**Fruit of the Spirit**

Based on Timothy Keller’s *Galatians for You*

1. Fruit of the Spirit is gradual.
2. Fruit of the Spirit is inevitable. Trying to follow Christ truly will always bring fruit.
3. Fruit of the Spirit has internal roots. Fruit only develops when a person is rooted in Christ.
4. Fruit of the Spirit is symmetrical. A follower of Christ will not just have one, but all the fruits.

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| **Fruit** | **Description** | **Opposite** | **Counterfeit** |
| Love | (Gr. *agape*) loving someone for who they are, not for what we get out of it; self-less, self-sacrificing love. | fear | loving for what it does to or for us |
| Joy | (Gr. *chara*) not mere happiness, but a deep undercurrent of delight in God, not for what we get out of it, but just because God is wonderful | hopelessness or despair | happiness or satisfaction based on the blessings instead of the Blesser |
| Peace | (Gr. *eirene*) confidence and rest in the knowledge that God is “large and in charge” and that God loves each of us | anxiety and worry | indifference, apathy |
| Patience | (Gr. *makrothumia*) ability to wait and trust that God’s Providence will unfold. Keller says, “an ability to to face trouble without blowing up or hitting out.” | resentment | cynicism |
| Kindness | (Gr. *chrestotes*) “an ability to serve others practically in a way which makes me vulnerable, which comes from having a deep inner security.” | envy (can’t celebrate the other’s happiness) | manipulative good deeds |
| Goodness or Integrity | (Gr. *agathosune*) quality of consistent character throughout one’s life |  |  |
| Faith | (Gr. *pistis*) reliable, courageous, true, steady when it’s hard | opportunist,  fair-weather friend | loving but not truthful, loving but not willing to confront/challenge |
| Gentleness | (Gr. *praotes*) humility, self-forgetfulness | superior,  self-absorbed | inferiority complex |
| Self-control | (Gr. *egkrateia*) ability to put what God wants and what is truly important ahead of what we want and what is urgent. | impulsive, uncontrolled | willpower based on the need to control |

**Fruitless Works of the Flesh**

Based on Timothy Keller’s *Galatians for You*

**Flesh** (Gr. *sarx*, from which we get the English word, *sarcophagus*) — the natural, original part of us; reflects a person’s natural appetites and inclinations; living out of human brokenness, foibles and frailty. The best we can do is to keep the rules.

**Spirit** (Gr. *pneuma*, also translated as breath or wind, from which we get the English words, *pneumatic* and *pneumonia*) — the redeemed, Christ-filled part of us; reflects a person’s redeemed heart and mind; living out of Jesus’ influence, love and grace. Freed from enslavement to fleshly appetites and self-serving rule-keeping.

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| **Theme** | **Work/Attitude** | **Description** |
| **Sexuality**  Galatians 5:19 | immorality | people having sex who are not married |
|  | impurity | sexual practices and relationships that are not God-honoring |
|  | debauchery | uncontrolled sexuality |
| **Religion**  Galatians 5:20 | Idolatry | putting an inadequate something at the center of life |
|  | witchcraft | faking the work of the Spirit |
| **Relationship-wrecking attitudes**  Galatians 5:20–21 | selfish ambition | competitive and self-seeking |
|  | envy | coveting what others have |
|  | jealousy | ego-hungry |
|  | hatred | hostility or adversarial attitude |
| **Relationship-wrecking practices**  Galatians 5:20–21 | discord | argumentative or picking fights |
|  | fits of rage | angry outbursts |
|  | dissensions | divisions between people created by anger and fear |
|  | factions | permanent parties and warring groups |
| **Substance abuse**  Galatians 5:21 | drunkenness | the habit of the substance running your life |
|  | orgies | getting lost in pleasure without thought of consequence |