

The Spirit-Led Life

Walking in the Fruit of the Spirit

Text: Romans 8:14; Galatians 5:22-23

The Fruit of the Spirit:

The fruit of the Spirit signifies the virtues produced by the Holy Spirit, which should be visible in the lives of Christians.

- (Titus 3:4-5) – When a person is born again, they receive a new nature; however, their mind remains unrenewed and is still dominated by sin.

The Holy Spirit's role is to change our character, helping us to imitate Christ in everything we say and do (2 Cor. 3:18).

- The law focused on people's outward actions, but Jesus addressed the inner person of the heart (Matt. 5:21-22a, 27-28).
- The Law emphasizes external actions like not murdering and not committing adultery, while Jesus emphasizes inner motives and heart conditions, such as anger and lust.
- (Ezekiel 36:26-27) – When someone is born again, God changes their desires. They move from obeying the law out of obligation to doing it out of a sincere desire to honor God.
- Our obedience to God flows from a new nature and our love for Him (Phil. 2:13 NLT).

Unpacking the Fruit of the Spirit:

Walking in the Spirit means being guided and empowered by the Holy Spirit.

- The Greek verb (*peripateite*) here in Galatians 5:16 for walk is used literally (**Ex. 2:5; Matt. 4:18**) and figuratively *to mean a person's conduct or way of life* (**Gen. 5:24; Rom. 8:4; 1 John 1:6-7**). The phrase "walk" is often translated live by the Spirit.

The Holy Spirit empowers believers to walk in the virtues outlined in Galatians 5:22-23.

- **Love.**
- **The Greek term for "love" is *agape***, representing the divine and highest form of love. It signifies God's love for us and is the kind of love Paul describes in Galatians 5:22.
- **Joy.**

- Joy is a vital trait in a believer's life that helps them get through life's storms. It is God's supernatural response to the devil's attacks (Neh. 8:10; Phil. 4:4).
- **Peace.**
- The word "peace" originates from Eirene, the Greek equivalent of the Hebrew word *shalom*. Peace is a state of rest, quietness, calmness, and tranquility of the soul, *unaffected by external circumstances or pressures*.
- Jesus has promised to provide us with His peace, which is sustained through prayer and meditation on God's word (John 14:27; Phil. 4:6-9).
- **Longsuffering.**
- People will test your patience; however, you learn to exercise restraint when love governs your life (Col. 3:12-13).
- **Kindness.**
- This describes goodness of heart and gentleness, which is how we are to conduct ourselves as Christians (Titus 3:1-2).
- **Goodness.**
- This is described as being good, kind, virtuous, benevolent, generous, and God-like in life and behavior (Gal. 6:10).
- **Faithfulness.**
- Faithfulness in the life of a disciple of Christ is mandatory (1 Cor. 4:20).
- Your promotion is linked to your faithfulness (Prov. 28:20), so choose to be faithful.
- **Gentleness.**
- Gentleness describes the attitude or demeanor of someone who is patient, *forbearing*, and *slow to anger*; someone who maintains control of themselves when faced with *insults or injuries*.

- Gentleness ought to be the standard in a Christian's life (Eph. 4:2).
- **Self-Control.**
- Temperance, or self-control, in Greek means being *in control* and signifies *power over oneself*. It involves having *mastery* or *self-command*. Additionally, it refers to restraining or controlling *one's passions, appetites, and desires*.
- Self-control is not about legalism or willpower; it's God's grace that enables us to live in a way that pleases Him (Phil. 2:13 NLT).

Call to Action:

- Begin each day with surrender—pray, asking the Holy Spirit to guide your thoughts, words, and actions today.
- Respond, don't react – When frustrated, pause and choose the fruit of the Spirit over emotions.
- Nourish your spirit daily by dedicating time to the Word and prayer, allowing God to shape your attitude and desires.