



SUPERNATURAL

Week 3 | Fruit of the Holy Spirit

| KEY THOUGHTS

- Sin isn't a behavior problem, but a **heart problem**; it's the result of choosing our own leadership over God's.
- You're either in, or you're out; you either have the Spirit, or you don't; you either trust God, or you rely on yourself. **Christ followers insist that Christ is the one calling the shots.**
- If you've trusted in Christ, it's only because God drew you, convicted you of sin, gave you the faith to believe, placed His Spirit within you, and gave you new life in Christ; **it's all a supernatural gift from God**, not the result of anything you did.
- In the same way, spiritual fruit is a supernatural gift of God, not something you earn through your own efforts. **We can't gain it by trying harder.**
- Like the wind, we can't see the Spirit, but we can see His effects:
 - **Our lives will bear His fruit;**
 - **There will be a struggle between our flesh and the Spirit within.**
- **We don't seek fruit, but rather, we seek to be closer to Christ.** The Spirit that empowered Jesus is the same Spirit who dwells in us.
- What can we do to see the fruit of the Spirit in our lives?
 - **Abide** in Christ;
 - **Read and memorize** scripture;
 - **Listen** to the Holy Spirit;
 - **Confess** our sin;
 - **Pray** for empowerment;
 - **Maintain fellowship** with other growing disciples.

| SCRIPTURE

Galatians 5:16-26

Ephesians 1:13-14

Titus 3:4-7

Romans 8:9-11

Ephesians 2:8-10

John 15:16

John 3:18

Galatians 5:17

Romans 7:24-25

Romans 6:11-14

John 15:4-5

John 14:26

Ephesians 5:18

Colossians 3:16

1 Thessalonians 5:19

| PRACTICAL

- Ask myself: Is the fruit of the Holy Spirit evident in my life? Am I aware of the struggle between sin and the Spirit within me?
- If the answer to either of the above is *no*, determine the reason. Am I trying to do this on my own rather than trusting in Christ?
- Read through the gospels and identify everyplace where the fruit of the Spirit as described in Galatians 5 is found in Jesus's life.
- Seek to abide continually in Christ, in his word, and in fellowship with other growing disciples—and thank God for the increasing fruit His Spirit will bear!

| REFLECT

- When I sense the tension between the flesh and the Spirit within me, do I respond by trying harder? Or do I seek to know Christ more fully and love him more deeply through prayer and His word?
- If everyone in the church had the same spiritual fruit in their lives that I do, what would the church be like?
- If everyone in the church had the same spiritual fruit in their lives that Jesus did, what *could* the church be like?

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