

# FRUIT OF THE SPIRIT

*Bible Study*



## Contents



### LOVE

It's More Than You Think

Page 7



### JOY & PEACE

The Inside Job

Page 23



### PATIENCE & FAITHFULNESS

It's Worth the Wait

Page 37



### KINDNESS

The Universal Language of Grace

Page 51



### GOODNESS

The Power of Consistency

Page 65



### GENTLENESS & SELF-CONTROL

Inner Strengths

Page 79



### LEADER'S GUIDE

Page 95



## *The Inside Job*

2



## *Joy & Peace*

*Joy! Peace!* The very words bring a sense of well-being, of relaxation in a setting of emotional positivity. But before we sink too deeply into that lovely feeling, let's go back to our friendly dictionary to be sure we know what we're talking about. Webster's dictionary has defined *joy* as "the emotion excited by the acquisition or expectation of good; pleasurable feelings caused by a sense of well-being, success, good fortune, and the like;" and *peace* as "a state of quiet or tranquility; freedom from disturbance or agitation; harmony between individuals; freedom from personal strife or quarrels."

These next two fruits of the Spirit in Paul's list are certainly an "inside job." Joy and peace must grow inside of us first before they are expressed on the outside. This kind of joy and peace that the Bible talks about can't be legislated, decreed, manufactured, or forced upon people.

Those who are at peace and who possess joy are best suited to help others receive them. When one is surrounded by people who are in joyless dispeace, the fruits of joy and peace become like superpowers! They are powerful fruits to share with those who are hungry for tranquility and well-being. As we keep in step with the Spirit, we find that these two fruits grow on the inside so that we can share them with others on the outside.

3



## Read It

### Key Bible Passages

Isaiah 55:6–13

Philippians 4:4–9

### Optional Reading

John 14:1–31

“You will go out in joy and be led forth in peace; the mountains and hills will burst into song before you.”

ISAIAH 55:12



4



## Know It

1. Isaiah 55:6–13 gives us a snapshot of what life can look like when people have turned from sin and are ready to receive God’s peace (verse 7). Jot down all the imagery from creation that you can find used in this passage to depict a joy-filled and peace-full world.
2. In Isaiah 55:13, what is the reason given for these great blessings and the flourishing of beauty where thorns had grown before?
3. In your own words, how would you describe the kind of peace that “transcends” or “surpasses” all understanding (Philippians 4:7)?

5



## Explore It

### Shalom

On the heels of love in Paul’s fruit of the Spirit list comes the back-to-back fruits of joy and peace. Why treat these two together? Well, consider this: Have you ever had joy without peace? Peace without joy? These two feed off each other and sustain each other. They are living expressions of the love of God which flows into our lives—and then out through our lives.

In fact, the Hebrew word *shalom* found in the Old Testament, which we think of as “peace,” has a meaning which encompasses joy as well. Cornelius Plantinga in his book *Not the Way It’s Supposed to Be* describes the concept of *shalom* as follows:

The webbing together of God, humans, and all creation in justice, fulfillment, and delight is what the Hebrew prophets call *shalom*. We call it peace, but it means far more than mere peace of mind or a cease-fire between enemies. In the Bible, *shalom* means *universal flourishing, wholeness and delight*—a rich state of affairs in which natural needs are satisfied and

### Joy

The Greek word for *joy* in Galatians 5:22 is *chara*, pronounced KAH-rah. Also translated as *gladness*, *chara* is used in the New Testament as the experience of receiving God’s Word, his power, and the Holy Spirit. It’s a fruit of the Spirit in the lives of those who partake of the kingdom of God and the resurrection. It’s derived from the verb *chairo*, which means “rejoice.” *Chara* occurs about sixty times in the New Testament.

natural gifts fruitfully employed, a state of affairs that inspires joyful wonder as its Creator and Savior opens doors and welcomes the creatures in whom he delights. *Shalom*, in other words, is the way things ought to be.<sup>3</sup>

It has been said that doing God’s will is following that sweet spot of peace which is the Holy Spirit. Imagine how our lives might change by living centered in that joyful *shalom*. Remember Paul’s admonition to “keep in step with the Spirit” (Galatians 5:25)? It’s the key—and then joy and peace can flow, regardless of one’s circumstances.



“If God be our God, he will give us peace in trouble. When there is a storm without, he will make peace within. The world can create trouble in peace, but God can create peace in trouble.”

—THOMAS WATSON

## Joy + Peace + Thankfulness

Throughout the Bible, there seems to be a consistent connection between thankfulness, joy, and peace. As we praise God, we remember who he is and what he has already done for us. This helps us be centered not only on the reason we are praying, but also on the character of the One to whom we pray. When we endure troubled times, praise and thanks change our perspective and refocus us on God—instead of on the problem.

Philippians 4:6–9 lays out the formula in detail:

1. First, choose not to worry about *anything*.  
“Do not be anxious about anything ...” (verse 6)
2. Then, pray about *everything*.  
“... but in every situation, by prayer and petition” (verse 6)
3. And pray with thanksgiving.  
“... with thanksgiving, present your requests to God.” (verse 6)

### Peace

The Greek word for *peace* in Galatians 5:22 is *eirene*, pronounced eh-REY-ney. The idea of *eirene* is very similar to the Old Testament Hebrew word *shalom*. Like *shalom*, *eirene* can be a blessing, greeting, or state of wholeness and tranquility. In the New Testament, it is something given by God through Christ. The gospel message is a “gospel of peace” (Ephesians 6:15). *Eirene* occurs about ninety times in the New Testament.

