

## **THE FRUIT OF THE SPIRIT – PART 2**

**Galatians 5:22-23**

**By Andy Manning**

### **I. INTRODUCTON**

1. God loves you just the way you are, but He loves you too much to let you stay that way.
2. When you first get saved, you are a spiritual baby. A babe in Christ. Your knowledge of God is very limited. Your character is not godly. And even though God loves you, He wants you to grow up in Christ. He wants you to mature in Christ.
3. **2 Peter 3:18** “But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be the glory both now and to the day of eternity.”
4. This verse gives us five facts about spiritual growth.

### **II. FIVE FACTS ABOUT SPIRITUAL GROWTH**

1. Growth is a command. If you are not trying to grow, you are living in sin. You should be able to give me a list of the things you are doing to help you grow spiritually.
2. Growth is needed for every Christian. Peter just assumes that every Christian needs to grow. That’s because none of us will reach perfection this side of heaven.
3. Growth is not instant. You don’t become Christlike instantly upon becoming a Christian. Think about the growth of a person, or a plant. It is slow and gradual. You can’t just pray a prayer, read a book, attend a conference, listen to a sermon, or have hands laid on you and then start acting like a mature Christian. It takes time.
4. Growth requires effort. Since it is a command, that means you must do something. Growth is not possible without God, but you also have work to do. You must try your hardest to obey God’s commands and imitate His character. But you must also be diligent in the use of the means of grace, or spiritual disciplines. Several spiritual disciplines are crucial to your spiritual growth:
  - i. Sunday worship. Gather weekly with other believers for worship.
    1. **Hebrews 10:25 (GW)** “We should not stop gathering together with other believers, as some of you are doing. Instead, we must continue to encourage each other even more as we see the day of the Lord coming.”
  - ii. Home group. Gather in small groups for fellowship and prayer.
    1. **Acts 2:42-47** “42 They devoted themselves to the apostles’ teaching, to the fellowship, to the breaking of bread, and to prayer. 3 Everyone was filled with awe, and many wonders and signs were being performed through the apostles. 44 Now all the believers were together and held all things in common. 45 They sold their possessions and property and distributed the proceeds to all, as any had need. 46 Every day they devoted themselves to meeting together

in the temple, and broke bread from house to house. They ate their food with joyful and sincere hearts, 47 praising God and enjoying the favor of all the people. Every day the Lord added to their number those who were being saved.”

2. Two observations:
  - a. The early church had two types of gatherings.
    - i. Large group and small group.
    - ii. They met together in the temple, and they met in homes.
    - iii. To grow as a Christian, you need both. You need the large group worship, and the small group fellowship.
  - b. They were devoted to “fellowship.”
    - i. The Greek word means doing life together.
    - ii. Church should be more than an event you attend. It is a family you belong to. For your family to be healthy, we need to spend time together building relationships.
    - iii. You can’t get to know everyone intimately, so the church has small groups where you can build deep friendships, study the Bible together, pray together, and support one another.
- iii. Serving. Find a place in the church to serve.
  1. **2 Timothy 4:5** “fulfill your ministry”
  2. You don’t just go to church to get something, but to give something.
  3. God has equipped you with gifts and talents to help the church grow.
  4. You will only be healthy if you start serving in the church.
- iv. Daily quiet time. Get alone with God daily for private prayer and Bible reading.
  1. **Mark 1:35** “Very early in the morning, while it was still dark, he got up, went out, and made his way to a deserted place; and there he was praying.”
- v. Tithing. God wants total control of your life, and if He doesn’t have your money, He doesn’t have you.
  1. **Malachi 3:10** “Bring the full tenth into the storehouse so that there may be food in my house. Test me in this way,” says the LORD of Armies. “See if I will not open the floodgates of heaven and pour out a blessing for you without measure.”
5. Growth must occur in two ways:
  - i. Knowledge: Doctrine and intimacy.
  - ii. Grace: The Christian graces. Christlike virtues. The fruit of the Spirit.
    1. In this study we are looking at the fruit of the Spirit; the nine virtues, or graces found in Galatians 5:22-23.

2. **Galatians 5:22-23** “22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, and self-control. The law is not against such things.”
3. **Two observations about the fruit of the Spirit:**
  - a. This list is not exhaustive.
  - b. The fruit of the Spirit is personally beneficial.
4. Today we will look at the second three, patience, kindness, and goodness.

