

The Fruit of the Spirit

Bible Study

By Andrew Hancock

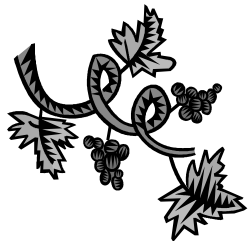
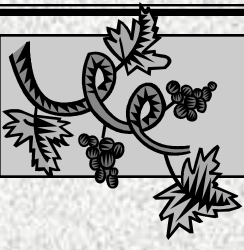


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Andrew Hancock 2009

Scripture taken from:
New International Version
English Standard Version
New American Standard Version

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Fruit of the Spirit

Welcome to our study on the Fruit of the Spirit! This week we will look at the passage on the fruit of the Spirit, Galatians 5:16-26. The goal of this study is for you to dig into the passage yourself, pull out themes, and make applications to your life. Follow the instructions to the left in order to start discovering the meaning of this important passage.

Record your observations below:

Instructions:

1. Read the entire passage and to the left of the text, create brackets where you think there are major sections. Give each of these sections a title.
2. Circle  key words.
3. Put a box  around key connective words such as but, for, so. Write out their purpose.
4. Underline and connect any comparisons and contrasts.
5. Write out at least 5 key observations in the space to the right of the verse you are observing.

¹⁶ So I say, live by the Spirit, and

you will not gratify the desires of the sinful nature.

¹⁷ For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature.

They are in conflict with each other, so that you do not do what you want.

¹⁸ But if you are led by the Spirit, you are not under law.

¹⁹ The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery; ²⁰ idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions ²¹ and envy; drunkenness, orgies, and the like.

I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

²² But the fruit of the Spirit is

love, joy, peace, patience, kindness, goodness, faithfulness,

²³ gentleness and self-control.

Against such things there is no law.

²⁴ Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires.

²⁵ Since we live by the Spirit, let us keep in step with the Spirit.

²⁶ Let us not become conceited, provoking and envying each other.



FOR FURTHER THOUGHT

On these, look back into the context of the passage and look up cross-references listed below to help get the answer.

- What is the law and what does it mean to not be under the law (v. 18)?
See Galatians 2:15-16, 3:5, 4:6-7 and Romans 6:14.

- What does it mean that they will not inherit the kingdom of God (v. 21)?

- What does it mean to crucify the sinful nature (v. 24)? See 5:16 and Romans 6:5-11.



PUT IT TOGETHER

Write out at least four themes or principles that you see in this passage:

-
-
-
-

Draw a picture, make a chart, or write a paragraph that captures the message of this passage:

- List any questions you still have about the passage.



THE BIG IDEA

Create a **big idea**—write out the main point of this passage in 3-6 words

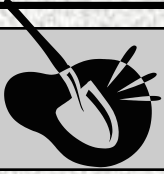


PUT IT INTO ACTION

Which sins from Galatians 5:19-21 do you think are most frequently tolerated by Christians today? Why?

What verse from this study affected you the most? Why?

Write out how you will specifically apply what you learned from this passage.

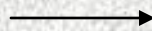


DIG DEEPER

optional further study section

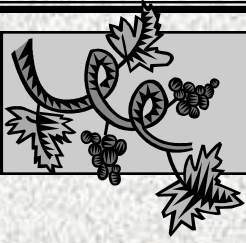
- Summarize how this passage relates to Galatians 5:1-15.
- Read the end of Romans 7 and all of Romans 8. Compare and contrast it with this week's passage.
- From your own experience, describe what it means to live by the desires of the sinful nature. Now by contrast, explain what you think it means to live by the Spirit. Look at Romans 8:5-14 for some ideas.
- Read Paul's warning about these sinful deeds and one's eternal destiny in Galatians 5:21. How do you harmonize this with Paul's earlier statements that salvation is given by grace and received by faith (2:16; 3:18; 5:6)?
- How does the Spirit express His desires to us? How do you know if an internal prompting is from the Spirit of God or simply your own thoughts?

Scripture Memory verse for this week



Galatians 5:16

So I say, live by the Spirit, and you will not gratify the desires of the sinful nature.



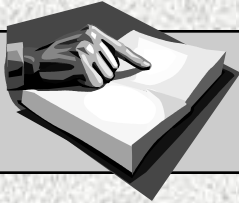
Love

Only after we first experience the great love of God will we be able to manifest the fruit of the Spirit in our lives.



FOR STARTERS

- Think about a person who has truly loved you. How did this person show love? How was this meaningful?
- Why do you think the search for love dominates songs, books, movies, and the lives of so many people?



SEARCH GOD'S WORD

Look up these verses and write out your observations about God's love.

VERSE	OBSERVATIONS ABOUT GOD'S LOVE
Titus 3:4-7	
1 John 3:16	
Ephesians 2:4-5	
1 John 3:1	
Romans 5:5	
Lamentations 3:22-25	

1 John 4:7-21

⁷ Beloved, let us love one another, for love is from God, and whoever loves has been born of God and knows God. ⁸ Anyone who does not love does not know God, because God is love. ⁹ In this the love of God was made manifest among us, that God sent his only Son into the world, so that we might live through him. ¹⁰ In this is love, not that we have loved God but that he loved us and sent his Son to be the propitiation for our sins. ¹¹ Beloved, if God so loved us, we also ought to love one another. ¹² No one has ever seen God; if we love one another, God abides in us and his love is perfected in us. ¹³ By this we know that we abide in him and he in us, because he has given us of his Spirit. ¹⁴ And we have seen and testify that the Father has sent his Son to be the Savior of the world. ¹⁵ Whoever confesses that Jesus is the Son of God, God abides in him, and he in God. ¹⁶ So we have come to know and to believe the love that God has for us. God is love, and whoever abides in love abides in God, and God abides in him. ¹⁷ By this is love perfected with us, so that we may have confidence for the day of judgment, because as he is so also are we in this world. ¹⁸ There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love. ¹⁹ We love because he first loved us. ²⁰ If anyone says, "I love God," and hates his brother, he is a liar; for he who does not love his brother whom he has seen cannot love God whom he has not seen. ²¹ And this commandment we have from him: whoever loves God must also love his brother.

- List as many observations as you can about this passage on love. Try to fill the space below:

- What are some characteristics of God's love in this passage? How has he shown his love in Christ?
- Why should people show love to one another?
- Write a few sentences to summarize 1 John 4:7-21

1 Corinthians 13:1-13 (ESV)

¹ If I speak in the tongues of men and of angels, but have not love,
I am a noisy gong or a clanging cymbal.

² And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all
faith, so as to remove mountains, but have not love, I am nothing.

³ If I give away all I have, and if I deliver up my body to be burned, but have not love, I gain nothing.

⁴ Love is patient and kind; love does not envy or boast; it is not arrogant ⁵ or rude.

It does not insist on its own way; it is not irritable or resentful;

⁶ it does not rejoice at wrongdoing, but rejoices with the truth.

⁷ Love bears all things, believes all things, hopes all things, endures all things.

⁸ Love never ends...

¹³ So now faith, hope, and love abide, these three; but the greatest of these is love.

- Read through this passage slowly a few times, possibly out loud if you like. Jot down a few things that are particularly meaningful to you about this passage on love. Take your time.

- What are the characteristics of love?

- Why do you think love is called “the greatest” (Verse 13)?



PUT IT INTO ACTION

- Which aspect of love is particularly difficult for you to demonstrate consistently? Why?

- Brainstorm and list out specific ways you can work on this characteristic of love.



DIG DEEPER

optional further study section

Jesus was the ultimate example of love. How did Jesus show his love? Jot down your thoughts next to the verse references.

- Luke 19:10
- John 15:15
- Matthew 23:37
- Luke 19:41,42
- John 13:1-5, 12-15
- Mark 10:45
- Philippians 2:5-8

Write a summary statement about how Jesus showed his love:

Jot down your thoughts (next to the references) about these verses on God's love.

- Psalm 100:5
- Zephaniah 3:17
- Psalm 86:15
- Jeremiah 31:1-6
- Psalm 63:3
- Romans 8:38-39
- Deuteronomy 7:7-11

Pick your favorite verse from this list and write it out in your own words.

Jot down your thoughts about these verses explaining our calling to love one another.

- John 13:34-35
- Romans 12:9-10
- 2 Corinthians 5:14-15
- Matthew 22:37-40
- 1 John 3:18
- 1 Peter 1:22
- Matthew 5:43-48

Our Joy: Look up the following verses and jot down your observations about our joy. Focus on the reasons for having joy or the characteristics of joy.

Verse	Observations about Joy
Proverbs 12:20	
Psalm 5:11	
Psalm 21:6	
Psalm 100:2	
Isaiah 61:10	
John 15:10-11	
John 16:24	
Romans 14:17	
Philippians 4:4	
1 Peter 1:8	



PUT IT TOGETHER

- Write a short summary paragraph on what the previous verses teach about joy.

Joy in Trials: The Bible encourages us to find joy in our trials. Read the following verses and jot down your observations about this topic next to each verse.

