

## Week Five: Singular Fruit has Fiber – growing in holiness

Prayer:

Intro: The fruit has fiber on it. The justified person growing in the child of God begins to put on **patience, kindness and generosity**. These three areas of the fruit have all the vitamins, minerals, and other essentials beneficial to the Christian life. These are in addition to the outcome of those who are guided by the leading Spirit. This session will look at the aspect of the singular fruit of the Spirit that is the like the fiber. Most fruit have the inner portions that hold fiber, liquid, with all the nourishing (and refreshing) value in them. This inner portion is mostly enjoyed or consumed. The inner portions that I suggest as part of the fruit of the spirit are Patience, Kindness, and Generosity (goodness). These are aspects of the outcome of God's grace transforming people.

We first turn to **Patience**. In Colossians among the virtues of character for the Christian are compassion, kindness, humility, meekness, and patience...Bear with one another by willingness to forgive (Col. 3:12-13 NRSV). The Christian is to be forgiving and patience with each other as God has been patient and forgiving of us (13).

To explore more of the significance of Patience, the translation of the Greek, *Makruthumia* – may suggest keeping one's "temper" under control. It is bear with the weakness and gullibility of people and to bear pain or suffer without retaliation, by extending the welcome of Jesus – who lead sinners to repentance (Romans 2: 3-4) [Interpreter's Bible, p 568].

Patience is not to be understood as in staid self-control without emotions. Rather, it is way to set a new standard of engagement with the purpose to effect change even with correcting persons on occasions. We allow persons to be regarded as persons.

Where is your patience on a scale of one to ten, with ten, being the most patient and one, having no patience? When do we need our patience in the life of the church community?

**Kindness** (gentleness) is an aspect of the holy life. When applied to people, kindness is one submitted to the leading of God with honesty and giving self

to others. Showing of love that allow for mutual refreshment of one another. This mirrors the kindness of Christ of leading sinners to repentance (Romans 2:4). In 1 Corinthians 13:4 Paul seem to associate patience with kindness.

What can prevent from showing love that refreshes our neighbors?

Then there is **generosity (goodness)** which is can also be translated as righteousness, prosperity and kindness. See Romans 15:14 and 2 Thessalonians 1:11 for where Paul may have leaned. The Christian is to be good at letting Jesus light shine by sharing willingly in approachable ways to people we meet each day. Doing good works is an act of faith. This act of faith responds to the inner working of God that changes hearts in love, by expressions of practical showing of love in the world. The hope in Christ lead to hope in the world that God loves. One of the rules of John Wesley to Methodist societies (small gatherings in a circuit) was to do all the possible good you can. The other general rules are to do no harm and as much as possible, avoid evil in whatever form. (Romans 12:9-10)

Further this generosity of being shares willingly our life in Christ with others. This is risky yet guided within the leading Spirit to effect relationships that can flourish by the grace of God.

Love is expressed in works of piety, in our devotion, and in our treatment of people. These fiber of Patience, Kindness, and Generosity (goodness)

Question: Of the virtues of Patience, Kindness, and Generosity (goodness) which one do you exercise most and which do you need most? Why?

### **Wesley Hymn:**

Jesu, my Saviour, Brother, Friend,  
On whom I cast my every care.  
On whom for all things I depend,  
Inspire, and then accept, my prayer.

Matt. 12:50, Luke 2:11, Jo. 15:14  
1 Pet. 5:7  
Rom. 8:32  
Ps. 69:13, Lk.11:1, Rom. 8:26

His sacred unction from above  
Be still my comforter and guide  
Till all the hardness he remove,  
And in my loving heart reside.

1 Jn 2:20  
Jn. 16:7, 13  
Ezek.11:19, MK:3:5  
Rom. 8:9, 11

Prayer