

# Adult Bible Study

in Simplified English

## *Living in the Spirit*

### Lesson 13: The Fruit of the Holy Spirit

**Bible Text**  
Galatians 5:22-25

**Memory Verse**  
“If the Holy Spirit is living in us, let us be led by Him in all things.” (Galatians 5:25)

**Word List**  
**fruit:** things to eat like apples or oranges; or in this lesson, good results  
**proverb:** a short well-known saying containing a wise thought

The students in my English classes like to learn proverbs. In one lesson, we learned nine important words from what is called “The Fruit of the Spirit.” The class learned how these nine words can be put in groups of three. Group 1 words have 1 syllable (love, joy, peace). Group 2 words have 2 syllables (patience, kindness, goodness). Group 3 words have 3 syllables (gentleness, faithfulness, and self-control).

A class member told me after class that those nine words described her mother-in-law.

She told me that her mother-in-law was a Christian. I was happy that my student knew someone who was a believer.

She then said, “One day, I would like to be like her and have....” She carefully said the words we had practiced in class that day: “Love, joy, peace, patience, kindness, goodness, gentleness, faithfulness and self-control.”

I asked if she would like to know how to become a believer and she said, “Yes.” She became a Jesus follower that very day.

Most people become Christians so that Jesus will forgive their sins and they can go to heaven when they die. But God has even more for us!

Jesus sent the Holy Spirit to live in our lives, to make us new and to give us Godly fruit. The Spirit gives us the power to be free from our old sinful nature. The Spirit lives in us and gives us God’s power so that we have the fruit of God’s Spirit living inside us. We are forgiven of our wrong-doings. We are also given the power to change.

Believers today have some of the same problems as those in Galatia who received Paul’s letter. His words continue to be important for believers.

### **What the Holy Spirit Does in Our Life** **(Galatians 5:22-23)**

**22 But the fruit that comes from having the Holy Spirit in our lives is: love, joy, peace, not**

giving up, being kind, being good, having faith,  
**23 being gentle, and being the boss over our own desires. The Law is not against these things.**

The fruit that the Holy Spirit gives shows us what God is like. This fruit does not grow in our lives because we work hard. This comes as we trust Jesus and grow to become more like Him. They are like the good fruit from a tree. The words in these verses describe a person who is living the way the Holy Spirit is teaching them to live.

Believers are to give God's Spirit control of their lives. The Spirit brings this fruit to those who "live by the Spirit." The Holy Spirit takes away our old way of living and makes us like God.

The bad ways we often act are described in Galatians 5:19-21. The fruit that comes from having the Spirit in our lives is the opposite of our natural desires. God wants us to live the right way. This is the fruit that comes from having the Holy Spirit in our lives:

**Love** means to love in the same way that God loves us. It is something we choose to do. God loves us in an unselfish way. He cares about us. He always wants us to have what is best for us. We may not like some people. But the Holy Spirit helps us to love

them in the same way that God loves them.

**Joy** that comes from the Spirit is better than being happy. Happiness depends on things like money, food, a home, what we own, or friendships. These things might not last. Joy comes when God forgives our sins and we are right with Him. Sometimes we have troubles and we feel sad. We may feel worried or afraid. But the Holy Spirit can give us joy and calm our spirit.

**Peace** comes because we know God. The world cannot give us peace because the world does not know God. Having peace is a blessing from God that comes from not having to worry because He is in control.

**Patience** means not giving up. Patience is not something taught by the world. We want *what* we want *when* we want it and we want it *now!* Patience comes from knowing God. God is patient as He waits for us to come to Him. We can show this same patience as we tell others the Good News.

**Kindness and Goodness** are pictures of what a person does, and what they are like on the inside. We are kind when we have the strength to choose to do right to others. To be good is to be like God.

**Faithfulness** means people know that we will do what we say we will do. We will obey and be true to God.

**Gentleness** is shown by a person who has great strength which they use with

kindness. We give up our own rights and are concerned for others.

**Self-control** is our ability to say no to things we do that are wrong and yes to what the Spirit wants for us. If we do not control ourselves, we do not please God.

The list of the fruit of the Spirit begins with love and ends with self-control. We can do nothing without the Holy Spirit who gives these to us. Other people may cause trouble for us. We do not need always to oppose them. We can remain calm even when we suffer.

God has been kind and good to us. The Holy Spirit helps us to be kind and good to other people. We can do good deeds. We can be generous and helpful.

When a Christian has the fruit of the Holy Spirit, other people can trust him. He is honest. He will do what he says. Gentle people are never cruel. And they are not proud.

Our natural desires are very strong.

And they are often selfish. We may control some of them. Or, we may control them for a short time. But we can never completely control them without the Holy Spirit to give us the power over all our wrong desires.

Obedying laws cannot help us to have the fruit of the Spirit. The people who have this fruit have learned the most important law is to love God and love others. There is no law against these things.

### **Nailed to the Cross (Galatians 5:24)**

**24 Those of us who belong to Christ have nailed our sinful old selves on His cross. Our sinful desires are now dead.**

Paul explains how his old way of life has died with Christ. This is not something we can do for ourselves. It is something Jesus has already done for us. We can say no to wrong and yes to God. Our old sinful way with all its loves and desires has died. We belong to Christ.

### **The Spirit-Filled Life (Galatians 5:25)**

**25 If the Holy Spirit is living in us, let us be led by Him in all things.**

Believers have God's power to refuse their wrong desires. They can choose to obey the Holy Spirit. This is not easy. This will not happen by itself. It is something we must

### **Things to Think About**

1. What are some changes that God has made in your life since you became a believer in Jesus?
2. What is the difference? Becoming a Christian is: like buying life insurance, or hiring someone to remake your house?
3. Do you try to "be good" all by yourself? Do you believe that goodness comes because the Holy Spirit lives in you? Do you pray daily for the Holy Spirit to lead you?

choose from day to day. We must often choose minute by minute to let the Holy Spirit lead as we follow after Christ. We can choose to let the Holy Spirit lead us in all things. Journeys are made one step after another. Every day let the Holy Spirit control and change your life. Since we have chosen the life of the Spirit, let us obey the Spirit.

### Things to Remember

Spiritual fruit is different from spiritual gifts. Different spiritual gifts are given to different people by God. But the fruit of the Spirit is given to all believers.

The fruit of the Spirit is shown in the life of a person who obeys God. This is what happens when God comes to live within you through the Holy Spirit.

You can have all the fruit. These nine fruit come from God. He makes the fruit grow in your life. Others see what God is like because of the new way you live.

All the Fruit of the Spirit should be seen in believers as we let the Holy Spirit take control of our lives. This is the Holy Spirit's work within a Christian. That work is love, joy, peace, patience, kindness, goodness, gentleness, faithfulness, and self-control.

Instead of using excuses for wrong doing, we now have the Holy Spirit living in us to lead us to do right.

### Galatians 5:22-25

**22** But the fruit that comes from having the Holy Spirit in our lives is: love, joy, peace, not giving up, being kind, being good, having faith,

**23** being gentle, and being the boss over our own desires. The Law is not against these things.

**24** Those of us who belong to Christ have nailed our sinful old selves on His cross. Our sinful desires are now dead.

**25** If the Holy Spirit is living in us, let us be led by Him in all things.



**If the Holy Spirit  
is living in us,  
let us be led by Him  
in all things.**

Galatians 5:25