Verse	Observations
Habakkuk 3:17-19	
Nehemiah 8:10	
James 1:2-4	
1 Peter 4:12-13	
Romans 12:10-15	

- Summarize your findings.



PUT IT INTO ACTION

- Look back at this study and pick a couple verses that stand out to you. Why are these verses meaningful?

- What will you specifically do to increase in joy?



- **Scripture Memory Verse for this week:** James 1:2-3. Learn this verse and meditate on it.
- Study these Bible characters who displayed joy. Why did they have joy? How did they express it?

Hannah. 1Samuel 2:1.

David. 1Chronicles 29:9.

Wise men. Matthew 2:10.

The Virgin Mary. Luke 1:47.

Zacchaeus. Luke 19:6.

Converts. Acts 2:46; 13:52.

Samaritans. Acts 8:8.

Christ. Hebrews 12:2

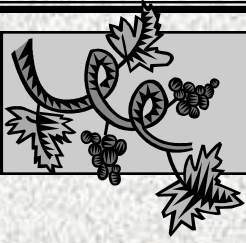
- Think about a person in your life who is full of joy? How is it displayed? What is the source?
- What things bring joy to people in our society? Compare and contrast this with what you find in the Bible.
- How did Jesus have joy? Think of some examples from his life. What did he find joy in?
- What types of things rob you of your joy?

Further Reading—Look up some of these verses in the article:

The Synoptic Gospels record the note of joy in connection with the proclamation, in its varied forms, of the good news of the kingdom: for example, at the Saviour's birth (Lk. 2:10), at the triumphal entry (Mk. 11:9f; Lk. 19:37), and after the resurrection (Mt. 28:8). In the Fourth Gospel it is Jesus himself who communicates this joy (Jn. 15:11; 16:24), and it now becomes the result of a deep fellowship between the church and himself (16:22).

In Acts joy marks the life of the early church. It accompanies the gift of the Holy Spirit to the disciples (Acts 13:52), the miracles performed in the name of Christ (8:8), and the fact and report of the conversion of the Gentiles (15:3); it also characterizes the eucharistic meal (2:46).

Paul uses the term *chara* in three ways. First, progress in the faith on the part of the members of the body of Christ, and particularly those he has led to Christ, is a cause for joy—he describes them, indeed, as *hē chara hēmōn*, 'our joy' (1 Thes. 2:19f.; cf. Phil. 2:2). Secondly, Christian joy may paradoxically be the outcome of suffering and even sorrow for Christ's sake (Col. 1:24; 2 Cor. 6:10; cf. 1 Pet. 4:13; Heb. 10:34, etc.), since it is produced by the Lord and not by ourselves. Joy is in fact, finally, a gift of the Holy Spirit (Gal. 5:22), and is therefore something dynamic and not static. Moreover, it derives from love—God's and ours—and is therefore closely associated with love in Paul's list of the fruit of the Spirit. But since it is a gift which may be interrupted by sin, every believer is called upon to share in the joy of Christ by a daily walk with him and a daily practice of rejoicing in the knowledge of him and his salvation (1 Thes. 5:16; Phil. 3:1; 4:4; 1 Pet. 1:8).



Peace

The Storyline

This week we are going to trace the topic of peace through the grid of the Bible's storyline. What God is doing in history can be broken up into four categories; creation, fall, redemption, and new creation. We will study peace as it relates to each stage of the story.

God's Character: The story starts with God. He is a God of peace. He created people to be at peace with himself and with one another. Write a few sentences on what the following verses explain about the character of God. (Psalm 29:11; Psalm 147:14; Isaiah 45:7; 1 Corinthians 14:33; Romans 15:33).

Creation: Scan Genesis Chapter 1 and Chapter 2. Write down some observations on how there was peace between God and nature, man and nature, God and man, and man and woman. (note especially 1:26-31; 2:2; 2:18-25)

Fall: In Genesis 3, man sins against God and the initial peace has been broken. There is no longer perfect peace between God and man. There is brokenness in the relationship between man and woman (3:16) and the peace with creation is also gone (3:17-19). Look up the following verses and jot down your thoughts on how sin has affected peace. Also note the consequences of sin.

Verse	Observations
Isaiah 48:22	
Isaiah 59:2	
Romans 3:9-18 (note 3:17)	
Romans 5:12	



PROMISE AND REDEMPTION

Promise: Though sin brought enmity between God and man, God desired to restore spiritual peace through Jesus, the Messiah. Read the following promise passages from the Old Testament about God's desire to restore peace and to send Jesus. Jot down what you think is the main point of each passage and how the passage relates to the idea of peace.

- Isaiah 9:6
- Isaiah 11:1-10
- Isaiah 54:10
- Jeremiah 33:6-9
- Luke 1:76-79

Redemption: God's promise to restore peace has been fulfilled! Jesus has come as promised and through trust in him people can be restored to peace with God. How was Jesus able to do this? Write down your observations about the restoration of peace from the following passages.

- Luke 2:10-14
- Romans 5:1-2, 10-11
- Romans 15:13
- 2 Corinthians 5:18-21
- Ephesians 2:13-18

Summarize your findings below:

Our Call to be at Peace: Now we are to strive to live in peace with God and with one another. Write down what you learn from each verse about our call to peace.

- Isaiah 26:3-4
- John 14:27
- Philippians 4:6-7
- Colossians 3:12-17
- Ephesians 4:1-6

New Creation: In the future, when Christ restores all things, everything will be in complete peace. Write out some specifics about how peace will be a part of the new creation.

- Isaiah 9:6-7; Revelation 21:1-5; Revelation 21:10-22:5.

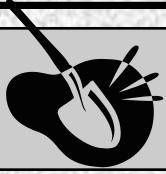


PUT IT INTO ACTION

Do you have peace with God? If not, how can you be restored to this?

Think about your life, where is there restlessness or anxiety? Spend some time praying for God's peace to rule in your heart about these things.

Is there any relationship in your life where there is little peace? What can you do to restore peace?



DIG DEEPER

optional further study section

Study these men who exemplified peace.

- Abraham. Genesis 13:8,9
- Abimelech. Genesis 26:29
- Mordecai. Esther 10:3
- David. Psalm 120:7

Study this article about peace in the Bible. Look up some of the references that you think are important.

PEACE. Basically the OT word for peace, *šālôm*, means ‘completeness’, ‘soundness’, ‘well-being’. It is used when one asks of or prays for the welfare of another (Gn. 43:27; Ex. 4:18; Jdg. 19:20), when one is in harmony or concord with another (Jos. 9:15; 1 Ki. 5:12), when one seeks the good of a city or country (Ps. 122:6; Je. 29:7). It may mean material prosperity (Ps. 73:3) or physical safety (Ps. 4:8). But also it may mean spiritual well-being. Such peace is the associate of righteousness and truth, but not of wickedness (Ps. 85:10; Is. 48:18, 22; 57:19–21).

Because of the world’s chaos through man’s sin, and because peace comes only as God’s gift, the Messianic hope was of an age of peace (Is. 2:2–4; 11:1–9; Hg. 2:7–9), or of the advent of the Prince of peace (Is. 9:6f.; Je. 33:15f.; Ezk. 34:23ff.; Mi. 5:5; Zc. 9:9f.). The NT shows the fulfilment of this hope. In Christ peace has come (Lk. 1:79; 2:14, 29f.). By him it is bestowed (Mk. 5:34; Lk. 7:50; Jn. 20:19, 21, 26), and his disciples are its messengers (Lk. 10:5f.; Acts 10:36).

In classical Greek *eirēnē* had a primarily negative force; but by way of the LXX, the word in the NT has the full content of the OT *šālôm*, and nearly always carries a spiritual connotation. The breadth of its meaning is especially apparent from its linking with such keywords as grace (Rom. 1:7, *etc.*), life (Rom. 8:6), righteousness (Rom. 14:17), and from its use in benedictions such as 1 Thes. 5:23 and Heb. 13:20f. (*cf.* 2 Pet. 3:14).

For sinful man there must first be peace with God, the removal of sin’s enmity through the sacrifice of Christ (Rom. 5:1; Col. 1:20). Then inward peace can follow (Phil. 4:7), unhindered by the world’s strife (Jn. 14:27; 16:33). Peace between man and man is part of the purpose for which Christ died (Eph. 2) and of the Spirit’s work (Gal. 5:22); but man must also be active to promote it (Eph. 4:3; Heb. 12:14), not merely as the elimination of discord, but as the harmony and true functioning of the body of Christ (Rom. 14:19; 1 Cor. 14:33).

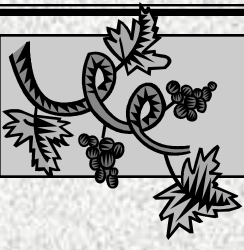
New Bible Dictionary

Memory Verse: Cut it out and take it with you!!

Colossians 3:15

Peace

Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.



Life Change

Romans 8:1-14

This week we will study an important passage about how change happens in a person's life from Romans 8:1-14. So take a moment to pray and ask God to teach you and guide you as you study.