### III. PATIENCE, KINDNESS, AND GOODNESS

#### 1. Patience.

- i. Patience is being slow to anger when facing delay, hardship, or wrongdoing.
- ii. Life is filled with opportunities to lose your temper. When someone hurts you, frustrates you, or wrongs you. When you are being treated unfairly. When you are insulted. When you have to wait longer than expected. When you are faced with a task that is more difficult than expected.
- iii. Just recently Lydia and I went to a conference in New Orleans, and we reserved two nights at the Ramada Inn. When we got there, it didn't have any hot water. They said they were sending the maintenance man to fix the boiler. After about two hours, we decided to check out. When I asked for a refund, they refused. I was tempted to lose my temper.
- iv. In all these situations, God wants you to be patient.
- v. **Colossians 3:12** “Therefore, as God's chosen ones..., put on patience.”
- vi. **James 1:19** “Everyone should be quick to listen, slow to speak, and slow to anger.”
- vii. Patience is controlling your emotions rather than allowing your emotions to control you. It is emotional strength.
- viii. Patience is controlling your temper so that your temper doesn't blow up everything around you.
- ix. Patience is getting angry slowly. It is being slow-tempered. A patient person is not quick-tempered, or easily angered. A patient person has a long fuse.
- x. Have you ever popped fireworks? Every firecracker has a fuse. Every once in a while the fuse will get broken, and you'll be left with a short fuse. What happens when a firecracker has a short fuse? It explodes very quickly. That's the opposite of anger.
- xi. Patience is restraining your anger; holding your anger in check; it is turning anger away when it knocks on the door.
- xii. Another word for patience is “longsuffering.” Patience is the ability to suffer long without getting angry.
- xiii. A patient person has thick skin. They have a tough hide. It takes a lot to offend them, to upset them, to hurt them; and then when they do finally get hurt, they don't stay hurt; they are quick to forgive.

- xiv. Have you ever met someone who likes to tease people, but they don't like to be teased? They like to dish it out, but they can't take it in. A patient person can take it.
- xv. Have you ever met an eggshell person? They are super sensitive, and so everyone has to be very careful about what they say around that person. If you say the wrong thing, they will fly off the handle. That's not a patient person. A patient person is the opposite of an eggshell person. You can say anything to them, ask them anything, and you don't have to worry about them blowing up.
- xvi. Why do we need patience?
  - 1. Patience enables you to more effectively serve the Lord.
    - a. 2 Timothy 2:24 "The Lord's servant must not quarrel, but must be gentle to everyone, able to teach, and patient."
    - b. A patient person is more influential, respectable, persuasive.
    - c. Anger pushes people away; patience draws them in. Anger is repulsive; patience is attractive.
    - d. You will be a more winsome witness if you are patient rather than quick-tempered.
  - 2. Patience protects your relationships.
    - a. Proverbs 15:18 "A hot-tempered person stirs up conflict, but one slow to anger calms strife."
    - b. If you are always getting angry, and getting offended, and losing your temper, then you can't have peace and unity and harmony.
    - c. An angry person gets offended by everything. What happens you take offense? You put a fence up between you and the other person. Patience protects your relationships.
  - 3. Patience prevents you from doing something foolish.
    - a. Anger has been called temporary insanity, because when you get angry you can't think straight, and you lose control of your body. You say things that you shouldn't say, and you do things that you shouldn't do.
    - b. An angry person is a dangerous person. They say and do things that are very hurtful and harmful. Patience protects you from that.
    - c. Moses is one of the greatest heroes in the Bible. He delivered the Israelites from slavery in Egypt and led them through the wilderness to the Promised Land. He wrote the first five books of the Bible. Yet even though he faithfully led God's people for forty years, God punished Moses, not allowing him to enter the Promised Land. When the Israelites were in the

Wilderness of Zin, they ran out of water and blamed Moses. Moses prayed about it, and God told him to speak to the rock, and water would come out. Instead, Moses lost his temper and said, "Listen, you rebels! Must we bring water out of this rock for you?" Then Moses struck the rock twice with his staff, and water came out for the people to drink. God punished Moses for his disobedience, but his disobedience was caused by his temper. Moses' impatience cost him the honor and privilege of entering the Promised Land.

d. Anger protects you from doing something foolish.

