

## Fruit of the Spirit Bible Study | Download PDF

According to the Bible, the fruits of the spirit include love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, and self-control. This is recorded in Galatians 5:22–23, which says:

*"But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, and self-control. Against such there is no law."*

In this Bible study, we shall discuss the identified fruits of the spirit and their importance in the Christian walk. Let's get started.

### Fruit of the Spirit #1: Love

#### Why should we walk in love?

All believers ought to walk in love because God is love. This is according to 1 John 4:7, which says:

*"Beloved, let us love one another, for love is of God, and everyone who loves is born of God and knows God. He who does not love does not know God, for God is love."*

We must also walk in love because the scriptures command us to do so. This is recorded in 1 John 4:21, which says:

*"And this **commandment** we have from Him: **that he who loves God must love his brother also.**"*

Jesus taught his disciples that the greatest commandment is love. Love for God and love for fellow men. This is recorded in Matthew 22:35–40 as follows:

*"Then one of them, a lawyer, asked Him a question, testing Him, saying, 'Teacher, which is the great commandment in the law?' Jesus said to him, 'You shall love the LORD your God with all your heart, with all your soul, and with all your mind.' This is the first and greatest commandment. And the second is like it: 'You shall love your neighbor as yourself.' On these two commandments hang all the Law and the Prophets."*

One way to tell whether an individual is a true disciple of Jesus Christ is if he walks in love. This is according to John 13:34, which states as follows:

*"A new commandment I give to you, that you love one another; as I have loved you, that you also love one another. **By this all will know that you are My disciples, if you have love for one another.**"*

The Apostle Paul instructs us to walk in love in response to Christ's love for us. This is recorded in Ephesians 5:2, which says:

*"And walk in love, as Christ also has loved us and given Himself for us, an offering and a sacrifice to God for a sweet-smelling aroma."*

Husbands have also been directed to love their wives as Christ loved the church. This is according to the following two scriptures: Ephesians 5:25, which says:

*"Husbands, love your wives, just as Christ also loved the church and gave Himself for her."*

And also Ephesians 5:28, which says:

*"So husbands ought to love their own wives as their own bodies; he who loves his wife loves himself."*

If we do not walk in love as brothers, Christ warns us that He will come and remove our lampstand from its place. This is according to the book of Revelation 2:4, which says:

*"Nevertheless, I have this against you: that you have left your first love. Remember therefore from where you have fallen; repent and do the first works, or else I will come to you quickly and remove your lampstand from its place—unless you repent."*

### **What are the benefits of walking in love?**

There are several benefits to loving God and fellow men. Let us discuss some of these benefits in this section.

When we love God, we become recipients of His mercies, as recorded in Exodus 20:6, which says:

*"But **showing mercy to thousands, to those who love Me** and keep My commandments,"*

When we love God, we receive the promises He made in Deuteronomy 11:13. The scripture says:

*"And it shall be that if you earnestly obey My commandments, which I command you today, **to love the LORD and serve Him** with all your heart and with all your soul, then I will give you rain for your land in its season, the early rain and the latter rain, that you may gather in your grain, your new wine, and your oil. And I will send grass in your fields for your livestock, that you may eat and be filled."*

When we love God, He preserves us from destruction. This is recorded in Psalm 145:50, which says:

*"**The LORD preserves all who love Him, but all the wicked He will destroy.**"*

When we love God, He causes us to inherit wealth. This is according to Proverbs 8:21. The scripture says:

*"**That I may cause those who love me to inherit wealth, that I may fill their treasuries.**"*

According to the Apostle Paul, everything works out for good for those who love God. This is recorded in Romans 8:28, which says:

*"And we know that **all things work together for good to those who love God, to those who are called according to His purpose.**"*

In 1 Corinthians 2:9, the Apostle Paul teaches that God has prepared great things for those who love him. The scripture says:

*"But as it is written, 'eye has not seen, nor ear heard, nor have entered into the heart of man the **things God has prepared for those who love Him.**'"*

## **Fruit of the Spirit #2: Joy**

Joy is another fruit of the spirit that every believer ought to bear.