FOR STARTERS

Jot down some thoughts about a time in your life when you were going through a lot of change. What was changing? What was remaining the same? How were you different afterwards?



SEARCH GOD'S WORD

8 Therefore, there is now no condemnation for those who are in Christ Jesus, ² because through Christ Jesus the law of the Spirit of life set me free from the law of sin and death. ³ For what the law was powerless to do in that it was weakened by the sinful nature, God did by sending his own Son in the likeness of sinful man to be a sin offering. And so he condemned sin in sinful man, ⁴ in order that the righteous requirements of the law might be fully met in us, who do not live according to the sinful nature but according to the Spirit.

⁵ Those who live according to the sinful nature have their minds set on what that nature desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. ⁶ The mind of sinful man is death, but the mind controlled by the Spirit is life and peace; ⁷ the sinful mind is hostile to God. It does not submit to God's law, nor can it do so. ⁸ Those controlled by the sinful nature cannot please God.

⁹ You, however, are controlled not by the sinful nature but by the Spirit, if the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, he does not belong to Christ. ¹⁰ But if Christ is in you, your body is dead because of sin, yet your spirit is alive because of righteousness. ¹¹ And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies through his Spirit, who lives in you.

¹² Therefore, brothers, we have an obligation—but it is not to the sinful nature, to live according to it. ¹³ For if you live according to the sinful nature, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live, ¹⁴ because those who are led by the Spirit of God are sons of God.

- After reading this, jot down three quick observations/first impressions:

- Verses 1-4 talk about God changing the path of one's life from condemnation to life. What did God do to make this change possible? How did he do it? Why did he do it?
- The rest of the passage, 8:5-14, contrasts two different lifestyles; living according to the sinful nature/flesh and living according to the Spirit. List as many characteristics of each lifestyle that you can find.

Living according to the sinful nature or flesh

Living according to the Spirit

- Look back through 8:5-14. What does it mean to have one's mind set on the Spirit or on the sinful nature/flesh? What does one's life look like if this is happening?
- What obligation do we have and why do we have this obligation? What does this practically mean? (8:12-14).

- Write out verse 13 in your own words. What does this mean in day to day life?



PUT IT TOGETHER

- In a few sentences, summarize what Romans 8:1-14 is saying.

GO



PUT IT INTO ACTION

- List qualities that constitute your life when you are living according to the sinful nature/flesh. And list some specific characteristics of your life when you are living according to the Spirit.
- How can you specifically put to death the misdeeds of the body this week? What will you do to change?
- Jot down any questions you still have about the passage.



DIG DEEPER

optional further study section

This section is optional for those who have more time to dig deeper into Romans 8:1-14.

Key Terms

Law (8:2-3). In 8:2, the word means a controlling power in each case (compare 7:23). In 8:3, it means God's Law in the Old Testament, which is also a power in a way, since it can produce life or death, justification or condemnation.

Likeness of sinful man (8:3). "Christ in his incarnation-became truly a man, but, unlike all other men, was sinless." However, at the end He took our sin upon Himself in order to die in our place (2 Cor. 5:21).

To be a sin offering (8:3). Or, "for sin." The Greek translation of the Old Testament (the *Septuagint*) always used these words to render the Hebrew for "sin offering" (Leviticus 4:3), and once for "guilt offering" (Isaiah 53:10).

Condemnation (8:1). Penal servitude, imprisonment. Not just the legal status, "guilty," but also the punishment after the sentence.

For Further Study

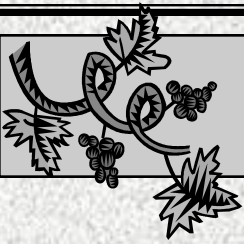
- Study the context. Compare and contrast Romans 8:1-14 with Romans 7:14-25. How does Romans 7:14-25 speak into the situation described in Romans 8:1-14?
- Look up some cross-references
 - No condemnation (v1) Rom 5:16; 8:34
 - Set you free (v2) John 8:32, 36; Rom 6:14, 18; 7:4
 - Walking according to the Spirit or flesh (vv4-5) Gal 5:19-26
 - Christ is in you (v11) John 17:23; Gal 2:20; Eph 3:17; Col 1:27
- What do you learn about God, Jesus, and the Holy Spirit in this passage?
- How does Romans 6:1-15 build on the truths of this passage?
- Make a list of the struggles with sin that you are currently facing. Toward what is the flesh pulling you? Toward what is the Spirit guiding you? Ask God to help you focus your mind on the desires of the Spirit.

Scripture Memory Verse

Romans 8:1-2

¹ Therefore, there is now no condemnation for those who are in Christ Jesus, ² because through Christ Jesus the law of the Spirit of life set me free from the law of sin and death.

Patience



This study we are looking at one of the categories listed in the fruit of the Spirit in Galatians 5:22-23—that is; patience. Biblical ideas of patience include; endurance, perseverance, long suffering, restraint, and forbearance. The goal of this study is to understand God’s patience, to examine our call to be patient people, and to apply these concepts to our lives.



FOR STARTERS

- Write out your own definition of patience. What does it mean to be a patient person?



SEARCH GOD'S WORD

- Look up Psalm 145:8 and write it out below:

How has God shown his patience/slowness to anger in the Bible? Look up these verses and jot down your thoughts under each reference:

- Hosea 11:7-11
- Romans 9:22-23
- 2 Peter 3:9

- Romans 2:3-4 explains that because of God's kindness, tolerance, and patience we are led to repentance. How has God been patient toward us in granting salvation? (Psalm 103:8-12; 2 Corinthians 5:18-19)
- What do you learn about patience from reading Jesus' story in Matthew 18:21-35? How does this show how God has patience toward us? What does it teach us about how we should have patience toward one another?
- Read the following verses from Proverbs and write out what you learn about patience. (Proverbs 14:29; 15:18; 16:32; 19:11; and Ecclesiastes 7:8)
- Read James 5:7-11. What principles do you learn about patience from this passage?



PUT IT INTO ACTION

- What does patience have to do with developing godly character and enduring trials? (James 1:2-4; Romans 5:3-5). What trials are you going through now? How can you be patient amidst uncertainty?
- What are some of the circumstances that tempt you to lose patience? Write out some ideas on how you can rely on God to help you have patience in these circumstances?

Colossians 3:12-13 says, “So, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness and patience; bearing with one another, and forgiving each other, whoever has a complaint against anyone; just as the Lord forgave you, so also should you.”

- What is one practical way that you can clothe yourself with patience this week?

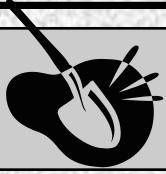
- Part of exercising patience is to forgive others because God has forgiven us in Christ. Is there any relationship in your life where you are harboring an unforgiving spirit? Are you willing to forgive this person? How will you express forgiveness?

PRAYER AND REFLECTION

Psalm 40:1-3

¹ I waited patiently for the LORD;
And He inclined to me and heard my cry.
² He brought me up out of the pit of destruction,
out of the miry clay,
And He set my feet upon a rock making my footsteps firm.
³ He put a new song in my mouth, a song of praise to our God;
Many will see and fear And will trust in the LORD.

- Spend some time meditating and praying over your life in response to the above verses. What are you waiting on God for in your life? How can you express patience in this? Write out a prayer of trust to God for the things you are waiting on.



DIG DEEPER

optional further study section

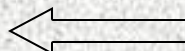
Study these places where people demonstrated patience.

- Job in Job 1:21; James 5:11
- Simeon in Luke 2:25
- Paul in 2 Timothy 3:10
- Abraham in Hebrews 6:15
- Prophets in Jas 5:10
- John in Revelation 1:9
- Christ in Isaiah 53:7; Acts 8:32; Matthew 27:14
- Isaac toward the people of Gerar in Genesis 26:15–22
- Moses in Exodus 16:7, 8
- The Thessalonians in 2 Thess. 1:4
- The church at Ephesus, Rev. 2:2, 3
- The church at Thyatira, Rev. 2:19

Hebrews 6:12

Patience

We do not want you to become lazy, but to imitate those who through faith and patience inherit what has been promised.



Scripture Memory Verse for this week.



Kindness

This week we are going to learn how to do a word study on kindness. The goal of this study is to encourage you to do investigation into the word, summarize its meaning in the Bible, and think about how it may impact your life. Hopefully, you can use this pattern in the future to study any word that you want to discover the meaning of in the Bible!



FOR STARTERS

- Write out your own definition of kindness:



SEARCH GOD'S WORD

WORD SEARCH

Near the end of this study you will find a list of significant instances of the word **kind** or **kindness** in the Bible. Scan this list and choose three verses that you think are the most important. For each of the three verses, write out your observations in the designated areas.

Verse #1: _____

- Read carefully the context of the verses preceding and following your chosen verse to get a sense of the writer's train of thought. This will also help you understand the story behind the use of the word. Write out what the context is about below:

Observations—Write out your observations below:

- Ask the: who, what, when, where, why of the passage and ask any other questions you may have ...then answer them. What is the tone of the passage?
- Pay attention to key words and look up their meanings and usages in other passages, underline important grammatical words such as therefore, but, since, so that, etc. Write what their function is in the passage.

