

Fruit of the Spirit

Galatians 5:22-23

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1. The Fruit of the Spirit is not something we can produce ourselves, but the result of the Holy Spirit's work in our lives.
2. Like sleep, love, joy, and peace cannot be forced, and trying harder often pushes them farther away.
3. The church is the clearest place where the Fruit of the Spirit is meant to be.
4. The Fruit of the Spirit is not about numbers or effort, but about hearts. It calls us to slow down rather than speed up.
5. Fruit only grows when we abide in Jesus, because apart from Him we can do nothing.
6. The Fruit of the Spirit is primarily about who we are becoming, not just what we are doing.
7. Jesus perfectly embodies the Fruit of the Spirit and invites us to know His character more deeply.
8. Love, joy, and peace flow from our relationship with God, while the remaining Fruit shapes how we live in unity with others.
9. The Fruit of the Spirit helps us discern whether what we consume and believe leads to unity and peace, or division and anxiety.
10. If we want more of the Fruit of the Spirit, we must slow down, abide in Jesus, and let Him make His home in us.

QUOTES

“Love is a compassionate response to the recognized need of others.”
- Paul Barnett

TODAY'S WORSHIP

Goodness of God
I Know That I Know
Thank You Jesus for the Blood

DISCUSSION QUESTIONS

- Jesus says, "Apart from me you can do nothing" (John 15). What does "abiding in Christ" look like practically in your life?
- Where do you sense God inviting you to slow down so that He can abide in your life? What tends to pull you away from abiding – busyness, distraction, anxiety, expectations, or something else?
- Which Fruit of the Spirit (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control) feels most challenging or convicting for you personally? Why?
- The teaching emphasized that *being* (identity in Christ) fuels *doing* (loving others well). Where do you tend to reverse that order? What change if you truly believed you are already loved, at peace with God, and secure in Christ?
- When you think about your phone usage, media intake, or news consumption, what fruit or result do those influences tend to produce in you? How can the Fruit of the Spirit serve as a guide for what you allow to shape your heart and mind?