In fact, God expects us to serve Him with joy in our entire walk of faith. When we fail to do this, our lives become vulnerable to all manner of attacks from the camp of the enemy. This is recorded in Deuteronomy 28:47–48. It says:

*"Because you did not **serve the LORD your God with joy** and gladness of heart, for the abundance of everything, therefore you shall serve your enemies, whom the LORD will send against you, in hunger, in thirst, in nakedness, and in everything; and He will put a yoke of iron on your neck until He has destroyed you."*

In the book of Acts 20:22–24, the Apostle Paul gives us an example of how to remain joyful in the face of life-threatening situations. The scripture says:

*"And see, now I go bound in the spirit to Jerusalem, not knowing the things that will happen to me there, except that the Holy Spirit testifies in every city, saying that chains and tribulations await me. But none of these things move me; nor do I count my life dear to myself, **so that I may finish my race with joy**, and the ministry which I received from the Lord Jesus, to testify the gospel of the grace of God."*

In fact, the kingdom we have been called into is one of joy, righteousness, and peace. We read this in Romans 14:17, which says:

*"For the kingdom of God is not eating and drinking, but righteousness, peace, **and joy in the Holy Spirit.**"*

## **Fruit of the Spirit #3: Peace**

The spirit of God bestows upon us the ability to be peaceable. Consequently, the Bible urges us to live peaceably with all men. We read this in Romans 12:18, which says:

*"If it is possible, as much as depends on you, **live peaceably with all men.**"*

Similar sentiments are echoed in Romans 14:19, which says:

*"Therefore let us pursue the things that make for peace and the things by which one may edify another."*

In Matthew 5:9, Jesus taught that peacemakers would be called sons of God. This is what the scripture says:

*"Blessed are the peacemakers, for they shall be called sons of God."*

The Bible teaches that those who are born-again have peace with God. This is recorded in Romans 5:1, where it says:

*"Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ."*

In the book of 1 Corinthians 14:33, the Apostle Paul teaches that God is the author of peace. The scripture says:

*"For God is not the author of confusion but of peace in all the churches of the saints."*

#### **Fruit of the Spirit #4: Longsuffering**

The Holy Spirit endows upon believers the fruit of longsuffering to help them persevere through trials and tribulations that come their way.

God Himself is longsuffering in order to give sinners time to repent and turn away from evil. This is recorded in several scriptures, including:

Numbers 14:18

*"The LORD is longsuffering and abundant in mercy, forgiving iniquity and transgression, but by no means clears the guilty, visiting the iniquity of the fathers on the children to the third and fourth generation."*

Psalms 86:15

*"But You, O Lord, are a God full of compassion, gracious, longsuffering, and abundant in mercy and truth."*

Romans 2:4

*"Or do you despise the riches of His goodness, forbearance, and longsuffering, not knowing that the goodness of God leads you to repentance?"*

This is because God is not pleased with the death of a sinner, as recorded in Ezekiel 18:23. The scripture says:

*"Do I have any pleasure at all that the wicked should die? Says the LORD God, and not that he should turn from his ways and live?"*

Similar sentiments are echoed in 2 Peter 3:9, which says:

*"The Lord is not slack concerning His promise, as some count slackness, but is longsuffering toward us, not willing that any should perish but that all should come to repentance."*

Likewise, believers are called to walk in longsuffering so that they can bear with the faults of others, allowing them time to reform.

Christ Himself set us an example of longsuffering that we can emulate as believers. This is recorded in 1 Timothy 1:16. The scripture says:

*"However, for this reason I obtained mercy, that in me first Jesus Christ might show all longsuffering, as a pattern to those who are going to believe on Him for everlasting life."*

### **Fruit of the Spirit #5: Kindness**

Kindness is another fruit the Holy Spirit endows upon believers. Consequently, believers are expected to be kind to one another, as recorded in Romans 12:10. The scripture says:

*"Be kindly affectionate to one another with brotherly love, in honor, giving preference to one another."*

According to Proverbs 19:22, men are expected to be kind. The scripture says:

*"What is desired in a man is kindness, and a poor man is better than a liar."*

Joel 2:13 informs us of God's kindness towards mankind in the following manner:

*"So rend your heart and not your garments; return to the LORD your God, for He is gracious and merciful, slow to anger, and of great kindness; and He relents from doing harm."*

According to Titus 3:3-5, we got saved when the kindness and love of God appeared to us. The scripture says:

*"For we ourselves were also once foolish, disobedient, deceived, serving various lusts and pleasures, living in malice and envy, hateful, and hating one another. But when the kindness and the love of God, our Saviour toward man, appeared, not by works of righteousness, which we have done, but according to His mercy, He saved us, through the washing of regeneration and the renewing of the Holy Spirit,"*

### **Fruit of the Spirit #6: Goodness**

Born again Christians should show goodness to others because the God who lives inside them is a good God.

