

BIBLE LIFE MESSAGES

What Type of Fruit Are We to Bear?

Galatians 5:22-23

1 2 Lord Jesus said that you would know whether a person was a disciple by the type of fruit that they bore. 1 3

In the Parable of the Sower 2 the Lord said that it was the condition of the heart that brought forth the fruit. 4

The Gospel of John, chapter 15 3, tells us that we can bear fruit only by being attached to the vine. That vine is Jesus. 5 If we do, He prunes us to do more. 6 If we don't, He promises to cut us off. 7

Christians, therefore, need to bear fruit to please God! But what type of spiritual fruit do you need to bear? 8

Galatians, chapter 5, verses 22 and 23, tell us.

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. 9

¹ Matthew 7:20 - Thus, by their fruit you will recognize them.

² Matthew 13:1-8, 18-23.

³ John 15:1-7 - "I am the true vine, and my Father is the gardener. He cuts off every branch in me that bears no fruit, while every branch that does bear fruit, he prunes so that it will be even more fruitful . . . Remain in me, and I will remain in you. No branch can bear fruit by itself; it must remain in the vine.

The first question that we need to ask is . . .

I. What is the Fruit of the Spirit?

What is the Fruit of the Spirit? ¹⁰

It is the character of Christ in you! ¹¹

But **you need to know where the fruit comes from.** ¹²

It's the responsibility of the Holy Spirit to produce the fruit when your life is prepared to be usable. ¹³ It's your responsibility to prepare your life to be a usable vessel. ¹⁴

There are three types of fruit. ¹⁵

There's the inward fruit. That is love, joy and peace. ¹⁶

There's the outward fruit. That is patience, kindness and goodness. ¹⁷

There's the Godward fruit. That is faithfulness, gentleness and self-control. ¹⁸

Each is beneficial in three different directions. ¹⁹ The inward fruit benefits mainly you. ²⁰ The outward fruit

benefits mainly other people, those around you. ²¹ The Godward fruit benefits God. ²²

All three types honor the Lord, provide power to your witness and increase the purpose and meaning in your life!

So, let's see the three types of fruit. ²³

II. The Inward Fruit of the Spirit

There is the inward fruit of the Spirit. This is the fruit that benefits you. ²⁴ The first is . . .

Love.

In the original language, there are four different words translated love in English. ²⁵ The definition of this type of love is a giving of yourself to fill a need without expecting anything in return. ⁴ It's an unnatural expression because most of us are prone to be selfish. ²⁶ It's the Lord in your heart that makes the difference. ²⁷ This love would constrain you to give to

⁴ ἀγάπη.

a needy person even if he were your enemy! ⁵ ₂₈ This characteristic would change all of your inward attitudes. How can you mistreat someone you love? ₂₉

The second is . . .

Joy.

This was the ancient Gentile (non-Jewish) greeting. It was like saying, “Hello” today. ₃₀

The definition of this word is actually “delight”! ⁶ We get our name Charles from this word. ₃₁

The cross freed you from guilt, so you can have real joy! This is an inward feeling that bubbles over. ₃₂

The third inward fruit is . . .

Peace.

In Jewish culture, even today, this is the common greeting. ₃₃

⁵ Romans 12:20 - On the contrary: “If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head.” Do not be overcome by evil but overcome evil with good.

⁶ χαῖρα.

The basic idea of this word is more than just the absence of tension, or what you might imagine our English language idea of peace. It had more of the concept of “prosperity”.⁷ We get the name Irene from this word. A good context for this meaning describes a country’s peace because a good king rules over it.³⁴ You inner peace can come from King Jesus ruling your heart!³⁵

The next type of fruit is . . .

III. The Outward Fruit of the Spirit

The outward fruit. This is the fruit that benefits other people.³⁶ The first fruit is . . .

Patience.³⁷

This word literally means “long tempered”, so long suffering.⁸ It means slow to get angry.³⁸ This is the attitude God has towards you! He could have

⁷ εἰρήνη.

⁸ μακροθυμία.

destroyed us all, but He didn't! This attitude has the ability to get revenge but doesn't! ³⁹

How patient are you with other people? How about people who think differently than you do? How about people who take advantage of you? How about people who ridicule you? ⁴⁰

The next fruit is . . .

Kindness. ⁴¹

This word means honesty, uprightness. ⁹ ⁴² In ancient times it was the term for “mellow” in old wine. Lord Jesus used this trait in dealing with the woman caught in adultery in John, chapter 8. ¹⁰ In verse 11, He told her, **Then neither do I condemn you . . . Go now and leave your life of sin.** ⁴³ This is the outward way inward love is expressed! ⁴⁴

The third outward fruit is . . .

Goodness.

⁹ Χρηστότης.

¹⁰ John 8:1-11.

This word is also “kindness”.¹¹ ⁴⁵ But in addition to being kind, this attitude emphasizes being right. It could be a stern rebuke or correction.⁴⁶

Lord Jesus showed this trait when He drove out the moneychangers in the temple.¹² ⁴⁷ It’s different from “kindness” in that kindness would never show anger.