4. How can we grow in patience?

a. Learn to overlook an offense.

i. **Proverbs 19:11** "A person's insight gives him patience, and his virtue is to overlook an offense."

ii. When people offend you, learn to ignore it. Overlook it. Pretend like it didn't happen.

iii. Sometimes it is necessary to bring the offense to their attention and discuss it, if it hurt you deeply, or if they are a serial offender. But often when someone offends us, it doesn't have to be a big deal. They may not have meant any harm. They may have just been joking. Or they may be having a bad day, or a weak moment. Instead of getting angry, learn to overlook an offense.

iv. Learn to let insults bounce off you like a basketball bounces off the ground.

b. Do not seek revenge.

i. **1 Peter 3:9 (NLT)** "Don't repay evil for evil. Don't retaliate with insults when people insult you. Instead, pay them back with a blessing. That is what God has called you to do, and he will grant you his blessing."

ii. What does the world say you should do when someone offends you? Especially if they call you the wrong word. Not only should not overlook it, but you should make them pay. Teach them a lesson they will never forget.

iii. But the Bible teaches us never to seek revenge. Never.

c. Forgive.

i. **Colossians 3:13** "Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others."

- ii. Patience and forgiveness go hand in hand.
- iii. What is forgiveness? It is the opposite of revenge. Instead of staying angry, and being mean, and getting revenge, it is paying them back with a blessing.

## 2. Kindness.

- i. Kindness is seeking to be helpful and beneficial to others.
- ii. **Ephesians 4:32** “And be kind and compassionate to one another, forgiving one another, just as God also forgave you in Christ.”
- iii. It is seeking to be a servant.
- iv. **Galatians 5:13** “... serve one another through love.”
- v. The Bible tells the story of Naomi. Her world had come crumbling down. She was living in a foreign land when her husband died, and then ten years later both of her sons died. All she had left were her two daughters-in-law, Orpah and Ruth. When Naomi decided to return to her hometown of Bethlehem, she sent Orpah and Ruth back to their families. Orpah wept and returned to her people, but Ruth clung to her and said, “Don’t plead with me to abandon you or to return and not follow you. For wherever you go, I will go, and wherever you live, I will live; your people will be my people, and your God will be my God. Where you die, I will die, and there I will be buried. May the Lord punish me, and do so severely, if anything but death separates you and me (Ruth 1:16-17).” Ruth accompanied Naomi to Bethlehem, remarried, and cared for Naomi the rest of her life.
- vi. What should we call the type of behavior we see in Ruth? It is not loyalty, because it would not have been disloyal to return to her own family. It is not faithfulness, because she had not previously promised to stay with Naomi. Ruth’s behavior is called kindness, and there is perhaps no better example of it in the entire Bible. Ruth was seeking to be helpful and beneficial to her mother-in-law. And that’s what kindness is.
- vii. What kindness is not:
  1. Kindness is not to be reserved for our friends only; we are to extend it even to our enemies (Lk 6:35). God is not only kind to godly people, but also to sinners by allowing them to enjoy His creation, and by giving them time to repent (Rm 2:4).
  2. Kindness is not helping someone because you have to but because you desire to help; you are glad to help; you are looking to help; you are ready to help; you enjoy helping and benefiting others.
  3. Kindness is not doing what is required; it is doing more than is required. It is doing more than is expected. It is treating someone better than they deserve.
  4. Kindness is not returning a favor it is showing favor.

5. Kindness does not expect payback. It is paying forward the kindness that you have received from God.
- viii. How can we grow in kindness?
1. Always be on the lookout for opportunities to help and benefit others.
    - a. Whether you are at home, at school, at church, playing in the neighborhood, or playing sports, look for ways to help and benefit others. Kindness can be helping someone with a chore, or with their schoolwork, or with a problem they are facing. It can be offering a listening ear, a word of advice, a word of encouragement, or a sincere compliment.
  2. Be willing to serve in hard, dirty, and thankless ways.
    - a. Some people say they want to grow in kindness, they want to serve and help, but they don't want to get their hands dirty. They don't want to do anything that is too hard. They don't want to do something if nobody will see them and applaud.
    - b. If you're not willing to get your hands dirty and serve behind the scenes, you'll miss most opportunities to serve.
  3. Think of kindness as sharing happiness.
    - a. God has been abundantly kind to us, making us happy in Him. Now we have the opportunity and privilege to share happiness by being helpful and beneficial to everyone we encounter.
    - b. **One person said**, "I shall pass through this world but once. Any good thing therefore that I can do, or any kindness that I can show to any human being, let me do it now. Let me not defer it or neglect it, for I shall not pass this way again."

