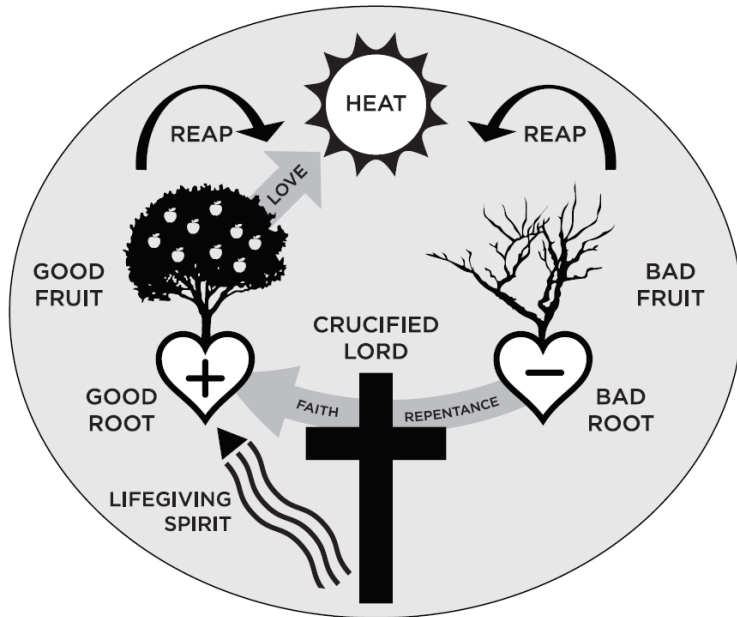


Session 4: FRUIT



Fruit comes from a changed heart

In evil long I took delight,
Unawed by shame or fear,
Till a new object struck my sight,
And stopped my wild career.

I saw One hanging on a tree,
In agonies and blood,
Who fixed His loving eyes on me,
As near His cross I stood.

Sure, never till my latest breath,
Can I forget that look;
It seemed to charge me with His death,
Though not a word He spoke.

My conscience felt and owned the guilt,
And plunged me in despair,
I saw my sins His blood had spilt,
And helped to nail Him there.

Alas, I knew not what I did,
But now my tears are vain;
Where shall my trembling soul be hid?
For I the Lord have slain.

Thus, while His death my sin displays
In all its blackest hue,
Such is the mystery of grace,
It seals my pardon too.

A second look He gave, which said,
"I freely all forgive;
This blood is for thy ransom paid;
I die that thou mayst live."

With pleasing grief and mournful joy,
My spirit is now filled;
That I should such a life destroy,
Yet live by him I killed.

What stopped the "wild career"? What will stop yours?

Three Options

- Continuing as you are, responding in the same ways, with no change
- Trying to change your behaviour so you respond in better ways next time
- Growing closer to Jesus, being more passionate about him, and responding more like him day by day

Which do you prefer? Talk about why.

Philippians 1:6

Titus 2:11-14

Fruit of the Spirit

Imagine one aspect of this fruit ripening in the area of your life you are thinking about.

Love: Caring about God and others more than yourself, seen in the following

Joy: Unshakable delight that God is about his good work always

Peace: Deep-seated confidence that, even when it seems otherwise, and even in great pain, nothing is out of control, and you are safe in God's hands

Patience: Waiting in faith in every situation and relationship for God to glorify Christ and fulfill his purpose in his perfect timing

Kindness: Acting toward others in such a way that they may enjoy what is truly good

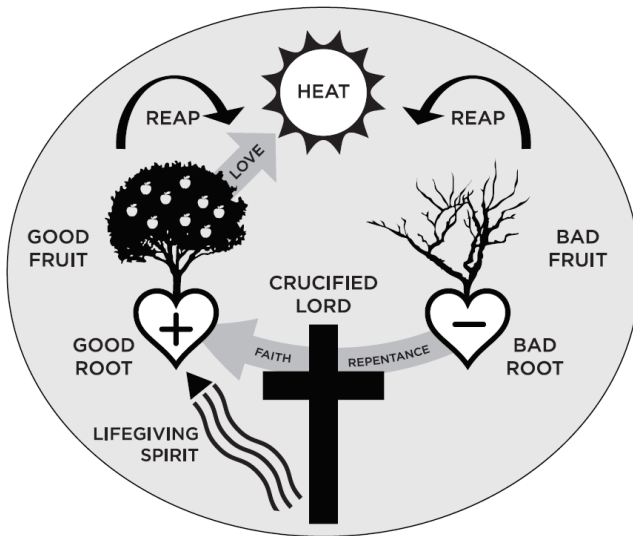
Goodness: Doing what is right and beautiful before God

Faithfulness: Living each moment in a responsive, trusting relationship with God

Gentleness: Responding without temper, mindful that the other is frail and weak like you

Self-control: Doggedly resisting temptation to do anything other than all the above

Such things: Paul opens the door to other fruit of the Spirit by saying, "Against such things there is no law" (Galatians 5:23). So you can pick an aspect of the Spirit's work not listed here, such as honesty, integrity, courage, or encouragement.



Church

This fruit is growing in all God's people. What things help?

How is/can our church be a good place for us to grow?

Helpful Resources:

'Side by Side – walking with others in wisdom and love' (176 pages) by Edward T Welch, published by Crossway 2015.

'Extravagant Grace – God's glory displayed in our weakness' (224 pages) by Barbara R Duguid, published by P & R 2013.