
ONE FROM THE HEART

The Fruit of Love

Love is such an important part of our lives and yet sometimes love can be one of the hardest things to give and receive. When we love one another well, we bring God glory.

"Love your neighbour as yourself" - Galatians 5:13–14

One of the most important commands in the Bible and yet love is not what we are focused on these days. We seem more focused on Freedom.

Freedom from war, freedom from the law, freedom from consequences, freedom from Covid, freedom from marriage, gender stereotypes, freedom from work, or just a desire to earn money without working. People are crying out for freedom, but not the freedom to love humbly, not the freedom to serve one another.

But what does God ask of us? To love one another...

Called to Love

1 John 4:20

John 13:34

Philippians 2:1-4

Romans 13:8

1 Thessalonians 3:12

God has called us to love one another but He does not ask us to do it alone. He wants to empower us to choose to love.

Flesh vs Spirit - Galatians 5:16-17

There is a battle going on in our lives every day. Our spirit and flesh do not agree and are in opposition both in how they respond and what they desire.

When God calls us to walk by the Spirit, He is calling us to say no to our flesh and yes to Him. NT Wright, comments on verse 17: *That we either want to be sinful but the Spirit won't allow it, or that we want to live according to the Spirit and the flesh is making it impossible.* Let's give one another the benefit of the doubt and assume it's the latter. That we desire to love one another but all too often we choose to only love ourselves, or not love at all.

Living by the flesh will not lead us towards love and Paul writes quite the list of transgressions when we choose our flesh and its desires (Galatians 5:19-20).

A Different Kind of Result - Galatians 5:22-25

- + Love
- + Joy
- + Peace
- + Patience
- + Kindness
- + Goodness
- + Faithfulness
- + Gentleness
- + Self-control

Fruit Seeds

Holy Spirit in your life produces limitless good fruit, and it is in opposition to what the world produces in us.

Paul calls it fruit for a reason. The seeds need to be planted in good soil, cared for and nurtured; it needs to be pruned and protected against pests and diseases.

This fruit grows best when we take the time to cultivate it in a Spirit empowered community. As it grows, we can take the harvest out into the world fulfilling the command from Galatians 5:14, to love your neighbour as yourself!

Walking with the Spirit

When we are obedient to walking with the Spirit, the fruit touches other people in ways we can't imagine!

Fruit is produced in us by God for ourselves and others.

Love your neighbour as yourself is fulfilled by walking in the Spirit. We walk with God and He produces the fruit in our lives. No longer trying to love out of our human and sinful nature, limited and broken, but loving from a source that has no limit.

The same power that raised Christ from the grave moving through you!

Discussion Questions

1. Do you think you find it easy to love others?

2. What gets in the way of loving others? Is it purely a lack of time or opportunity? Is there something else that stops you?

3. Read Galatians 5:19–20. Is there something in that list that you need to lay at the foot of the cross and repent from?

4. Discuss Galatians 5:16–17. What does this battle look like in your heart?

5. What fruit of the Spirit do you feel God wanting to grow in you?

6. Share testimony of the fruit you have seen when walking with the Holy Spirit.