Interpretation:

- Write out the main principle about kindness that is taught in this passage:

Verse #2: _____

- Read carefully the context of the verses preceding and following your chosen verse to get a sense of the writer's train of thought. This will also help you understand the story behind the use of the word. Write out what the context is about below:

Observations—Write out your observations below:

- Ask the: who, what, when, where, why of the passage and ask any other questions you may have ...then answer them. What is the tone of the passage?
- Pay attention to key words and look up their meanings and usages in other passages, underline important grammatical words such as therefore, but, since, so that, etc. Write what their function is in the passage.

Interpretation:

- Write out the main principle about kindness that is taught in this passage:

Verse #3: _____

- Read carefully the context of the verses preceding and following your chosen verse to get a sense of the writer's train of thought. This will also help you understand the story behind the use of the word. Write out what the context is about below:

Observations—Write out your observations below:

- Ask the: who, what, when, where, why of the passage and ask any other questions you may have ...then answer them. What is the tone of the passage?
- Pay attention to key words and look up their meanings and usages in other passages, underline important grammatical words such as therefore, but, since, so that, etc. Write what their function is in the passage.

Interpretation:

- Write out the main principle about kindness that is taught in this passage:



PUT IT INTO ACTION

- Think about a person in the Bible who demonstrated kindness or who demonstrated the opposite (you may want to scan the **kindness** verses again for ideas). Look up Scriptures about that person and write out your thoughts on how this person did or did not demonstrate kindness.

- Where in your life do you struggle to be kind? What can you do specifically to show more kindness in your life?



Kindness Verse List

The following is a list of every time the English word “kindness” is used in the Bible.

Genesis 20:13

¹³ and it came about, when God caused me to wander from my father’s house, that I said to her, ‘This is the kindness which you will show to me: everywhere we go, say of me, “He is my brother.” ’ ”

Genesis 21:23

²³ now therefore, swear to me here by God that you will not deal falsely with me or with my offspring or with my posterity, but according to the kindness that I have shown to you, you shall show to me and to the land in which you have sojourned.”

Genesis 39:21

²¹ But the LORD was with Joseph and extended kindness to him, and gave him favor in the sight of the chief jailer.

Genesis 40:14

¹⁴ “Only keep me in mind when it goes well with you, and please do me a kindness by mentioning me to Pharaoh and get me out of this house.

Genesis 47:29

²⁹ When the time for Israel to die drew near, he called his son Joseph and said to him, “Please, if I have found favor in your sight, place now your hand under my thigh and deal with me in kindness and faithfulness. Please do not bury me in Egypt,

Judges 8:35

³⁵ nor did they show kindness to the household of Jerubbaal (*that is*, Gideon) in accord with all the good that he had done to Israel.

Ruth 2:20

²⁰ Naomi said to her daughter-in-law, “May he be blessed of the LORD who has not withdrawn his kindness to the living and to the dead.” Again Naomi said to her, “The man is our relative, he is one of our closest relatives.”

Ruth 3:10

¹⁰ Then he said, “May you be blessed of the LORD, my daughter. You have shown your last kindness to be better than the first by not going after young men, whether poor or rich.

1 Samuel 15:6

⁶ Saul said to the Kenites, “Go, depart, go down from among the Amalekites, so that I do not destroy you with them; for you showed kindness to all the sons of Israel when they came up from Egypt.” So the Kenites departed from among the Amalekites.

2 Samuel 2:5

⁵ David sent messengers to the men of Jabesh-gilead, and said to them, “May you be blessed of the LORD because you have shown this kindness to Saul your lord, and have buried him.

2 Samuel 3:8

⁸ Then Abner was very angry over the words of Ish-bosheth and said, “Am I a dog’s head that belongs to Judah? Today I show kindness to the house of Saul your father, to his brothers and to his friends, and have not delivered you into the hands of David; and yet today you charge me with a guilt concerning the woman.

2 Samuel 9:1

¹ Then David said, “Is there yet anyone left of the house of Saul, that I may show him kindness for Jonathan’s sake?”

2 Samuel 9:3

³ The king said, “Is there not yet anyone of the house of Saul to whom I may show the kindness of God?” And Ziba said to the king, “There is still a son of Jonathan who is crippled in both feet.”

2 Samuel 9:7

⁷ David said to him, “Do not fear, for I will surely show kindness to you for the sake of your father Jonathan, and will restore to you all the land of your grandfather Saul; and you shall eat at my table regularly.”

2 Samuel 10:2

² Then David said, “I will show kindness to Hanun the son of Nahash, just as his father showed kindness to me.” So David sent some of his servants to console him concerning his father. But when David’s servants came to the land of the Ammonites,

1 Kings 2:7

⁷ “But show kindness to the sons of Barzillai the Gileadite, and let them be among those who eat at your table; for they assisted me when I fled from Absalom your brother.

1 Chronicles 19:2

² Then David said, “I will show kindness to Hanun the son of Nahash, because his father showed kindness to me.” So David sent messengers to console him concerning his father. And David’s servants came into the land of the sons of Ammon to Hanun to console him.

2 Chronicles 24:22

²² Thus Joash the king did not remember the kindness which his father Jehoiada had shown him, but he murdered his son. And as he died he said, “May the LORD see and avenge!”

Esther 2:17

¹⁷ The king loved Esther more than all the women, and she found favor and kindness with him more than all the virgins, so that he set the royal crown on her head and made her queen instead of Vashti.

Job 6:14

¹⁴ “For the despairing man *there should be* kindness from his friend; So that he does not forsake the fear of the Almighty.



Kindness Verse List

Psalm 141:5

⁵ Let the righteous smite me in kindness and reprove me; It is oil upon the head; Do not let my head refuse it, For still my prayer is against their wicked deeds.

Proverbs 3:3

³ Do not let kindness and truth leave you; Bind them around your neck, Write them on the tablet of your heart.

Proverbs 14:22

²² Will they not go astray who devise evil? But kindness and truth *will be to* those who devise good.

Proverbs 19:22

²² What is desirable in a man is his kindness, And *it is* better to be a poor man than a liar.

Proverbs 31:26

²⁶ She opens her mouth in wisdom, And the teaching of kindness is on her tongue.

Hosea 4:1

¹ Listen to the word of the LORD, O sons of Israel, For the LORD has a case against the inhabitants of the land, Because there is no faithfulness or kindness Or knowledge of God in the land.

Hosea 10:12

¹² Sow with a view to righteousness, Reap in accordance with kindness; Break up your fallow ground, For it is time to seek the LORD Until He comes to rain righteousness on you.

Hosea 12:6

⁶ Therefore, return to your God, Observe kindness and justice, And wait for your God continually.

Micah 6:8

⁸ He has told you, O man, what is good; And what does the LORD require of you But to do justice, to love kindness, And to walk humbly with your God?

Zechariah 7:9

⁹ "Thus has the LORD of hosts said, 'Dispense true justice and practice kindness and compassion each to his brother;

Acts 9:36

³⁶ Now in Joppa there was a disciple named Tabitha (which translated *in Greek* is called Dorcas); this woman was abounding with deeds of kindness and charity which she continually did.

Acts 24:4

⁴ "But, that I may not weary you any further, I beg you to grant us, by your kindness, a brief hearing.

Acts 28:2

² The natives showed us extraordinary kindness; for because of the rain that had set in and because of the cold, they kindled a fire and received us all.

Romans 2:4

⁴ Or do you think lightly of the riches of His kindness and tolerance and patience, not knowing that the kindness of God leads you to repentance?

Romans 11:22

²² Behold then the kindness and severity of God; to those who fell, severity, but to you, God's kindness, if you continue in His kindness; otherwise you also will be cut off.

2 Corinthians 6:6

⁶ in purity, in knowledge, in patience, in kindness, in the Holy Spirit, in genuine love,

Galatians 5:22

²² But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness,

Ephesians 2:7

⁷ so that in the ages to come He might show the surpassing riches of His grace in kindness toward us in Christ Jesus.

Colossians 3:12

¹² So, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness and patience;

Titus 3:4

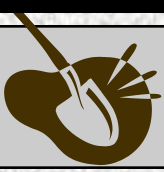
⁴ But when the kindness of God our Savior and *His* love for mankind appeared,

1 Peter 2:3

³ if you have tasted the kindness of the Lord.

2 Peter 1:7

⁷ and in *your* godliness, brotherly kindness, and in *your* brotherly kindness, love.



DIG DEEPER

optional further study section

Read 2 Samuel 9 about David having kindness upon the house of Saul. To help you study this section, answer some of these questions.

