

fruitFULL

THE FRUIT OF THE SPIRIT

"FRUITFULL" WEEK 1 NOTES **NOVEMBER 5**

KEY THOUGHTS

- Here's a question we intuitively ask ourselves from time to time, particularly when we find flaws in ourselves: Why am I the way that I am?
- Paul's answer to that question is found in Galatians 5:16-18.
 - **All of us are in a war... even Jesus-followers.** (See Romans 7:22-24)
- Romans 7 leaves us with these questions in the battle going on inside us:
 - **How do I win?**
 - **How I know if I'm winning?**
 - And the clear answer: **It just shows.**
- Galatians 5:19-23 – the deeds of the flesh and the fruit of the Spirit
- Over coming weeks we'll look at the fruit of the Spirit – placed into 3 categories:
 - Fruit In My Inner Self: love, joy, peace
 - Fruit In My Relationships: patience, kindness, goodness
 - Fruit Grown Over Time and Trial: faithfulness, gentleness, self-control
- How do I get this fruit, considering the battle raging inside me?
- John 15:4-5 – abide!
- See reflection questions below for some practical steps in abiding in Jesus and walking by the Spirit v. the flesh.

SCRIPTURES

- Galatians 5:16-23
- Romans 7:22-24
- John 15:4-5

Practical & Reflection

- What am I exposed to?
- What do I most want to satisfy?
- What do I obey?