you that ye shall neither be barren nor unfruitful in the knowledge of our Lord Jesus Christ.

NT:5544- Gentleness

chrestotes (khray-stot'-ace); from NT:5543; usefulness, i.e. moral excellence (in character or demeanor):

KJV - gentleness, good (-ness), kindness.

(Biblesoft's New Exhaustive Strong's Numbers and Concordance with Expanded Greek-Hebrew Dictionary. Copyright (c) 1994, Biblesoft and International Bible Translators, Inc.)

[Gentleness] Chrestotees (NT:5544). Benignity, affability; a very rare grace, often wanting in many who have a considerable share of Christian excellence. A good education and polished manners, when brought under the influence of the grace of God, will bring out this grace with great effect.

COMMENTARY:

2 Peter 1:7

[Brotherly kindness] Philadelphian (NT:5360). Love of the brotherhood-the strongest attachment to Christ's flock;

(from Adam Clarke's Commentary, Electronic Database. Copyright (c) 1996 by feeling each as a member of your own body.Biblesoft)

Some Key Verses On Kindness:

Luke 6:35

35 But love ye your enemies, and do good, and lend, hoping for nothing again; and your reward shall be great, and ye shall be the children of the Highest: for he is kind unto the unthankful and to the evil.

Eph 4:32

32 And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.

Col 3:12

12 Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering;

2 Peter 1:7-8

7 And to godliness brotherly kindness; and to brotherly kindness charity.

8 For if these things be in you, and abound, they make you that ye shall neither be barren nor unfruitful in the knowledge of our Lord Jesus Christ.

Fruit of the Spirit

Eph. 5:9-10

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Week 7: The Fruit of Goodness

Part 7: The Fruit of Goodness

Eph 5:9-10

9(For the fruit of the Spirit is in all goodness and righteousness and truth;)

10 Proving what is acceptable unto the Lord.

KJV

Goodness is in the Bible 51 times, good 720

[**Goodness**] **Agathoosunee (NT:19)**. The perpetual desire and sincere study, not only to abstain from every appearance of evil, but to do good to the bodies and souls of men to the utmost of our ability. But all this must spring from a good heart—a heart purified by the Spirit of God; and then, the tree being made good, the fruit must be good also.

NT:19

agathoosunee, agathoosunees, hee

a. uprightness of heart and life

b. (A.V., goodness):

(from Thayer's Greek Lexicon, Electronic Database. Copyright (c) 2000 by Biblesoft)

Main Entry:good*ness

Pronunciation:-n*s

Function:noun

: EXCELLENCE : VIRTUE

Questions for Discussion

- 1.Can man truly be good?
2. What things actually qualify to be good?
3. Is there an inherit ability to be good by God's definition?

Commentary

[Goodness] Agathoosunee (NT:19). The perpetual desire and sincere study, not only to abstain from every appearance of evil, but to do good to the bodies and souls of men to the utmost of our ability. But all this must spring from a good heart—a heart purified by the Spirit of God; and then, the tree being made good, the fruit must be good also.

2 Chron 6:41

41 Now therefore arise, O LORD God, into thy resting place, thou, and the ark of thy strength: let thy priests, O LORD God, be clothed with salvation, and let thy saints rejoice in goodness.

KJV

Key Verses On Goodness

Gen 1:31

31 And God saw every thing that he had made, and, behold, it was very good. And the evening and the morning were the sixth day.

Ps 37:23

23 The steps of a good man are ordered by the LORD: and he delighteth in his way.

Ps 37:27

27 Depart from evil, and do good; and dwell for evermore.

Prov 22:1

22:1 A good name is rather to be chosen than great riches, and loving favour rather than silver and gold.

