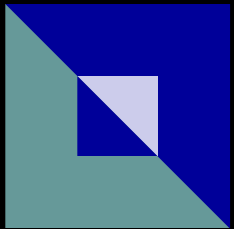


The Road to Jerusalem...

**Demonstrate the Fruit
of the Spirit**

Lesson Seven



The Road to Success in Christian Living

The Road To Jerusalem...Demonstrate the Fruit of the Spirit Page 2 of 5

COMMITMENT

I believe:

- that God the eternal Father, creator of all things, loved me so much that Jesus came to earth to be my Savior.
- that Jesus was born of a virgin, lived a sinless life, died to pay for my sins, was buried, rose from the dead on the third day, appeared to many people, ascended to Heaven where He sits at the right hand of God, and will one day return to earth taking all believers of all the ages to be with Him in Heaven forever.
- that when I made declaration of this, my belief, to God, I became His adopted child and His Holy Spirit came to be with my spirit forever.
- that my relationship with God is in His hands, and He will never let me go.

The Road to Jerusalem...Demonstrate the Fruit of the Spirit

Lesson Goal: To encourage believers to demonstrate the fruit of the Spirit in their lives.

Scriptures: Nehemiah 1:1—2:18; 5; 8; Galatians 5:22

Memory Verse: "...the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control." Galatians 5:22

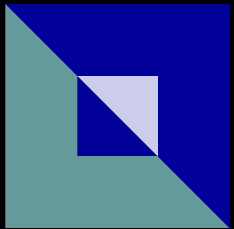
Nehemiah was an Old Testament hero. He talked to his boss, Persian King Artaxerxes (Ar-tuh-ZERK-sees) and asked for permission to go to his homeland to rebuild what had been destroyed. He must have been of great importance to King Artaxerxes, because the king would now allow him to be gone indefinitely. Nehemiah was especially concerned about Jerusalem, the capital city. The road to Jerusalem was long, and when he arrived, he found things in very bad condition.

He led the people to pitch in and rebuild the wall of the city. This provided protection and gave them a feeling of security. Chapter five of Nehemiah tells us that he had great compassion. He took on the wealthy who were mistreating the poor and led them to promise to give back homes and land that they had taken to settle debts. He refused the special treatment usually afforded the governor so that taxes could be lowered.

Nehemiah prayed, asking God to remember all that he had done for the people. (13:14) How many can pray that kind of prayer? His work brought joy to the people and he encouraged them to express their joy to one another and to God. He was wise in plans to repopulate the city of Jerusalem, which was all but deserted when he came from Persia. (11:1) Actually, when you read the whole story, you find not only a man with character, honesty, charisma, intelligence and wisdom, but one who exhibited all the fruit of the Spirit.

Speaking of which, a list of the fruit of the Spirit is found in Galatians 5:22. Paul is in the middle of a discussion about human freedom. He encourages the Christians at Galatia to realize that God has given them freedom in Christ. He discourages using this freedom to do what pleases their sinful natures. Rather, he says, "serve one another in love." He followed the words of Jesus, saying that the entire law can be summarized as, "Love your neighbor as yourself." (5: 13, 14)

Then he gives the alternative of selfish use of freedom. He tells the Galatian Christians to live by God's Holy Spirit. He mentions some of the things that selfish freedom leads us to do. (5:16-21) Then he says, in verse twenty-two, "...the fruit of the Spirit is..." He wants them to realize that there are results when you live your life in the Holy Spirit.



The Road to Success in Christian Living

The Road To Jerusalem...Demonstrate the Fruit of the Spirit Page 3 of 5

So what does it mean to live in the Holy Spirit. We could use some of Paul's words to assist us:

First, it means avoiding sin. Paul lists things like sexual immorality, making earthly things your god, hatred, creating controversy and quarreling, jealousy, fits of rage, selfish ambition, envy, uncontrolled addictions and other things. (Galatians 5:19-21) The Message translation begins the list this way, "It is obvious what kind of life develops out of trying to get your own way all the time..."

The opposite of "getting your own way all the time" is living in God's Holy Spirit. When we live in His Spirit, we trust our whole life to God, we pray consistently listening for God's response, we read His Word regularly and meditate on it, we submit ourselves to His will, we associate and involve ourselves in mission with other Christians, we use the gifts God gives us for helping others including helping others know Him, and we live like we are God's own children.

That kind of life will produce certain behaviors in, and lifestyle for, us. Paul called them the "fruit (results) of the Spirit." These include, as we have seen:

Love—committing ourselves to others without expectation of reward for our involvement in their lives.

Joy—giving ourselves over to the deep sense of well-being that comes from knowing and serving God.

Peace—that indefinable, settled experience in life when we know God is our Father.

Patience—that which allows us to wait on God in every situation.

Kindness—that which comes unbidden from deep within seeking the very best for everyone.

Goodness—character that is pleasant and agreeable, proponent of the best.

Faithfulness—loyalty that will not be deterred

Gentleness—greatly akin to love, kindness and goodness, never harsh or violent

Self-control—not only able to control actions and thoughts, but the intent of the heart

Now, upon surveying the above, you may say, "I would if I could, but I can't." And, you would be right! However, with a life completely surrendered to Him, God's Holy Spirit can produce, in any of us, those most desirable qualities. You see, it is not about us producing the fruit, it is about God's Holy Spirit producing the fruit in and through us.

*Underlined sentences in the Teacher's Guide appear in the Student Worksheet with blanks to be filled in by the student during the lesson. Words in the Student Worksheet may not appear exactly as printed in the Teacher's Guide.