### 3. Goodness.

- i. Goodness is helping the needy.
- ii. **Titus 2:14** "He gave himself for us to redeem us from all lawlessness and to cleanse for himself a people for his own possession, eager to do good works."
- iii. Obviously goodness and kindness are very closely related, so what is the difference? Kindness is seeking to be helpful and beneficial to others, while goodness is seeking to be helpful and beneficial to people in need. Kindness is being helpful to everyone and anyone. Goodness is specifically helping the needy, the suffering, the oppressed, the weak, the marginalized, and the defenseless.
- iv. Goodness can be pursuing justice for the oppressed (Is 1:17); helping orphans and widows (Is 1:17); helping the sick (Jn 10:32); providing clothes for the needy (Acts 9:39); helping the weak (Acts 20:35); carrying other's

burdens (Gal 6:2); comforting and helping the afflicted (2 Cor 1:4; 1 Tim 5:10); and giving shelter to the homeless (Rm 12:13).

- v. The Bible repeatedly commands us to be good. We are commanded to pursue goodness, to love goodness, to excel in every good work, to be rich in good works, to be eager to do good works, to be ready for every good work, to be devoted to good works, and to make every effort to grow in goodness (Am 5:14-15; 2 Cor 9:8; 1 Tim 6:18; Titus 2:14; Titus 3:1; Titus 3:8; 2 Pt 1:5-7).
- vi. The best example of goodness in the Bible is the story of the Good Samaritan (Lk 10:25-37). A man was traveling from Jerusalem to Jericho when he was attacked by thieves. They stripped him naked, beat him up, and ran away. The man was almost dead. When a Jewish priest came along and saw the man, he moved to the other side of the road and passed by. Then a Levite came along and did the same thing. He moved to the other side of the road and just kept walking. Finally, a Samaritan (a man from the region of Samaria) came along. But instead of passing by, he stopped to help. He felt sorry for the injured man. He went over to him, bandaged his wounds, and comforted him. Then he put the injured man on his own animal, brought him to an inn, and took care of him. The next day, the Samaritan told the innkeeper to take care of the man until he returned, paid him two denarii, and told him that he would pay him back for any more than he might need to spend. The most surprising thing about this story is that of the three men who saw the injured man, the only one who stopped was a Samaritan. In those days Jews and Samaritans disliked and avoided each other. But the Samaritan did not see an injured Jewish man, he saw a fellow human being who needed help.
- vii. How can you grow in goodness? Follow the example of the Good Samaritan.
  - 1. First, look upon the needy with compassion (Lk 10:33). Don't criticize them or laugh at them. Feel sorry for them.
  - 2. Second, give of your time. The priest and the Levite just passed by when they saw the injured man, but the Good Samaritan stopped and helped. He was willing to interrupt his schedule and adjust his plans for the benefit of the one in need.
  - 3. Third, be ready for unexpected opportunities to help. The Good Samaritan did not plan a mission trip. This was not on his agenda for the day. But when saw that someone needed help, he got busy.
  - 4. Fourth, be willing to get your hands dirty. The Good Samaritan "bandaged his wounds, pouring on olive oil and wine. Then he put him on his own animal, brought him to an inn, and took care of him (Lk 10:34)." Goodness is dirty work. You will probably need a bath after. Consider what Christ was willing to do for you. He took on human flesh and suffered the death of a criminal. He got dirty for



you. Helping the needy is more important than keeping your clothes clean.

5. Fifth, help people feel better. The Good Samaritan helped the injured man to feel better physically and emotionally.
6. Sixth, be generous. The Good Samaritan used his own resources and money to help the man in need. Use your money, which is God's money, to help the needy. The more you give, the greater your reward will be in heaven.
7. Seventh, save lives. If the Good Samaritan hadn't helped, the injured man might have died. Look for opportunities to rescue those who are being unjustly sentenced to death, such as the unborn.
8. Eighth, be willing to help anyone, regardless of their race, religion, appearance, age, or political beliefs. The Good Samaritan wasn't deterred by the injured man's race or religion; he saw a human being in need and did what he could to help.

#### **IV. CONCLUSION**

1. So, far we've looked at six fruits of the Spirit: Love, joy, peace, patience, kindness, goodness.
2. I want to close by reminding you of two things: Our motive, and our motor.
  - i. Our motive is gratitude. Not to earn salvation, but out of gratitude for salvation.
  - ii. Our motor is the Holy Spirit. We can't become Christlike in our own strength alone. We must rely upon God, and that means daily, all day long, ask the Lord to help you act like Christ.