The Bible teaches that the earth is filled with the goodness of God. We read this in Psalm 33:5, which says:

*"He loves righteousness and justice; the **earth is full of the goodness of the LORD.**"*

In the book of Romans 15:14, the Apostle Paul urges believers to walk in goodness by stating as follows:

*"Now I myself am confident concerning you, my brethren, **that you also are full of goodness, filled with all knowledge, and able also to admonish one another.**"*

This goodness is manifested by doing good works, as recorded in Hebrews 10:24. The scripture says:

*"And let us consider one another in order to stir up love and good works."*

In fact, God created us to do good works, as recorded in Ephesians 2:10. The scripture says:

*"For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them."*

Some of the good works expected of believers are recorded for us in the following scriptures:

1 Timothy 5:10

*"Well reported for good works: if she has brought up children, if she has lodged strangers, if she has washed the saint's feet, if she has relieved the afflicted, if she has diligently followed every good work."*

1 Timothy 6:18

*"Let them do good, that they be rich in good works, ready to give, willing to share."*

Titus 2:7

*"In all things, show yourself to be a pattern of good works; in doctrine, show integrity, reverence, and incorruptibility."*

### **Fruit of the Spirit #7: Faithfulness**

Faithfulness is another fruit of the Spirit expected of every true believer.

According to Psalm 31:23, God preserves the faithful from the evils that stalk the earth, such as famine, pestilence, and the sword. The scripture says:

*"Oh, love the LORD, all you His saints! **For the LORD preserves the faithful** and fully repays the proud person."*

Similar sentiments are echoed in Psalm 101:6, which says:

***"My eyes shall be on the faithful of the land, that they may dwell with me; he who walks in a perfect way, he shall serve me."***

The Bible also promises blessings to those who are faithful. We read this in Proverbs 28:20.

The scripture says:

***"A faithful man will abound with blessings, but he who hastens to be rich will not go unpunished."***



According to the teaching of Jesus Christ in Matthew 25:21, those who are faithful with a little will be charged with more. This is what the scripture says:

*"His lord said to him, 'Well done, good and faithful servant; you were faithful over a few things; I will make you ruler over many things. Enter into the joy of your Lord.'"*

In addition, the Bible teaches that if you are faithful with what belongs to others, you will be given your own. This is recorded in Luke 19:17. The scripture says:

*"And if you have not been faithful in what is another man's, who will give you what is your own?"*

### **Fruit of the Spirit #8: Gentleness**

The fruit of gentleness makes a believer temperate in all things.

Christ Himself was gentle and meek until the point of death. He thus urged His disciples to imitate Him in order to find rest for their souls. This is according to Matthew 11:29, which says:

*"Take my yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls."*

The Apostle Paul urges believers to be gentle to all because the second coming of Christ Jesus is near. We read this in Philippians 4:5. It says:

*"Let your gentleness be known to all men. The Lord is at hand."*

In the book of 2 Timothy 2:24, the Apostle Paul urges believers to be gentle in order to avoid quarrels and strife. The scripture says:

*"And a servant of the Lord must not quarrel but be gentle to all, able to teach, patient, and in humility correct those who are in opposition, if God perhaps will grant them repentance, so that they may know the truth."*

According to the Apostle Peter, believers need to have a gentle spirit because it is precious in the sight of God. This is recorded in 1 Peter 3:3–4. The scripture says:

*"Do not let your adornment be merely outward—arranging the hair, wearing gold, or putting on fine apparel—but rather let it be the hidden person of the heart, with the **incorruptible beauty of a gentle and quiet spirit, which is very precious in the sight of God.**"*

### **Fruit of the Spirit #9: Self-control**

This fruit is key to helping a believer overcome vices such as greed, rage, and sexual immorality, among others.

In the book of 2 Peter 1:5-8, the Apostle urges believers to pursue self-control, among other attributes, in order to be fruitful in their walk of faith. The scripture says:

*"But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, to knowledge self-control, to self-control perseverance, to perseverance godliness, to godliness brotherly kindness, and to brotherly kindness love. For if these things are yours and abound, you will be neither barren nor unfruitful in the knowledge of our Lord Jesus Christ."*

Self-control is also a requirement for everyone who desires to become a bishop. This is according to Titus 1:7-8. It says:

*"For a bishop must be blameless, as a steward of God, not self-willed, not quick-tempered, not given to wine, not violent, not greedy for money, but hospitable, a lover of what is good, sober-minded, just, holy, and **self-controlled.**"*

### **Conclusion**

This article discussed the fruit of the spirit identified in Galatians 5:22–23. These include love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, and self-control. When a person is born again, they become filled with the Holy Spirit. Consequently, the above-mentioned fruit of the spirit begins to manifest in their lives as they continue in their walk of faith. The article also examined scriptures relating to the identified fruits of the spirit in a bid to understand them in detail. I hope this was helpful.