



Lesson Title: The Fruit of the Spirit

Scripture Focus: Galatians 5:24–25

The Lesson in Context

Walking is an excellent exercise, or so doctors say. The biblical command is to walk in the Spirit. This means a daily conscious determination to get up and put one foot in front of the other spiritually. It takes active determination to follow the direction of the Spirit, resisting our sinful nature. However, each time we step in the direction of the Spirit and away from our old sinful nature, the positive effects begin to blossom in our lives.

Daily choose to walk in step with the Spirit and allow Him to produce the fruit of His Spirit in your life. This whole section of Galatians started because Paul wanted these believers to realize the power of God's Spirit would always triumph over the Law. Therefore, it is unique that Paul left them with this thought regarding the fruit of the Spirit: "Against such there is no law" (Galatians 5:23). The Law caused humanity to work hard to get it right, but if we allow the Spirit to lead our lives, there is no law against the fruit. We can enjoy as much of the fruit as we want without harm; eat up. Enjoy as much as you want. This is the freedom God desires for His people—to walk in step with His Spirit and enjoy His blessings released in the fruit of the Spirit.

Group Discussion

1. Why does it sometimes feel like our relationship with God is more "work" than God intended?
2. Although we steer clear of certain works of the flesh, like adultery and murder, when was the last time you checked your life against hatred, strife, and envy?
3. When you take inventory, what works of the flesh do you see? What fruit of the Spirit do you see in your life?
4. How do you tell the difference between the fruit of the Spirit and the counterfeit the enemy offers?
5. When the fruit of the Spirit is not growing in your life, what will you do to allow it to grow again?

My Prayer for the Upcoming Week

How do you want to be different because of what you have experienced today?