8

4. The result? God’s peace, which is beyond description and past understanding, will guard our heart and mind.

“And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”  
(verse 7)

5. Choose what to think—choosing thoughts about what is good. It’s a prescription for peace, joy, and mental wellness!

“... whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.” (verse 8)

6. Finally, trust that the God of peace is always with you.

“... and the God of peace will be with you.” (verse 9)



9



## Live It

As said in the outset of this session, joy can be defined as that feeling of an “expectation of good.” When we bring to the Lord all our worries and all those things that cause us dispeace, we wait on him, trusting that he will show up. But it’s not about putting expectations on God: “This must be the way God will show up!” It’s about waiting with a sense of expectancy: “God will show up here!”

Oswald Chambers, in his famous devotional *My Utmost for His Highest*, explains expectancy like this:

Do not look for God to come in a particular way, but do look for Him. The way to make room for Him is to expect Him to come, but not in a certain way.... Gracious uncertainty is the mark of the spiritual life.... To be certain of God means that we are uncertain in all our ways, we do not know what a day may bring forth. This is generally said with a sigh of sadness, it should be rather an expression of breathless expectation. We are uncertain of the next step, but we are certain of God. Immediately we abandon to God, and do the duty that lies nearest. He packs our life with surprises all the time.... Leave the whole thing to Him, it is gloriously uncertain how He will come in, but He will come.<sup>4</sup>

“Joy is the serious business of heaven.”

—C. S. LEWIS

## Life Application Questions

1. What does joy mean to you? Is it the same as happiness?
2. Paul says that the acts of the flesh or sinful nature include discord, dissensions, and factions (Galatians 5:20). What things are necessary for a community (like a church, class, or neighborhood) to move from strife to a place of peace?

3. What might it look like to put aside our expectations of God and instead wait on him with expectancy? Give an example.

4. How might confident prayer and giving thanks before we see God's response to our prayers set us up for joy and peace?

5. Have you ever experienced the God-given peace that transcends all understanding? If so, what was that like? Did it change how you viewed God or your circumstances?

6. Think of a time when you intentionally thanked and praised God for what he has done. What was the effect? Were you more joyful or peaceful? Maybe it's time to stop what you're doing and thank God right now.

## Fruitful Activation

- Draw some fun, fruitful pictures. Draw a picture of your favorite fruit, one that gives you joy to eat. Draw another picture of a fruit that you might associate with peace or one which makes you feel calm. The quality of the art doesn't matter; this is just for the creative experience. And remember the admonition of Bob Ross, the TV painting teacher: There are no mistakes, just happy accidents.
- Over the next five days read these five psalms: Psalms 146–150. Each of these hallelujah psalms begins with the joyful refrain, "Praise the LORD!"
- Thanksgiving isn't just for the holidays. At a meal with family or a gathering of your Bible study group, invite each member to describe a circumstance he or she is in—good or bad, or somewhere in between. Then take a moment for all to join together to give thanks to God in that circumstance. Praise God ahead of time for the ways in which he might work.

## Notes





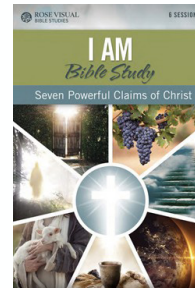


[Learn More](#)

## Fruit of the Spirit - Rose Visual Bible Study

Do you think you know the fruit of the Spirit? Think again! In this six-session Bible study, you will rediscover the fruit of the Spirit: love, joy, peace, patience, faithfulness, kindness, goodness, self-control, and gentleness. Learn the context around Paul's writings about the fruit, and hone in on each fruit understand fully what it means to keep in step with the Spirit. Full color visuals, thought-provoking questions, Bible passages for further reflection, and more will offer a deeper look into a familiar topic. Gain new insights as you focus on the power of the Holy Spirit at work in your life.

Softcover ..... 978-1-4964-7397-4 .....\$11.99

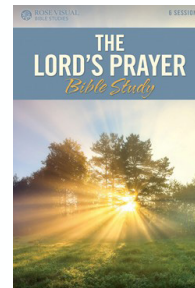


[Learn More](#)

### I AM - Rose Visual Bible Study

In the Gospel of John, Jesus uses "I Am" statements that tell his listeners exactly who he is: the Bread of Life; the Light of the World; the Gate; the Good Shepherd; the Resurrection and the Life; the Way, the Truth, and the Life; and the True Vine. This six-session study examines Jesus' extraordinary claims and shows how Jesus provides, protects, guides, saves, and gives everything we need to grow in spiritual maturity.

Softcover.....978-1-62862-942-2.....\$11.99

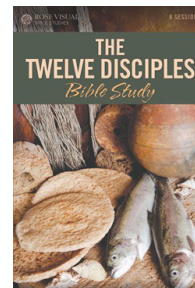


[Learn More](#)

### The Lord's Prayer - Rose Visual Bible Study

Using colorful visuals, easy-to-read summaries, and reflections, The Lord's Prayer Bible Study takes you through the seven petitions of one of Jesus's most famous prayers. Enrich your prayer life with a deeper understanding of this model prayer that Jesus taught his closest disciples to pray. Perfect for small groups, individual use, young adult study, homeschool, church library, to give to a friend, and more!

Softcover ..... 978-1-62862-966-8 .....\$11.99



[Learn More](#)

### The Twelve Disciples - Rose Visual Bible Study

The author of thirteen books in the New Testament. Paul's letters speak profoundly to us centuries later as the inspired word of God. The study brings to life the struggles and circumstances of Paul's life, his courage in the face of persecution, and his relentless mission to spread the good news of Jesus.

Softcover ..... 978-1-62862-809-8 .....\$11.99



www.hendricksonrose.com | csresponse@tyndale.com  
or call 1-855-277-9400



Money Back  
Guarantee!