- What reasons do you think David might have had for *not* being kind to Mephibosheth?
- If David's kindness to Mephibosheth was not due to personal affection, on what was it based?
- In what specific ways did David show kindness to Mephibosheth? What did David do that allowed Mephibosheth to maintain a sense of dignity in spite of his needs?
- Look now at what happened from Mephibosheth's point of view. What thoughts or feelings do you think he had when summoned to appear before David?
- Think of people who have been especially kind to you. In what ways have you benefited from their kindness? Make a quick list of some of the needy people you know. These might be people with physical, emotional or financial needs, or even people who have special needs because of their life stages—a young mother, an aging relative, a person who has recently experienced grief or divorce. Select one person from this list that you are willing to offer your friendship. As you consider what this could cost you (time, money, personal risk), what one or two steps can you take to be a friend to this person?

Scripture Memory Verse →

Job 10:12 Kindness

You gave me life and showed me kindness, and in your providence watched over my spirit.

The goodness of God means that God is the final standard of what is good, and that all God is and does is worthy of approval...there is no higher standard of goodness than God's own character and his approval of whatever is consistent with that character. Wayne Grudem

- How do the following verses show the above quote to be true? (Luke 18:19; Genesis 1:31; James 1:17).

- Read Psalm 145. Write down some things that stick out to you from this Psalm about God's goodness.

- Scan Psalm 107. List some ways in which God shows his goodness in this Psalm.

God's goodness is often manifested by him showing grace and mercy. God's mercy means his goodness to those in grief and distress. God's grace means his goodness to those who deserve only punishment.

Jot down your thoughts about what these verses teach about God's mercy.

- Ephesians 2:4-7

- Titus 3:5

- Isaiah 49:13

Jot down your thoughts about what these verses teach about God's grace.

- Romans 3:23-24

- Romans 5:1-2

- Romans 5:6-10

PUT IT INTO ACTION

Jot down your thoughts about how these verses teach us to reflect God's goodness by demonstrating it in our lives.

- Galatians 6:9-10
- Luke 6:27-36
- 2 Timothy 3:16-17

What type of characteristics do we need to cultivate in our lives so that we may see more of God's goodness?
See Psalm 31:19; Psalm 34:8; Psalm 86:5-7; and Lamentations 3:25



PUT IT INTO ACTION

- Think about how you want to apply what you have learned in this study. What specifically will you do? Is there a characteristic that you want to work on? Is there something you need to do for someone? Spend some time praying over the verses in this study and write out your application below.



Read the following article on goodness. Look up some verses that you think are important

a. God is good: for he is morally perfect, and gloriously generous.

The acknowledgment of God as good is the foundation of all biblical thinking about moral goodness. 'Good' in Scripture is not an abstract quality, nor is it a secular human ideal; 'good' means first and foremost what God is ('he is good', Ps. 100:5, *et al.*), then what he does, creates, commands and gives, and finally what he approves in the lives of his creatures. It is not that the biblical writers assess God in terms of a prior concept of goodness, but rather that, contemplating the supreme glory of God's perfections, they apply to him the ordinary word for acknowledging worth. By so doing, however, they give that word a new depth of meaning. They define good in terms of God; not vice versa. Accordingly, the biblical position is that God, and God alone, is good without qualification (Mk. 10:18 and parallels: on which see B. B. Warfield, *The Person and Work of Christ*, 1950, pp. 149ff.); and he is the arbiter and judge, as he is the norm and standard, of creaturely goodness. Man is good, and things are good, just so far as they conform to the will of God. Woe, then, to those who invert the divine scale of values, giving the name of good to what God calls evil, and vice versa (Is. 5:20).

In the OT the goodness of God is frequently invoked as a theme of praise and an argument in prayer (2 Ch. 30:18; Ps. 86:5). His goodness appears in the good that he does (Ps. 119:68), the beneficent activity of his good spirit (Ne. 9:20; Ps. 143:10), the many-sidedness of his cosmic generosity (Ps. 145:9); most notably, in his kindness to the needy and faithfulness to his covenant (Pss. 25:8; 73:1; La. 3:25; Na. 1:7). The Psalmists' reiterated exhortation to praise and give thanks to God, 'for he is good: for his steadfast love endures forever' (Pss. 106:1; 107:1; 118:1; 136:1; *cf.* 100:4f.; also 1 Ch. 16:34; 2 Ch. 5:13; 7:3), is quoted by Jeremiah as the characteristic motto theme of Israel's worship (Je. 33:11).

b. The works of God are good: for they reveal his attributes of wisdom and power (see Ps. 104:24–31), and are the objects of his own approval.

When creation was done, 'God saw every thing that he had made, and behold, it was very good' (Gn. 1:31, *cf.* vv. 4, 10, 12, 18, 21, 25). The whole material order, as such, being God's handiwork, is good (1 Tim. 4:4; *cf.* Rom. 14:14). There is no room for Manichean dualism in the Bible.

c. The gifts of God are good: for they express his generosity, and make for the welfare of their recipients.

'Beneficial', 'advantageous', is one of the standard secular meanings of 'good' as an adjective; as 'prosperity', 'well-being', is of 'good' as a noun. The Bible integrates this usage into its theology by teaching, not merely that all God's gifts are good, both in intention and in effect, but also that all good is in fact God's gift (Jas. 1:17; *cf.* Ps. 4:6). It is characteristic of God to do good to the needy, as it was of Jesus, God's anointed (Acts 10:38; Mk. 3:4). God does good to all men in his ordinary providence, showering on them the blessings of nature (Acts 14:17; Ps. 145:9; Lk. 6:35); and, as a perfect Father, he knows how to give good gifts to those who are his children through Christ (Mt. 7:11). God's promise to 'do good' to his people is a comprehensive promise of blessing (Je. 32:40, *cf.* 24:6f.), as the plea that God will 'do good' to them is a comprehensive prayer for it (Pss. 51:18; 125:4). In such passages the 'good' in question is the pledged blessing of the covenant; it is virtually 'salvation' (*cf.* Is. 52:7). 'Good' on the material level was the promised blessing of the old covenant (with 'evil', the state of blessing withdrawn, as its alternative: Dt. 30:15), and 'good' in the realm of spiritual privilege, 'good' not enjoyed under the old covenant, is the gift of the new (Heb. 9:11; 10:1). Both testaments, however, authorize God's faithful people to rest assured that in God's good time everything that is truly good for them will be made theirs (Pss. 84:11; 34:10, *cf.* 85:12; Rom. 8:32; Eph. 1:3).

'Good', as an adjective, is used in various instrumental senses in connection with God's gracious activity of doing good to men. It is used of the word of God that announces blessing, of the hand and work of God that conveys it, of the course of action that leads to enjoyment of it, and of the days in which that enjoyment is experienced (see 1 Ki. 8:56; Is. 39:8; Je. 29:10; Heb. 6:5; Ezr. 7:9; 8:18; Phil. 1:6; 1 Ki. 8:36; Je. 6:16; Ps. 73:28; 1 Pet. 3:10; *cf.* Ps. 34:12).

Even when God withdraws the 'good' of outward prosperity from his people and brings upon them 'evil' (hardship) in its place (*cf.* Jb. 2:10), there is still a sense in which he is doing them good. 'It is good' for a man to be thus afflicted; hereby he receives correction, for his own subsequent benefit (*cf.* Heb. 12:10), and is exercised and strengthened in faith, patience and obedience (Ps. 119:67, 71; *cf.* La. 3:26f.). Anything that drives a man closer to God is for his good, and the Christian's temporary distresses, under God, work for him an eternal weight of glory (2 Cor. 4:17). Paul is therefore fully entitled to insist that 'in *everything* (afflictions included) God works for good with those who love him' (Rom. 8:28). The Christian should regard every circumstance, however ungratifying, as among God's good gifts to him, the expression of a beneficent purpose and, if rightly used, a sure means to his lasting profit.

d. The commands of God are good: for they express the moral perfection of his character and, by showing us how to please him, mark out for us the path of blessing (Ps. 119:39; Rom. 7:12; 12:2).

The moral ideal in the Bible is to do the will of God, as revealed in his law. When the rich ruler asked Christ what good thing he should do to gain life, Christ immediately directed him to the Decalogue (Mt. 19:17ff.). In a lawless and unloving world, Christians must resist the temptation to do as they are done by, and in face of evil must seek out and hold fast in their conduct that 'good' which the law prescribes (Rom. 12:9, 21; 1 Thes. 5:15, 21).

e. Obedience to God's commands is good: for God approves and accepts it (1 Tim. 2:3), and those who yield it profit by it (Tit. 3:8).

Unredeemed men do not and cannot obey God's law, for they are in bondage 'under sin' (Rom. 3:9ff.; 8:7f.). The evil tree (man as he is in Adam) must be made good before its fruit can be good (*cf.* Mt. 12:33–35). But those who are in Christ have been freed from sin's bondage precisely in order that they may practise the righteousness which the law prescribes (Rom. 6:12–22). The characteristic NT phrase for this obligatory Christian obedience is 'good works'. The performance of good works is to be the Christian's life's work; it was for this that God saved him (Eph. 2:10; Col. 1:10; 2 Cor. 9:8; Tit. 2:14; Mt. 5:14–16). The Christian is called to be ready for every good work that his circumstances admit of (2 Tim. 2:21; Tit. 3:1), so that it is a damning indictment of a man's Christian profession when he is 'unfit for any good deed' (Tit. 1:16; *cf.* Jas. 2:14–26). Good works are the Christian's adornment (1 Tim. 2:10); God takes pleasure in them, and will reward them (Eph. 6:8).

