

Monday
The Fruit of the Spirit

The fruit of the Spirit is listed in Galatians 5:22-23. The fruit of the Spirit is the evidence that He is indeed controlling your life. There are nine evidences listed. The first two are love and joy.

1. Read I John 4:7-11 – According to verse 7, Who is the source of love?
2. According to verse 8, how is God described?
3. According to verses 9-10, how did God demonstrate His love?
4. According to verse 7, everyone who loves has been what?
5. The Holy Spirit is God. God is love. So when He has control of our lives, according to verse 11, what should be our natural action?
6. Read Romans 14:17 – Who is the source of our joy?
7. Happiness is based on our circumstances. When things are going well, we are happy. Joy is dependent on God and our relationship with Him, not our circumstances. Paul wrote Philippians while he was in prison, and yet the word he uses more than any other is “joy” or some form of it. Read Philippians 2:17-18 – According to verse 17, in what did Paul find joy?
8. Paul experienced joy even while his life was being used as a living sacrifice for the people in Philippi. Would you find joy in being used for someone else’s spiritual benefit?

When the Holy Spirit completely controls our lives, we will view life in a drastically different way. Where you might be disappointed to be used for someone else’s benefit, when God is in control, you find great joy in being used by God in His plan!

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Another evidence of the Holy Spirit’s complete control of your life is peace. Peace is the tranquil state of a soul assured of its salvation through Christ, and so fearing nothing from God and content with its earthly lot, of whatsoever sort that is. (Blue Letter Bible) In other words it is a sense that everything is ok because we are safely in God’s hands.

1. Read Mark 4:35-41 – What were Jesus’ instructions to His disciples in verse 35?
2. According to verse 37, what happened in the middle of the night?
3. What was beginning to happen to the boat?
4. Where was Jesus while all of this was going on?
5. Of what did the Disciples accuse Jesus in verse 38?
6. What did Jesus do in verse 39?
7. What did Jesus ask the Disciples in verse 40?
8. Why do you think He asked this question?
9. Did Jesus ever leave them to fend for themselves?
10. What promise do we have from God in Matthew 28:20 and Hebrews 13:5?

Jesus had already determined that He and His disciples were going to the other side of the Sea of Galilee. When God makes a plan, it will happen. God has already determined our final destination, so let Him have control and enjoy His peace.

Wednesday

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So far we have studied love, joy, and peace. Today we will study the evidence of longsuffering. Longsuffering is enduring even while being mistreated without getting angry or thinking of revenge.

1. Read Psalm 86:15 – How is God described?
2. Read I Timothy 1:16 – What did Jesus want to show through Paul's life?
3. Read Ephesians 4:1-3 – One of the reasons we need to be longsuffering is to help us maintain peace and unity. Why do you think longsuffering is necessary for that?
4. Read Colossians 3:12-13 – Another reason we need to be longsuffering is to be able to forgive and Christ forgave. Why do you think longsuffering is necessary for that?
5. God has demonstrated longsuffering with us. Read I Peter 3:18-20 – What example of God's longsuffering did Peter mention in verse 20?
6. Do you think it is easy not to want to get even with someone who has wronged you?
7. Wanting to get even is a natural, human response, but when you let the Holy Spirit have control of your life, you will begin to see evidences of that. One of those is longsuffering. Who in your life need you to be longsuffering with them?

Letting the Holy Spirit have control of your life is not always easy. You may be tempted to want to take control back. When you are wronged is one of those times. It is then that you need to be absolutely certain that God will repay. It's not up to you.

Thursday

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When God has control of our lives, certain characteristics will be evidenced in our actions. If they aren't, those areas have not been completely given to the control of the Holy Spirit. Ephesians 5:18 commands us to be filled or controlled by the Holy Spirit. When we are, it will be clearly seen.