Matt 7:18

18 A good tree cannot bring forth evil fruit, neither can a corrupt tree bring forth good fruit.

Fruit of the Spirit

II Thess. 1:11-12

Assembled By Bro. Wayne Coleman

Week 8: The Fruit of Faith

Part 8: The Fruit of Faith

Faith is in the Bible 247 times

2 Thess 1:11-12

11 Wherefore also we pray always for you, that our God would count you worthy of this calling, and fulfil all the good pleasure of his goodness, and the work of faith with power:

12 That the name of our Lord Jesus Christ may be glorified in you, and ye in him, according to the grace of our God and the Lord Jesus Christ.

KJV

NT:4102- Pistis-faith

1. conviction of the truth of anything, belief Heb 11:1 a. when it relates to God, pistis is the conviction that God exists and is the creator and ruler of all things, the provider and bestower of eternal salvation through Christ: Heb 11:6 b.
2. in reference to Christ, it denotes a strong and welcome conviction or belief that Jesus is the Messiah, through whom we obtain eternal salvation in the kingdom of God
3. in an ethical sense, persuasion or conviction concerning things lawful for a Christian. fidelity, faithfulness, i. e. the character of one who can be relied on:
(from Thayer's Greek Lexicon, Electronic Database. Copyright (c) 2000 by BibleSoft)

COMMENTARY:

[Faith] Pistis (NT:4102), here used for fidelity-punctuality in performing promises, conscientious carefulness in preserving what is committed to our trust, in restoring it to its proper owner, in transacting the business confided to us, neither betraying the secret of our friend, nor disappointing the confidence of our employer.

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Heb 11:1-2

1 Now faith is the substance of things hoped for, the evidence of things not seen.

2 For by it the elders obtained a good report.

KJV

Heb 11:2- Obtained a good report

Obtained a good report-Greek, 'were testified of;' namely, favourably (cf. Heb 7:8): a phrase of Luke, Paul's companion. Not only men, but God, gave testimony to their faith (Heb 11:4-5,39). Thus they, having first received the witness of God, then being testified of themselves, have become "witnesses" to all others

(from Jamieson, Fausset, and Brown Commentary, Electronic Database. Copyright (c) 1997 by BibleSoft)

Questions:

1. Can you think of a personal mountain moved by faith?
2. What characteristics does faith living create in our lives?

Key Verses On Faith

Matt 9:29

29 Then touched he their eyes, saying, According to your faith be it unto you.

Matt 21:21

21 Jesus answered and said unto them, Verily I say unto you, If ye have faith, and doubt not, ye shall not only do this which is done to the fig tree, but also if ye shall say unto this mountain, Be thou removed, and be thou cast into the sea; it shall be done.

Mark 5:34

34 And he said unto her, Daughter, thy faith hath made thee whole; go in peace, and be whole of thy plague.

Eph 2:8

8 For by grace are ye saved through faith; and that not of yourselves: it is the gift of God:

Eph 6:16

16 Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked

Heb 11:1-Now faith is the substance of things hoped for, the evidence of things not seen.

Fruit of the Spirit

James 3:13

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Week 9: The Fruit of Meekness

Part 9: The Fruit of Meekness

James 3:13

13 Who is a wise man and endued with knowledge among you? let him shew out of a good conversation his works with meekness of wisdom.

Meekness Is In the Bible 14 times

NT:4240- Meekness

prautees,

gentleness, humility

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Webster's- Main Entry:meek

Function:adjective

1 : characterized by patience and long-suffering

2 : deficient in spirit and courage

3 : MODERATE

COMMENTARY:

Gal 5:23

[Meekness] Prautees (NT:4240). Mildness, indulgence toward the weak and erring, patient suffering of injuries without feeling a spirit of revenge, an even balance of all tempers and passions, the entire opposite to anger.