Good works are good from three standpoints: they are done (i) in accordance with a right standard (the biblical law: 2 Tim. 3:16f.); (ii) from a right motive (love and gratitude for redemption: 1 Thes. 1:3; Heb. 6:10; *cf.* Rom. 12:1ff.); (iii) with a right aim (God's glory: 1 Cor. 10:31; *cf.* 1 Cor. 6:20; Mt. 5:16; 1 Pet. 2:12). They take the form of works of love towards God and men, since 'love is the fulfilling of the law' (Rom. 13:8–10; *cf.* Mt. 22:36–40). This does not, of course, mean that no more is required of a Christian than a right motive; the point is, rather, that the particular acts which the commandments prescribe are to be understood as so many expressions of love, so that without a loving heart the commandments cannot be fulfilled. It is not that a right spirit excuses lapses from the letter of the law, but that rectitude in the letter is no fulfilling of the law where an attitude of love is lacking. The truly good man is no less than the truly righteous man; for, as the truly righteous man observes the spirit as well as the letter of the law (*cf.* Mt. 5:18–20), so the truly good man observes its letter as well as its spirit. Nor is the truly good man any more than the truly righteous man. In Rom. 5:7, where Paul for a moment sets the good man above the righteous man in value, he is speaking popularly, not theologically. The world thinks of righteousness as a merely negative rectitude, and of the kindness and generosity that mark the good man as something more than righteousness; but biblical theology effectively identifies righteousness with goodness, and goodness with righteousness, by insisting that what the law requires is, in fact, love.

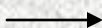
Good works, then, are works of love, and the nature of love is to give to the beloved. Love to God is expressed in the gift of personal devotion, however costly (*cf.* Mary's 'good work', Mk. 14:3–6). Love to men is expressed by doing them 'good', laying out one's own resources to relieve their need, and seeking their welfare in every possible way (Gal. 6:9f.; Eph. 4:29; *cf.* Pss. 34:14; 37:3, 27). The Jerusalem church's poor-relief system (Acts 2:44f.; 4:34ff.), and Paul's collection for the saints (*cf.* 2 Cor. 7–9) illustrate this. 'Kind', 'generous' are among the ordinary secular meanings of 'good' as a description of persons (*cf.* 1 Sa. 25:15; 1 Pet. 2:18); the Bible comprehends them in the Christian ethic, making the love of God and Christ the model and standard for the kindness and generosity required of Christians (*cf.* Eph. 5:1f.; Jn. 13:14, 34).

The believer who seeks thus to fulfil the law has a 'good conscience' (Acts 23:1; 1 Tim. 1:5, 19; Heb. 13:18; 1 Pet. 3:16, 21)—not because he thinks himself sinlessly perfect, but because he knows that his relationship with God is right, being founded on true faith and repentance. Such a Christian will appear to his fellows as a 'good man' (Barnabas, Acts 11:24).

New Bible Dictionary

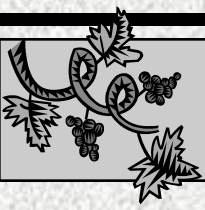
Jot down your thoughts from the article below:

Scripture Memory Verse



Psalm 31:19 Goodness

How great is your goodness, which you have stored up for those who fear you, which you bestow in the sight of men on those who take refuge in you.



Colossians 3:1-17

This week's study is about life change in Colossians 3:1-17. The goal of this study is for you to dig into the passage yourself, pull out its themes and main point, and make applications to your life. Follow the instructions to the left in order to start discovering the meaning of this passage.

Record your observations below. Try to fill up the space with your thoughts!

Instructions:

1. Read the entire passage and to the left of the text, create brackets where you think there are major sections. Give each of these sections a title.
2. Circle key words and attempt to define them to the right. Use the context and cross-references to determine the meaning of the word. Write out how these words/ideas contribute to the meaning of the passage.
3. Put a box around key connective words such as but, for, therefore. To the right, write out their purpose.
4. Underline and connect any comparisons and contrasts. To the right, write out how they contribute to the message of the passage.
5. To the right, write out at least 3 key observations that are important in this passage.

¹ If then you have been raised with Christ,
seek the things that are above,
where Christ is, seated at the right hand of God.

² Set your minds on things that are above,
not on things that are on earth.

³ For you have died,
and your life is hidden with Christ in God.

⁴ When Christ who is your life appears,
then you also will appear with him in glory.

⁵ Put to death therefore what is earthly in you:
sexual immorality, impurity, passion,
evil desire, and covetousness, which is idolatry.

⁶ On account of these the wrath of God is coming.

⁷ In these you too once walked, when you were living in them.

⁸ But now you must put them all away: anger, wrath,
malice, slander, and obscene talk from your mouth.

⁹ Do not lie to one another,
seeing that you have put off the old self with its practices

¹⁰ and have put on the new self,
which is being renewed in knowledge after the image of its creator.

¹¹ Here there is not Greek and Jew,
circumcised and uncircumcised, barbarian, Scythian,
slave, free; but Christ is all, and in all.

¹² Put on then, as God's chosen ones, holy and beloved,
compassion, kindness, humility, meekness, and patience,

¹³ bearing with one another and,
if one has a complaint against another, forgiving each other;
as the Lord has forgiven you, so you also must forgive.

¹⁴ And above all these put on love,
which binds everything together in perfect harmony.

¹⁵ And let the peace of Christ rule in your hearts,
to which indeed you were called in one body. And be thankful.

¹⁶ Let the word of Christ dwell in you richly,
teaching and admonishing one another in all wisdom,
singing psalms and hymns and spiritual songs,
with thankfulness in your hearts to God.

And whatever you do, in word or deed,
do everything in the name of the Lord Jesus,
giving thanks to God the Father through him.

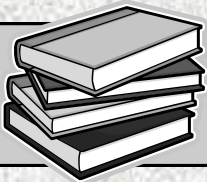
FOR FURTHER THOUGHT

- How the Christian's life is "hidden with Christ in God" (3:3)? See Romans 8:38-39; 1 Peter 1:3-6.
- Is taking off and putting on a one-time action or a process? Explain. See Col. 3:10; 2 Cor. 3:18; 2 Cor. 4:16.
- How specifically do you think each of the following actions are to be fulfilled? Give examples of what the phrases look like in everyday life. (Use the context of the phrase and your own understanding and experience.)

"Let the word of Christ dwell in you richly"

"teach and admonish one another"

"sing psalms, hymns and spiritual songs"



PUT IT TOGETHER

Characteristics of the old self "put away"

Characteristics of the new self "put on"

Write out at least three key themes or principles that you see in this passage.

1.

2.

3.

- Draw a picture, make a chart, or write a paragraph that captures the message of this passage:



THE BIG IDEA

- Create a **big idea**—write out the main point of this passage in 3-6 words



PUT IT INTO ACTION

- What do you need to put on or put away/to death in your life right now? Explain. How will you do this?
- What verse from this study affected you the most? Why?
- Write out how you will specifically apply what you learned from this passage.



DIG DEEPER

optional further study section

Key Terms:

Put to death (3:5). Act as if the practices and attitudes of the old way of life are dead. Work out in life experiences what has already happened internally. The power that energized those old habits is slain, but it remains to uproot the habits themselves.

Sexual immorality (3:5). Includes prostitution, adultery, unchastity, fornication—every kind of unlawful sexual intercourse. Because of the widespread traffic with prostitutes, some of Paul's churches had difficulty abandoning their former pagan tolerance of it.

Impurity (3:5). The misuse of sex, especially immoral sexual conduct. The word also applies to other forms of moral evil. For example, 1 Thes. 2:3 talks about "impure motives," denoting a general lack of integrity.

Lust (3:5). Shameful passion that leads to sexual excesses. In 1 Thes. 4:4-7, "passionate lust" wrongs the spouse of the one with whom the sexual immorality is done by taking that which belonged to the spouse. Lust may also be any sinful longing that leads away from God.

Evil desires (3:5). "Desire" and "longing" were often used positively to express strong emotions, like Paul's longing to be with Christ (Phil. 1:23). "Evil desires," then, are wicked longings, as in the case of one who looks lustfully at an individual, desiring to possess sexually him or her (Matthew 5:28).

Greed, which is idolatry (3:5). A greedy person tries to gain satisfaction in something that does not lawfully belong to him or her. Because greed focuses on someone or something other than God, it is idolatrous.

Wrath of God (3:6). God's anger at sin is expressed in judgment and punishment. The God of love and mercy is also a God of moral purity. He hates sin so much that He sent His Son to free us from it (2:9-15), and He intends to eradicate it utterly.