1. Gentleness is the quality that softens our harsh qualities. Read Philippians 3:3-9 – Paul had many credentials that would give him good reason to brag. What were some of them?
2. According to verses 7-9, how did he view those things?
3. Paul had given the Holy Spirit complete control of his life, and a possibly rough area in his life was smoothed out and made gentle. What rough areas do you still have in your life?
4. Read Matthew 7:12 – How does this verse apply to how we show gentleness?
5. Goodness is another evidence of Holy Spirit control of your life. Goodness is the character quality of a person that is ruled by and aims at what is good and right. Read I Thessalonians 4:1-2 – Paul wrote to them how they should walk or live. How did he say God views those actions?
6. Read Romans 8:6-8 – How did Paul say that God views people who sin against God's laws?
7. Read Acts 9:36-39 – For what was Dorcas known?

Dorcas' good works benefited the people in her church. The others in our church will always benefit when you do what is good and right. Let the Holy Spirit control your life, and you will see a gentle and good side that you never knew you had.

Friday **The Fruit of the Spirit**

Today we come to faith. It is another evidence that the Holy Spirit does in fact control your life. Faith in something that you can't see is difficult, especially when our world is filled with what we can see, touch, and observe.

1. Read Hebrews 11:1-6 – How is faith defined in verse 1?
2. This whole chapter is full of people who demonstrated faith. How did Abel demonstrate faith?
3. How did Enoch demonstrate faith?
4. According to verse 6, what is it impossible to do without faith?
5. Anyone who comes to God must believe what two things?
6. Faith involves three things: knowing God's promises, believing God's promises, and acting on God's promises. How did Able do these things? Read Genesis 4:1-8 if you need to reference the story?
7. Hebrews 11:7 references Noah. How did he demonstrate those same three things?
8. A person who is totally completely surrendered to the Holy Spirit will naturally act on God's promises. What are some promises that God has give you?
9. How do they affect you everyday life?

God gave us examples of others who demonstrated faith and saw God work in amazing ways so that we would be encouraged to demonstrate faith in our own lives. If you are being completely controlled by the Holy Spirit, you will live your life by faith.

Saturday **The Fruit of the Spirit**

Demonstrating meekness is another way that you can show the Holy Spirit's control of your life. A common misconception about meekness is that it is equated with weakness. In fact meekness is a clear demonstration of power.

1. Read Matthew 5:5 – What will the meek do?
2. A good definition of meekness is living in light of the fact that in the end God wins. Read Psalm 37:1-11 – Why should I not fret because of evil doers?
3. According to verse 3, what will happen to those who trust in the Lord and do what is good?
4. According to verses 5-6, what will happen to those who commit their way to the Lord?
5. According to verses 8-10, why should we not be angry?
6. According to verse 11, the meek will inherit the earth and delight themselves in what?
7. Meek people don't have to worry. They can have peace because they are resting in the fact that God will always win. What situation in your life is concerning to you?
8. Even if things really don't seem fair or right, God will even the score for His people in the end. Read Revelation 13:10 – What has God already promised will happen in the end to those who mistreat His people?

God knows the end, and He has revealed it to us, so there is no reason to get angry or to worry. Give your life to the control of the Holy Spirit and let Him take care of the rest.

Sunday
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The last fruit of the Spirit or evidence of His control is temperance. This isn't a word we hear too often, but it's an important one for God's people to demonstrate. A really easy definition for temperance is self-control. This word relates to all areas of life, but specifically to the areas of control over sensual passions

1. Read Titus 2:11-12 – The grace of God has appeared to whom?
2. That grace teaches us that we should live soberly. Part of living soberly is denying what two things?
3. When you deny yourself something, you are implying that there is a desire to have it, but you choose not to take it. That's temperance or self-control. Read James 3:7-10 – What area of life does this verse teach that you should control?
4. Read II Corinthians 10:5 – What area of life does this verse teach that you should control?
5. Read Proverbs 25:16 – What area of life does this verse teach that you should control?
6. Read I Thessalonians 4:3-5 – What area of life does this verse teach that you should control?
7. Read Titus 2:11-12 – What area of life does this verse teach that you should control?
8. Read II Peter 1:5-7 – God wants us to practice self-control in every area of our life. What area of your life needs more temperance?

A result of letting the Holy Spirit fill or control your life is that you will be able to exercise self-control. The Holy Spirit will teach you what is good, helpful, and profitable and what is not. Follow Him in that leading and temperance will follow closely behind.