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Now, let’s consider . . .

¹¹ ἀγαθωσύνη.

¹² Matthew 21:12-13 - Jesus entered the temple area and drove out all who were buying and selling there. He overturned the tables of the money changers and the benches of those selling doves. “It is written,” he said to them, “ ‘My house will be called a house of prayer,’ but you are making it a ‘den of robbers.’”

IV. The Godward Fruit of the Spirit

The Godward fruit of the Spirit. These are the fruit which would mainly benefit God. ⁴⁹

Faithfulness.

This fruit is defined as “trustworthiness”. This person would be firmly reliable. ¹³ ⁵⁰ Everyone, including God, can count on someone with this trait. ⁵¹

Then, there is **meekness** (gentleness).

This word is defined as mildness, gentleness, humility. ¹⁴ ⁵² But it can't be fully translatable in English. It's more like submissiveness, teachable or considerate. It's the opposite of self-interest and self-indulgence. ⁵³

In classical literature it was used to describe a wild animal who had been tamed. It reminds me of a movie I saw years ago about a British couple in Kenya who

¹³ Πίστις.

¹⁴ πραΰτης.

adopt a lioness cub. ¹⁵ It became a long and difficult procedure to get her, as an adult cat, to adjust to living again and surviving in the wild. And, of course, we have seen numerous western movies where cowboys would tame horses after they were bucked until the horse was worn out. ⁵⁴

Lord Jesus, in His Sermon on the Mount, said that the meek will inherit the earth. ¹⁶ ⁵⁵

But meek does not mean weak! Moses was described as meek. **Now Moses was a very humble man, more humble than anyone else on the face of the earth.** ¹⁷

Anyone who could lead two million people, with all of their flocks, across a desert for forty years is anything but weak! ⁵⁶ This person could be angry but only at the right time. He would have a soothing quality, as a true gentleman, from a position of strength. ⁵⁷

¹⁵ [Born Free - Wikipedia.](#)

¹⁶ Matthew 5:5 - Blessed are the meek, for they will inherit the earth.

¹⁷ Numbers 12:3. "Humble" is the Hebrew word roughly equivalent to the Greek word in our scripture.

This person may be in authority, but subject to his authority. It's like the Chain of Command in the military. An Army captain may have authority as the commander of a company. But he is always subject to his battalion commander. ⁵⁸

How might meekness be demonstrated in a Christian life? ⁵⁹

It's a spirit that learns from trials and temptations. James, chapter 1, verse 12 says, **Blessed is the man who perseveres under trial, because when he has stood the test, he will receive the crown of life that God has promised to those who love him. ⁶⁰**

It's a spirit in which discipline must be exercised. Galatians, chapter 6, verse 1, **Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted. ⁶¹**

It's a spirit in which opposition must be met. Second Timothy, chapter 2, verse 25, **Those who oppose him**

he must gently instruct, in the hope that God will grant them repentance leading them to a knowledge of the truth . . . 62

It's a spirit in which your witnessing is enhanced. First Peter, chapter 3, verse 15, But in your hearts set apart Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect. 63

Our final fruit is . . .

Self-Control.

It means, literally, “power within”; so, a mastery over.
¹⁸ ₆₄ It's the right use of authority. You will control your authority and resist temptation. You will do the right thing because it's the right thing to do; even when you have the power to “get away with it”.

Pilate said, “Don't you know I have the power to kill you?” Jesus said, “Don't you know I have the

¹⁸ ἡκράτεια.

authority to call twelve legions of angels and clean up on this whole mess?” But He didn’t! That’s self-control! ⁶⁵

Here is how this word is used in the Bible.

It is used of an athlete who trains to have mastery over his body. First Corinthians, chapter 9, verse 25, **Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever.** ⁶⁶

It is used for a Christian’s mastery over sexual temptation. First Corinthians, chapter 7, verse 9, **But if they cannot control themselves, they should marry, for it is better to marry than to burn with passion.** ⁶⁷

Here is how it can be demonstrated in a Christian’s life. Even the suggestion of it to Roman Governor Felix, in Acts, chapter 24, made him tremble. ¹⁹ ⁶⁸

It is part of the Christian graces. Second Peter, chapter 1, verse 6 says, **Add to your faith goodness;**

¹⁹ Acts 24:25 - As Paul discoursed on righteousness, self-control and the judgment to come, Felix was afraid . . .

and to goodness, knowledge; and to knowledge, self-control; perseverance; and to perseverance, godliness . . . 69

Lord Jesus is our example in this. He said, He that sent Me is with Me . . . for I always do those things that please Him. ²⁰ 70 Romans, chapter 15, verse 3, also says, Even Christ did not please Himself but, as it is written, “The insults of those who insult you have fallen on me”. 71

Jesus is God in human terms. The Holy Spirit is God in spiritual terms.

The Lord performs His post resurrection ministry through every usable vessel. 72

You provide the usable vessel. Lord Jesus will provide the fruit!

<http://www.biblelifemessages.org>

²⁰ John 8:29.