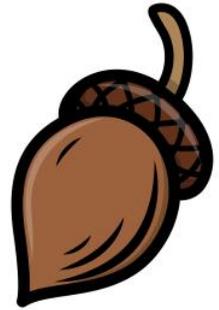


The Fruit of the Spirit

an On-The-Fridge reminder from Westminster



The Holy Spirit is a Person in the Trinity, God. We might also think of the Holy Spirit as God's *awakening power*. The Holy Spirit is a gift that is given to those who trust and follow Jesus Christ. But what happens when the Holy Spirit is in you?

In the Bible, the apostle Paul describes the "fruit of the Spirit"—nine character traits that show the Holy Spirit is working in you. We are to be Spirit-fuelled. As Paul says, we should "keep in step with the Spirit" (Galatians 5:25).

Here is Galatians 5:22-23 so you can memorize it: "**The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.**"

Timothy Keller gives 4 important reminders about the fruit metaphor:

1. The growth of fruit is **gradual**
2. The growth of fruit is **inevitable**
3. The growth of fruit is **internal** (You can't tie an apple to a tree and call it an apple tree; something is *within* a tree which makes it grow apples.)
4. The growth of fruit is **symmetrical** (Although some traits may be naturally stronger in you than others, they will all grow *together*. Paul says "fruit" (singular) not "fruits" (plural). All grow together when we "keep in step with the Spirit.")

Like the acorn under the marble slab, but which slowly grew in strength and burst through, the Holy Spirit works through Christians in these nine ways. We are not alone. As Max Lucado reminds us, God's dream "isn't just to get you into heaven, but heaven into you."

Remember...

It's not just about what you're doing... but who you're becoming

Love = To serve a person for their good and intrinsic value, not for what the person brings you.

Joy = A delight in God for the sheer beauty and worth of who he is. Focussing on the *Bless-er*, and not just the *bless-ings*.

Peace = A confidence and rest in the wisdom and control of God, rather than your own.

Patience = An ability to face trouble without blowing up or hitting out.

Kindness = An ability to serve others practically in a way which makes me vulnerable, which comes from having a deep inner security.

Goodness (Integrity) = Being the same person in every situation, rather than a phony or hypocrite.

Faithfulness (Loyalty, Courage) = To be utterly reliable and true to your word. It's opposite is to be an opportunist, a friend only in good times.

Gentleness = We can think of this as humility or self-forgetfulness. The opposite is to be superior or self-absorbed.

Self-Control = The ability to pursue the important over the urgent, rather than to be always impulsive or uncontrolled.

Source for 4-points and fruit definitions: Timothy Keller, *Galatians For You*, 2013.