Greek or Jew, circumcised or uncircumcised (3:11). This was a major division within the early Church. Jews were raised to abhor many Gentile foods, customs, and beliefs. Many Jewish Christians had a hard time accepting the idea that Gentiles did not have to be circumcised or keep Jewish ceremonial laws in order to be Christians. For their part, Greeks thought their culture was superior to Jewish culture, objected to Jewish laws, and found circumcision disgusting.

Barbarian, Scythian (3:11). Originally, a barbarian was someone who did not speak Greek, so his speech sounded like "bar-bar" to Greeks. But the Greeks thought anyone who could not speak Greek was uncivilized. Scythians had a reputation for brutality; they were considered by others as little better than wild beasts. Scythians came from what is today south Russia. Both Jews and Greeks were raised to be unabashedly racist. Jews were taught to think all non-Jews morally debased, and Greeks were trained to consider all non-Greeks uncivilized barbarians.

Slave or free (3:11). The class system in the Roman Empire was as rigid a social barrier as race. In several legal areas (religion was not one of them), Roman law treated slaves as subhuman.

God's chosen people (3:12). Just as Israel was called this (Deut. 4:37), so the Christian community is chosen as "a royal priesthood, a holy nation, a people belonging to God" (1 Peter 2:9). God's purpose was to create a people who, by their very being, would praise Him (Ephes. 1:12; 1 Peter 2:9).

Compassion (3:12). Heartfelt sympathy that is shown in outward deeds of goodness.

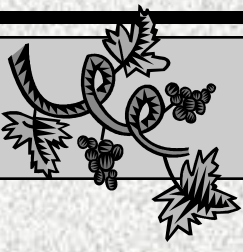
Kindness (3:12). Also "goodness," "generosity," "bounty," "courtesy." The word expresses the abundant bounty God displays to His people, as in a harvest that is not just adequate, but is overflowing.

Humility (3:12). The Old Testament says repeatedly that God will punish the proud and arrogant, and will exalt the lowly and humble (Isaiah 2:6-22; Amos 2:6-7). The former think they have the resources to manage life on their own, and that they have great value independent of God. By contrast, the latter know they are nothing great apart from God, but are of great worth because they are made in God's image and are loved by Him. They also know they have no hope of survival without God.

Patience (3:12). Longsuffering endures wrong and puts up with the exasperating conduct of others rather than flying into a rage or wanting revenge.

From LESSONmaker Life Change

Faithfulness



FOR STARTERS

- Write your own definition about what it means to be faithful.



SEARCH GOD'S WORD

FAITHFULNESS—A CHARACTERISTIC OF GOD

God's faithfulness means that he will always do what he has said and fulfill what he has promised. He can be relied upon and he will never prove unfaithful to those who trust what he has said. Wayne Grudem

- How do these passages describe God's faithfulness? (Deuteronomy 7:9; 32:4)

- As the verses above show, a big part of God's faithfulness is that he keeps his promises. What promises has God given you and how has he kept those promises?

- Read Lamentations 3:22-23. This is declaration of God's faithfulness in the midst of difficult times. Go back to the start of Chapter 3 in Lamentations. What negative things were going on? How could the writer still declare God's faithfulness despite such negative circumstances?

- How has God been faithful to forgive us through Jesus' death on the cross?
See 1 John 1:9; Romans 3:21-26; Colossians 1:13-14; Ephesians 1:7

- How does God demonstrate his faithfulness in our lives?
See 1 Corinthians 10:13; 1 Thessalonians 5:23-24; 2 Thessalonians 3:3

- How has he shown his faithfulness to you in these ways? Explain some specific circumstances.

OUR FAITHFULNESS

- Read Matthew 25:14-30. The master commends some of the servants for being good and faithful with what he had entrusted to them (verse 21, 23). List some talents, gifts, possessions, or relationships that God has entrusted to you. How can you remain faithful to be a good steward of these things God has given you?

- Look up Joshua 24:14. To be faithful to the Lord is to serve him only. What idols do you have in your life? These can be in the form of grades, friends, money, possessions, entertainment, popularity, food, sex...anything that gets in the way of God being first in your life. How will you get rid of these idols in practical ways this week?

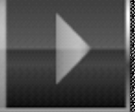
- What promises has God given to those who are faithful?
See Psalm 31:23; Proverbs 28:20; Luke 12:42-44; Revelation 2:10



PUT IT TOGETHER

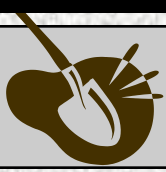
- Jot down a summary sentence about what the Bible says about God's faithfulness and how we should demonstrate faithfulness.

GO



PUT IT INTO ACTION

- What is one thing you will do to apply what you have learned in this study?



DIG DEEPER

optional further study section

- Read Psalm 89. What does it teach you about God's faithfulness?

- How did these people in the Bible demonstrate faithfulness?

You will need look at the contexts to fully answer this question for each person.

Joseph. Gen 39:22,23.

Moses. Num 12:7; Heb 3:2,5.

David. 1 Sam 22:14.

Hananiah. Neh 7:2.

Abraham. Gal 3:9.

Daniel. Dan 6:4.

Paul. Acts 20:20,27.

Timothy. 1 Cor 4:17.

Tychicus. Eph 6:21.

Epaphras. Col 1:7.

Onesimus. Col 4:9.

Silvanus. 1 Pet 5:12.

Antipas. Rev 2:13.

Scripture Memory Verse for this week →

Joshua 24:14 Faithfulness

Now fear the LORD and serve him with all faithfulness. Throw away the gods your forefathers worshiped beyond the River and in Egypt, and serve the LORD.



Gentleness



FOR STARTERS

- Have you ever known a gentle person? What is he or she like?
- Write out your own definition of gentleness:



SEARCH GOD'S WORD

WORD SEARCH

Near the end of this study you will find a list of every time the word **gentle** or **gentleness** is found in the Bible. Scan this list and choose three verses that you think are the most important. For each of the three verses, write out your observations in the designated areas.

Verse #1: _____

- Read carefully the context of the verses preceding and following your chosen verse to get a sense of the writer's train of thought. This will also help you understand the story behind the use of the word. Write out what the context is about below:

Observations—Write out your observations below:

- Ask the: who, what, when, where, why of the passage and ask any other questions you may have ...then answer them. What is the tone of the passage?
- Pay attention to key words and look up their meanings and usages in other passages, underline important grammatical words such as therefore, but, since, so that, etc. Write what their function is in the passage.

Interpretation:

- Write out the main principle about gentleness that is taught in this passage:

Verse #2: _____

- Read carefully the context of the verses preceding and following your chosen verse to get a sense of the writer's train of thought. This will also help you understand the story behind the use of the word. Write out what the context is about below:

Observations—Write out your observations below:

- Ask the: who, what, when, where, why of the passage and ask any other questions you may have ...then answer them. What is the tone of the passage?
- Pay attention to key words and look up their meanings and usages in other passages, underline important grammatical words such as therefore, but, since, so that, etc. Write what their function is in the passage.

Interpretation:

- Write out the main principle about gentleness that is taught in this passage:

Verse #3: _____

- Read carefully the context of the verses preceding and following your chosen verse to get a sense of the writer's train of thought. This will also help you understand the story behind the use of the word. Write out what the context is about below:

Observations—Write out your observations below:

- Ask the: who, what, when, where, why of the passage and ask any other questions you may have ...then answer them. What is the tone of the passage?
- Pay attention to key words and look up their meanings and usages in other passages, underline important grammatical words such as therefore, but, since, so that, etc. Write what their function is in the passage.

Interpretation:

- Write out the main principle about gentleness that is taught in this passage:

DIRECTED QUESTIONS

- Jesus said, “Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls.” (Matt 11:29). How did Jesus show that he was humble and gentle in heart? Think of some instances in his life where he showed this quality. You may refer to: Isaiah 53; Philippians 2:5-11.
- Think of any other person in the Bible who demonstrated gentleness or who demonstrated the opposite (you may want to scan the **gentleness** verses again for ideas). Look up Scriptures about that person and write out your thoughts on how this person did or did not demonstrate gentleness.
- Where in your life do you struggle to be gentle? What can you do specifically to show more gentleness in your life?

Psalm 18:35

35 You have also given me the shield of Your salvation, And Your right hand upholds me; And Your gentleness makes me great.

Proverbs 15:1

1 A gentle answer turns away wrath, But a harsh word stirs up anger.

Jeremiah 11:19

19 But I was like a gentle lamb led to the slaughter; And I did not know that they had devised plots against me, saying, "Let us destroy the tree with its fruit, And let us cut him off from the land of the living, That his name be remembered no more."

Matthew 5:5

5 "Blessed are the gentle, for they shall inherit the earth.

Matthew 11:29

29 "Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls.

Matthew 21:5

5 "Say to the daughter of Zion, 'Behold your King is coming to you, Gentle, and mounted on a donkey, Even on a colt, the foal of a beast of burden.' "

1 Corinthians 4:21

21 What do you desire? Shall I come to you with a rod, or with love and a spirit of gentleness?

2 Corinthians 10:1

1 Now I, Paul, myself urge you by the meekness and gentleness of Christ—I who am meek when face to face with you, but bold toward you when absent!

