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**Bible Study – March 9, 2016**

**“LIVING A FRUIT FILLED LIFE” – Galatians 5:16-26**

**LIVING A FRUIT FILLED LIFE**

Scripture:

Live by the Spirit, I say, and do not gratify the desires of the flesh. For what the flesh desires is opposed to the Spirit, and what the Spirit desires is opposed to the flesh; for these are opposed to each other, to prevent you from doing what you want. But if you are led by the Spirit, you are not subject to the law. Now the works of the flesh are obvious: fornication, impurity, licentiousness,idolatry, sorcery, enmities, strife, jealousy, anger, quarrels, dissensions, factions, envy,[[a](https://www.biblegateway.com/passage/?search=Galatians+5%3A16-23+&version=NRSV#fen-NRSV-29167a)]drunkenness, carousing, and things like these. I am warning you, as I warned you before: those who do such things will not inherit the kingdom of God. By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, **23**gentleness, and self-control. There is no law against such things.

**PEACE - It is an inner repose and quietness, even in the face of adverse circumstances; it defies human understanding**

**PEACE IS A PROMISED GIFT FROM CHRIST**

 **“**Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid.” John 14:27

**PEACE COMES FROM LIVING A CHRIST-CENTERED LIFE**

“Those of steadfast mind you keep in **peace**— in **peace** because they trust in you.” Isaiah 26:3

**PEACE KEEPS YOU GROUNDED AND SANE, EVEN IN THE MIDST OF CHAOS AND CONFUSION**.

“Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.” Phil. 4:7

**The second triad reaches out to others, fortified by the first three. Patience, Kindness and Goodness**

**PATIENCE**- a state of emotional calm in the face of provocation or misfortune and without complaint or irritation. It is the quality of forbearance under provocation (people or circumstances).

The Bible teaches us that Patience:

**IS CHARACTERISTIC OF GOD**

“The Lord is not slow about his promise, as some think of slowness, but is patient with you,[[a](https://www.biblegateway.com/passage/?search=2+Peter+3%3A9&version=NRSV#fen-NRSV-30514a)] not wanting any to perish, but all to come to repentance.” 2 Peter 3:9

“The Lord is merciful and gracious, slow to anger and abounding in steadfast love.” Psalm 103:8

**PREVENTS LOSSES**

Better is the end of a thing than its beginning; the **patient** in spirit are better than the proud in spirit. Eccl. 7:8

**YIELDS REWARDS**

“To those who by **patient**ly doing good seek for glory and honor and immortality, he will give eternal life;” Romans 2:7

“Be **patient**, therefore, beloved, until the coming of the Lord. The farmer waits for the precious crop from the earth, being **patient** with it until it receives the early and the late rains.” James 5:7

**KINDNESS** State of being that includes the attributes of loving affection, sympathy, friendliness, patience, pleasantness, gentleness, and goodness. Kindness is a quality shown in the way a person speaks and acts. It is more volitional than emotional

As Christians, we are to show Kindness:

**IN OUR WORDS, IN OUR ACTIONS AND IN OUR ATTITUDES**

**“**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” Colossians 3:17

“Those who withhold[[a](https://www.biblegateway.com/passage/?search=Job+6%3A14&version=NRSV#fen-NRSV-12993a)] kindness from a friend forsake the fear of the Almighty” Job 6:2

**GOODNESS/GENEROSITY** -positive moral qualities of the most general nature—‘good, goodness, good act.’ May be thought of as an uprightness of soul and as an action reaching out to others to do good.

**DEMONSTRATES THE VERY HEART OF GOD**

**34**Then the king will say to those at his right hand, ‘Come, you that are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world;**35**for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, **36**I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me.’ **37**Then the righteous will answer him, ‘Lord, when was it that we saw you hungry and gave you food, or thirsty and gave you something to drink? **38**And when was it that we saw you a stranger and welcomed you, or naked and gave you clothing? **39**And when was it that we saw you sick or in prison and visited you?’ **40**And the king will answer them, ‘Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.’ Matthew 28:34-40

**BLESSES US**

**35**In all this I have given you an example that by such work we must support the weak, remembering the words of the Lord Jesus, for he himself said, ‘It is more blessed to give than to receive.’” Acts 20:35

“Whoever is kind to the poor lends to the Lord, and will be repaid in full. Proverbs 19:17