MEEKNESS

"Meekness" in the Old Testament (ֶאָנָוָה, אָנָוָה) is from אָנָוָה, "suffering," "oppressed," "afflicted," denoting the spirit produced under such experiences. The word is sometimes translated "poor" (Job 24:4, the Revised Version margin "meek"; Amos 8:4); "humble" (Ps 9:12,18, the Revised Version margin "meek"); "lowly" (Prov 3:34; 16:19, the Revised Version (British and American) "poor," margin "meek"). It is

generally associated with some form of oppression. The "meek" were the special objects of the Divine regard, and to them special blessings are promised (Ps 22:26, "The meek shall eat and be satisfied"; 25:9, "The meek will he guide in justice; and the meek will he teach his way"; 37:11, "The meek shall inherit the land"; 147:6,

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MEEKNESS

"Meekness" in the New Testament (praotes, prautes) is not merely a natural virtue, but a Christian "grace"; it is one of the "fruits of the Spirit" (Gal 5:23). The conception of meekness, as it had been defined by Aristotle, was raised by Christianity to a much higher level, and associated with the commonly despised quality of humility (see s.v.). It was the spirit of the Saviour Himself (Matt 11:29): "I am meek (praos) and lowly in heart" (compare 2 Cor 10:1, "by the meekness and gentleness of Christ"); it presupposes humility, flows from it, and finds expression in moderation (see s.v.). (See Trench, Syn. of New Testament, 145; Westcott and Hort, The New Testament in Greek, New Testament Lexicon, s.v.) Christians are exhorted to cherish it and show it in their relations to one another (Eph 4:2; Col 3:12; 1 Tim 6:11; Titus 3:2,

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Questions:

1. Can being meek help us in avoiding disagreements?
2. How does being meek compare to the temperament of society?

Some Key Verses On Meekness

Zeph 2:3

3 Seek ye the LORD, all ye meek of the earth, which have wrought his judgment; seek righteousness, seek meekness: it may be ye shall be hid in the day of the LORD's anger.

Ps 25:9

9 The meek will he guide in judgment: and the meek will he teach his way.

Ps 37:11

11 But the meek shall inherit the earth; and shall delight themselves in the abundance of peace.

1 Peter 3:4

4 But let it be the hidden man of the heart, in that which is not corruptible, even the ornament of a meek and quiet spirit, which is in the sight of God of great price.

Fruit of the Spirit

I Corinthians 9:25

Assembled By Bro. Wayne Coleman

Week 10: The Fruit of Temperance

Part 10: The Fruit of Temperance / Self Control

1 Cor 9:25

25 And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible.

Temperance or Temperate in the Bible 7 times

NT:1467

egkrateuomai (eng-krat-yoo'-om-ahee); middle voice from NT:1468; to exercise self-restraint (in diet and chastity):

(Biblesoft's New Exhaustive Strong's Numbers and Concordance with Expanded Greek-Hebrew Dictionary. Copyright (c) 1994, Biblesoft and International Bible Translators, Inc.)

Webster's Main Entry: temperate

Function:adjective

- 1 : not extreme or excessive : MILD
- 2 : moderate in indulgence of appetite or desire
- 3 : moderate in the use of intoxicating liquors
- 4 : having a moderate climate

COMMENTARY

[Temperance] Engkrateia (NT:1466). Continenence, self-government, or moderation, principally with regard to sensual or animal appetites.

Moderation in eating, drinking, sleeping, etc.

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1 Cor 9:24-25

Paul's point is that athletes who expect to win must train diligently-a truth well illustrated in today's athletic endeavors, whether track, baseball, or some other sport. A corruptible crown brings in the contrast. Athletes discipline themselves to win an insignificant prize (in the Isthmian games it

was a wreath of pine). How much more ought Christians to win an incorruptible one

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Areas Where We Should Exercise Self Control:

1. Anger
2. Emotions
 3. Actions
 4. Finances
 5. Things that affect health

Key Verses On Self Control

2 Peter 1:6

6 And to knowledge temperance; and to temperance patience; and to patience godliness;

1 Cor 15:31

31 I protest by your rejoicing which I have in Christ Jesus our Lord, I die daily.

James 3:2-3

2 For in many things we offend all. If any man offend not in word, the same is a perfect man, and able also to bridle the whole body.

3 Behold, we put bits in the horses' mouths, that they may obey us; and we turn about their whole body.