The Road to Success in Christian Living

COMMITMENT

I believe:

- that God the eternal Father, creator of all things, loved me so much that Jesus came to earth to be my Savior.
- that Jesus was born of a virgin, lived a sinless life, died to pay for my sins, was buried, rose from the dead on the third day, appeared to many people, ascended to Heaven where He sits at the right hand of God, and will one day return to earth taking all believers of all the ages to be with Him in Heaven forever.
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- that my relationship with God is in His hands, and He will never let me go.

The Road to Jerusalem...Demonstrate the Fruit of the Spirit

Memory Verse:

“...the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.” Galatians 5:22

Demonstrate the Fruit of the Spirit

>Nehemiah was a man with character, honesty, charisma, intelligence and

wisdom, and one who exhibited all the _____ of the _____.

>He tells the Galatian _____ to live by God’s _____.

>He wants them to realize that there are _____ when you live your life in the _____.

>Paul says that living in the Holy Spirit means _____.

>The opposite of “getting your own way all the time” is _____ in God’s _____.

>When we live in His Spirit, we _____ our whole life to God,

we _____ consistently listening for God’s response,

we _____ regularly and meditate on it,

we _____ ourselves to His will,

we _____ and _____ ourselves in mission with other

Christians,

we _____ the _____ God gives us for helping others including helping

others know Him,

and we _____ like we are God’s own children.

The Fruit of God's Holy Spirit

Christians who live like Jesus will demonstrate the “Fruit of God’s Holy Spirit.” Christians who want to live like Jesus must be aware that this is accomplished by letting God’s Holy Spirit live in them and control their lives. When God’s Holy Spirit controls our lives, He produces results, also known as “The Fruit of God’s Holy Spirit.”

Love—Christian love is the effect of God’s love. As we become aware of how much and how well God loves us, we can demonstrate that kind of love to others. Love always seeks the highest good of the person loved. That is how God loves us. Love is as much a matter of human will as it is of emotion. The emotion related to true love is an effect of the joy of commitment. Love is being able to say, “I am yours, no matter what.” No qualifications, no exemptions. You do not love “because,” or “if,” or “when,” or any other qualification. You love selflessly just as God loved and let us see that perfectly in Jesus. I Corinthians 13:4-8a says, “Love never gives up. Love cares more for others than for self. Love doesn’t want what it doesn’t have. Love doesn’t strut, doesn’t have a swelled head, doesn’t force itself on others, isn’t always ‘me first,’ doesn’t fly off the handle, doesn’t keep score of the sins of others, doesn’t revel when others grovel, takes pleasure in the flowering of truth, puts up with anything, trusts God always, always looks for the best, never looks back, but keeps going to the end.” ([The Message](#))

Joy—Christians who understand the privilege of being God’s child are joyful. In Nehemiah 8:10, Nehemiah is quoted as saying, “...the joy of the Lord is your strength.” The people had just heard the reading of God’s Word. They were weeping because of their responsibility to the law. Nehemiah encouraged them to depend on the joy that was within them because of their Lord. Joy is the understanding that God is at work and will always be at work in us, and through us, for His glory.

Peace—If joy is the sense of well-being that comes from knowing God is at work in us, then peace is that quiet understanding that God is also at work in all the world, actually in all creation. Philippians 4:5-7 says, “Let your gentle spirit be known to all men. The Lord is near. Be anxious for nothing, 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 comprehension, will guard your hearts and your minds in Christ Jesus.” (NASV) God replaces worry and other distractions with His peace...a sense of His presence which overcomes everything else.

Patience—The King James Version of the Bible calls this “long-suffering.” That is a good description of what patience really is. Think about how patient God is. He just keeps on waiting...even when we aren’t aware of His presence in our lives. Suffering here doesn’t mean something particularly painful, but that which calls for serious commitment. When you are patient, you wait as long as it takes and endure as long as it takes. God’s patience, our example, can be seen clearly in Nehemiah 9:5b-38 where God endures the consistent failures of His people.

Kindness—Scripture often unites the word loving with kindness. Nehemiah 9:17 quotes some men of God who prayed, “...you are a God of forgiveness, gracious and compassionate, slow to anger and abounding in loving-kindness...” (NASV) Christians who live like God, as revealed in Jesus, are friendly, sympathetic and helpful. Think about how Jesus treated everyone and you will observe perfect kindness.

Goodness—Ephesians 5:9 tells us that the “...fruit of the Light consists in all goodness and righteousness and truth...” Being in the Light is being in Jesus...with God’s Holy Spirit living in us. We take on the character of God. That means that we are good...good like God is good. In Him we will work diligently for the best in ourselves and in others.

Faithfulness—Jeremiah said, “The Lord’s loving-kindnesses indeed never cease, For His compassions never fail. They are new every morning, Great is your faithfulness.” (Lamentations 3:22,23) (NASV) God’s commitment to us is eternal and cannot fail. The faithfulness, total commitment, of the Spirit-led believer is just that certain.

Gentleness—Paul told Timothy, “God’s servant must not be argumentative, but a gentle listener and teacher who keeps cool, working firmly but patiently with those who refuse to obey.” (II Timothy 2:24, 25) [The Message](#) Gentleness includes the commitment of love, the compassion of kindness and the self-denial of goodness. It is being just like Jesus when He called for the children. He said they are the models of heavenly citizens.

Self-control—The Bible says, “In all your ways acknowledge Him and He will make your paths straight.” Proverbs 3:6 Feeling out of control is normal for those who do not have Jesus in their lives. When we give ourselves to Him, when we stay in touch with Him, when we read His word regularly, when we pattern our lives on the life of Jesus, when we live every day in service to others, self-control will be the result. He will be our guide...making our paths straight.