Galatians 5:23

23 gentleness, self-control; against such things there is no law.

Galatians 6:1

1 Brethren, even if anyone is caught in any trespass, you who are spiritual, restore such a one in a spirit of gentleness; each one looking to yourself, so that you too will not be tempted.

Ephesians 4:2

2 with all humility and gentleness, with patience, showing tolerance for one another in love,

Philippians 4:5

5 Let your gentle spirit be known to all men. The Lord is near.

Colossians 3:12

12 So, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness and patience;

1 Thessalonians 2:7

7 But we proved to be gentle among you, as a nursing mother tenderly cares for her own children.

1 Timothy 3:3

3 not addicted to wine or pugnacious, but gentle, peaceable, free from the love of money.

1 Timothy 6:11

11 But flee from these things, you man of God, and pursue righteousness, godliness, faith, love, perseverance and gentleness.

2 Timothy 2:25

25 with gentleness correcting those who are in opposition, if perhaps God may grant them repentance leading to the knowledge of the truth,

Titus 3:2

2 to malign no one, to be peaceable, gentle, showing every consideration for all men.

James 3:13

13 Who among you is wise and understanding? Let him show by his good behavior his deeds in the gentleness of wisdom.

James 3:17

17 But the wisdom from above is first pure, then peaceable, gentle, reasonable, full of mercy and good fruits, unwavering, without hypocrisy.

1 Peter 2:18

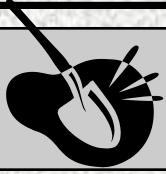
18 Servants, be submissive to your masters with all respect, not only to those who are good and gentle, but also to those who are unreasonable.

1 Peter 3:4

4 but let it be the hidden person of the heart, with the imperishable quality of a gentle and quiet spirit, which is precious in the sight of God.

1 Peter 3:15

15 but sanctify Christ as Lord in your hearts, always being ready to make a defense to everyone who asks you to give an account for the hope that is in you, yet with gentleness and reverence;



GENTLENESS. In Gal. 5:23 ‘gentleness’ (*praÿtēs*) is part of the ninefold ‘fruit of the Spirit’. In 2 Cor. 10:1 Paul beseeches his readers by the ‘gentleness’ (*epieikeia*) of Christ, coupled with his ‘meekness’ (*praÿtēs*). *epieikeia* suggests the yielding of a judge, who, instead of demanding the exact penalty required by strict justice, gives way to circumstances which call for mercy. Thus the concession of a legal right may avoid the perpetration of a moral wrong (see R. C. Trench, *Synonyms of the New Testament*, pp. 153–157). Similarly in the OT the Heb. ‘*ānā*, ‘to be humble’, and its cognate noun are used of God: ‘Thy gentleness (RSVmg.) made me great’ (2 Sa. 22:36; Ps. 18:35). Although the word itself is rarely used, it expresses the typical condescension of the divine Judge, whose refusal to exact the full demands of the law lifts up those who would otherwise be crushed under its condemnation. The adjective *epieikēs* describes one of the qualities of the Christlike believer. Note the other qualities with which it is associated in 1 Tim. 3:3; Tit. 3:2; Jas. 3:17; 1 Pet. 2:18. *epieikeia* is used in a formal rhetorical sense in Acts 24:4. *New Bible Dictionary*

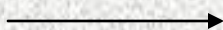
Turn to James 3:13-18.

- Who do you know who claims to be wise but acts foolishly? (Just as you can identify a tree by the fruit it produces, so you can identify the wise by the way they act. Selfishness leads to wickedness and disorder, but wisdom from God leads to goodness and mercy.)
- What are the traits of the wisdom from God? (vs. 17)

Read Galatians 5:23, Colossians 3:12, and 1 Timothy 6:11.

- What does it mean to be gentle?
- When is it hard to be gentle?
- Why do you think God calls Christians to be gentle?
- Why is it encouraging to remember that God himself is gentle?

Here is the Scripture Memory Verse for this week.

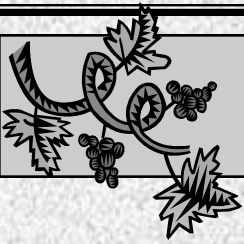


1 Peter 3:15

Gentleness

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,

Self-control



FOR STARTERS

- Define self-control. What does it mean to have self-control? Have you ever known someone who is self-controlled? How does this person show this quality in his or her life?



SEARCH GOD'S WORD

- The Bible explains that self-control is having dominion or power over one's selfish desires. What are these desires that we are to exercise control over? Read Romans 13:13; 1 Corinthians 6:9-10; and Galatians 5:19-21 and make a list of these selfish characteristics.
- Read Romans 6:11-14. How does this passage explain how one can have self-control?
- What is the basis for the confidence that we can have control over our sin? What does it mean we are under the influence of grace? You may want to scan the context of Romans 6 to help you answer these questions.

- Look at Titus 2:11-14. What has God done for us and what are we to do in the process of being self-controlled?
- How does self-control fit in our growth to maturity? (2 Peter 1:5-8).
- How does the Holy Spirit help us have self-control? (2 Timothy 1:7; Romans 8:13-17).
- As we seek to practice self-control over evil desires, how can we effectively resist Satan and temptation? Look up 1 Peter 5:8-9; 1 Corinthians 10:13; 2 Timothy 2:22.
- How did Jesus overcome temptation in Matthew 4:1-11?
- How was Joseph able to be self-controlled in Genesis 39:6-12?

- The Bible repeatedly talks about self control in these two areas; sexual immorality and drunkenness. For sexual self-control, look up 1 Thessalonians 4:3-5 and 1 Corinthians 6:17-20 and jot down what you learn about the importance of exercising self-control in this area of life.
- In the area of drunkenness, look up Proverbs 20:1; Ephesians 5:18; and Romans 13:13-14. Jot down what you learn about each passage below.



PUT IT TOGETHER

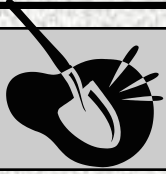
- Look back at the study and come up with a summary paragraph about what you have learned about self-control. What are the advantages of living a self-controlled life?

GO



PUT IT INTO ACTION

- Take some time to pray through this study. Are there any areas in your life where you need to exercise more self-control? Write out some ideas on how you will practically do this.



DIG DEEPER

optional further study section

Think of other Bible characters that showed self-control. Look up their stories. David is one in 1 Sam. 24:1–15; 26:1–20. Think of some others.

The following is a list of instances where people did not exercise self-control. Study the ones that interest you:

Adam and Eve, Gen. 3:1–19. Sarah, to lie, Gen. 12:13; 18:13–15; 20:13. Isaac, to lie, Gen. 26:7. Jacob, to defraud Esau, Gen. 27:6–13. Balaam, Num. 22:15–22; 2 Pet. 2:15. Achan, Josh. 7:21. David, to commit adultery, 2 Sam. 11:2–5; to number Israel, 1 Chr. 21. Solomon, to become an idolater through the influences of his wives, 1 Kin. 11:4; Neh. 13:26. The prophet of Judah, 1 Kin. 13:11–19. Hezekiah, 2 Kin. 20:12–20; Isa. 39:1–4, 6, 7. New Testament examples—Peter, Matt. 26:69–74; Mark 14:67–71; Luke 22:55–60.

The following is a list of ways that Christ related to temptation and exercised self-control. Study these and jot down your thoughts.

Endured it from the devil. Mark 1:13.

Endured it from the wicked. Matthew 16:1; 22:18; Lu 10:25.

Resisted by the word of God. Matthew 4:4,7,10.

Sympathizes with those under temptation. Hebrews 4:15.

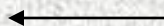
Is able to help those under temptation. Hebrews 2:18.

Intercedes for his people under temptation. Luke 22:31,32; John 17:15.

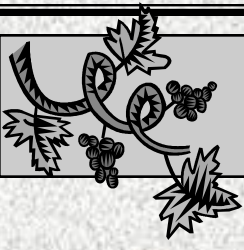
Proverbs 25:28

Self-Control

Like a city whose walls are broken down is a man who lacks self-control.



Scripture Memory Verse for the Week!
Are you up for the challenge?



A Look Back

It is time to look back on what we have learned in this fruit of the Spirit study. We will summarize what we have learned, pull out significant things God has done through this study series, and make further applications for the future.

Here is a list of the topics we covered during our study of the Fruit of the Spirit.

- Topics: Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness, and Self-control.
- Passages: Galatians 5:16-26 Romans 8:1-17 Colossians 3:1-17

Scan each study and briefly describe one significant thing you learned. Fill in the boxes below.

Topic or Passage	Summary of what I learned
Galatians 5:16-26	
Love	
Joy	
Peace	
Romans 8:1-14	
Patience	
Kindness	
Goodness	
Colossians 3:1-7	
Faithfulness	
Gentleness	
Self-Control	



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