

FRUIT

Fruit of the Spirit

In these verses, Paul describes the fruit of the Spirit. These aren't simply qualities we should admire. They are evidence of the Holy Spirit working within us.

Think about planting an apple tree. You wouldn't plant an apple seed and expect nothing to ever grow from it. As the tree grows and matures, eventually you expect to see apples. What is living within the tree eventually becomes visible through its fruit.

The same should be true of us. When the Holy Spirit lives within us, His presence should eventually become visible in the way we live. We aren't expected to produce this fruit through our own strength. The Holy Spirit produces it in us. Our part is to remain surrendered to Him and allow Him to continue His work.

This Week's Verse

But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!

Galatians 5:22-23 NLT

Hidden Word

B T H S P T K O F I O L
L J P P K G F G A S C
T I N L A T T

Truth to Carry This Week

*The more I surrender to the Holy Spirit,
the more my life begins to reflect Him*

READ IT SLOWLY

*But the Holy Spirit produces
this kind of fruit in our lives:
love, joy, peace, patience,
kindness, goodness, faithfulness,
gentleness, and self-control.
There is no law against these
things!*

Galatians 5:22-23 NLT

WRITE IT OUT

Write the verse below



WHAT DOES THIS VERSE MEAN TO YOU RIGHT NOW?



WHAT THIS VERSE MEANS

Galatians is a letter written by the Apostle Paul to the churches in Galatia. At the time, false teachers were telling new believers that they needed to follow the requirements of the Old Testament law in order to truly belong to God. Paul wrote to correct this teaching and remind believers that salvation comes through faith in Jesus Christ, not through our ability to earn it by keeping the law.

Later in the letter, Paul describes two very different ways of living: according to the desires of our sinful nature, or by following the Holy Spirit. In verses 19–21, Paul lists the works of the flesh. Then, in verses 22–23, he gives us a completely different picture: the fruit of the Spirit. Notice that Paul doesn't say *fruits* of the Spirit. He says fruit. The works of the flesh are plural, but the fruit of the Spirit is singular. Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control aren't meant to be treated like separate pieces of fruit that we pick and choose according to which ones come naturally to us.

This isn't the produce section at the grocery store.

We don't get to fill our basket with love and joy while leaving self-control on the shelf. Being kind doesn't excuse a lack of patience. Having peace doesn't make it acceptable to be unfaithful. These qualities belong together. They form one beautiful picture of a life being transformed by the Holy Spirit. And that picture looks a lot like Jesus.

Jesus perfectly demonstrated the fruit of the Spirit. So when the Holy Spirit produces His fruit within us, He is doing more than making us nicer people. He is making us more like Christ. This is why faithful Christians should increasingly become fruitful Christians. But fruit isn't produced instantly, and it isn't manufactured through willpower. Fruit grows as it receives the nourishment it needs. In the same way, the Holy Spirit patiently works within us, uprooting the desires of our sinful nature and cultivating the character of Christ. Sometimes that growth is easiest to see when life puts us under pressure. Think about how you determine whether some kinds of fruit are ripe. You gently squeeze them. What is inside becomes more evident when pressure is applied. The same can be true of us.

What comes out when life squeezes you? When someone interrupts your plans, does patience come out or frustration? When someone hurts you, do you respond with kindness or retaliation? When circumstances feel uncertain, do you turn toward peace or allow fear to take control? When temptation appears, does self-control hold firm or do your desires take over? Pressure doesn't necessarily create what comes out of us. Often, it reveals what has been growing within us. The goal isn't to become better at following a list of rules. It isn't even to become better at checking nine qualities off a spiritual checklist.

The goal is to become more like Jesus.

WEEK 8

Hide it in your heart.

VERSE

But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!

Galatians 5:22-23 NLT

Cover the full verse. Use only the letters.

B T H S P T K O F I O L
L J P P K G F G A S C
T I N L A T T

REFLECTION

Which fruit of the Spirit do I see God already growing in my life?

Can I recognize an area where the Holy Spirit has changed the way I respond compared with how I would have responded in the past?

FILL IN THE MISSING WORDS

But the _____ produces this kind of _____ in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, _____, and self-control. There is no _____ against these things!

You can do this

Each time you practice
you are hiding God's
Word deeper in your
heart

WEEK 8

Activity.

What am I growing?

Does my life reflect the Spirit living within me?

WHAT MY FLESH PRODUCES

I WANT THE SPIRIT TO GROW













Some fruit of the flesh:

anger • jealousy • selfishness
pride • fear • impatience
bitterness • envy

The fruit of the spirit:

love • joy • peace • patience
kindness • goodness
faithfulness • gentleness
self-control

WHERE DO I NEED HIS HELP?

Choose one or more you especially need right now:

☐

LOVE

☐

PATIENCE

☐

FAITHFULNESS

☐

JOY

☐

KINDNESS

☐

GENTLENESS

☐

PEACE

☐

GOODNESS

☐

SELF-CONTROL

WEEK 8

Talk to God.

A prayer to start

God,
Help me recognize You leading in my
everyday life. When my own desires pull me in
another direction, give me the strength to
follow You. Change the way I think, speak,
respond, and live so that my life increasingly
reflects Christ. Thank You for the ways You
have already changed me and for continuing
to work in the areas where I still need to grow.
Amen.

END OF WEEK CHECK-IN

This week I practiced the verse:

☐

1 time

☐

3 times

☐

2 times

☐

More than 3 times!

Can I say the verse using only the Hidden
Word?

☐

Not yet

☐

Yes!

☐

Almost

This week, God reminded me:

MY PRAYER

God, today I feel:

God, I need help with:

God, thank You for:

MEMORY CHECK

Try to write this week's verse from
memory. Don't worry if you can't get every
word. God is still teaching your heart.

Use this space to slow down and reflect. Write what stood out to you, what God may be showing you, or a prayer you have.

Use this space to practice this week's Hidden Word.