

LIVING
• BY THE •
FRUIT OF
THE SPIRIT

a Prayer & Scripture Guide
to the **Power**
of the **Holy Spirit**



Bible Study Tools

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Introduction

It often feels like we forget a member of the Trinity. We talk a lot about God, focus a lot on Jesus, and seem to ignore or neglect the Holy Spirit. It makes sense, as a spirit can be a lot more abstract and harder to get hold of than Jesus as a man, or than God, even. But the Holy Spirit (or the Holy Ghost) is crucial to our Christian faith.

If there was one word best used to sum up the role of the Holy Spirit, it would most likely be “helper.” In John 16:7, Jesus tells his disciples: “it is to your advantage that I go away, for if I do not go away, the Helper will not come to you. But if I go, I will send him to you.” Other translations say “Advocate” instead of “Helper,” but the intention and heart of the word in the original Greek is the same—the Spirit is moving and working on our behalf, helping us to grow closer to the Father through Christ, advocating for us and speaking to us.

10 Roles of the Holy Spirit in the Lives of Christians

by Penny Noble

Through the power of the Holy Spirit, believers are saved, filled, sealed, and sanctified. The Holy Spirit reveals God's thoughts, teaches, and guides believers into all truth, including knowledge of what is to come. The Holy Spirit also helps Christians in their weakness and intercedes for them.

The following are 10 ways the Holy Spirit works in the lives of believers.

1. The Holy Spirit Is a Helper Who Teaches and Reminds

In John 14:26 Jesus told his disciples, “the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you” (John 14:26, ESV).

The Greek word “Parakletos” in this passage is translated “Helper” in the English Standard Version, “Advocate” in the New International Version, and “Counselor” in the King James Version. The meaning of this word relates “legal counsel.”

The Holy Spirit provides wise counsel to Christ's followers. Jesus knew he would be going away and that his followers would need the Holy Spirit as a helper and an advocate to remind them of his teachings.

2. The Holy Spirit Convicts the World of Sin

In addition to providing wise counsel, attorneys also provide evidence used to convict criminals. In a similar fashion, the Holy Spirit will prove the sin, righteousness, and judgment of the world.

“Nevertheless, I tell you the truth: it is to your advantage that I go away, for if I do not go away, the Helper will not come to you. But if I go, I will send him to you. And when he comes, he will convict the world concerning sin and righteousness and judgment” (John 16:7–8, ESV).

3. The Holy Spirit Dwells in Believers and Fills Them

The Holy Spirit is God's presence in the lives of believers.

“Do you not know that you are God's temple and that God's Spirit dwells in you?” (1 Corinthians 3:16, ESV)

4. The Holy Spirit Is a Source of Revelation, Wisdom, and Power

“These are the things God has revealed to us by his Spirit. The Spirit searches all things, even the deep things of God. For who knows a person's thoughts except for

their own spirit within them? In the same way, no one knows the thoughts of God except the Spirit of God” (1 Corinthians 2:10–11).

God gives His followers the Holy Spirit so that we may know Him better. Since the Holy Spirit is God’s Spirit, it knows the thoughts of God and reveals those thoughts to believers. The Holy Spirit opens believers’ eyes to the hope of salvation and the inheritance they have in Christ.

Jesus knew that his disciples would need the power to carry out their mission to be witnesses to the entire world.

Jesus told his disciples, “But you will receive power when the Holy Spirit comes on you, and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.” (Acts 1:8)

Christians have access to power, revelation, and wisdom from the Holy Spirit, just as the Apostle Paul wrote to believers in Ephesus,

“I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, and

his incomparably great power for us who believe. That power is the same as the mighty strength he exerted when he raised Christ from the dead and seated him at his right hand in the heavenly realms” (Ephesians 1:17–20).

5. The Holy Spirit Guides to All Truth, Including Knowledge of What Is to Come

The Holy Spirit tells what is yet to come. The Holy Spirit is called the “Spirit of Truth” in John 16:13 because he guides believers into all truth. Jesus told his disciples the Holy Spirit would make known what he hears and would only speak what the Father speaks.

“But when he, the Spirit of truth, comes, he will guide you into all the truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come. He will glorify me because it is from me that he will receive what he will make known to you. All that belongs to the Father is mine. That is why I said the Spirit will receive from me what he will make known to you” (John 16:13–15).

6. The Holy Spirit Gives Spiritual Gifts to Believers

Attributes of the Holy Spirit such as wisdom, knowledge, and power are manifested in the lives of believers for the good of others. More gifts are listed in 1 Corinthians 12:7–11.

7. The Holy Spirit Is a Seal in the Lives of Believers

In the ancient world, a seal was a “legal signature” attesting ownership and validating what was sealed.

The Holy Spirit is our mark of adoption as God’s children. Jesus sent the Holy Spirit to his followers so that they could be confident in their salvation.

Just as you might make a deposit or a down payment on a new car to make sure the salesperson doesn’t sell it to anyone else, the Holy Spirit is a deposit in our lives confirming the validity of Christ’s message and that we belong to Christ.

“And you also were included in Christ when you heard the message of truth, the gospel of your salvation. When you believed, you were marked in him with a seal, the promised Holy Spirit, who is a deposit guaranteeing our inheritance until the redemption of those who are God’s possession—to the praise of his glory” (Ephesians 1:13).

8. The Holy Spirit Helps in a Christian’s Weakness and Intercedes for Them

We all have times we feel weak and don’t know what to do. The Holy Spirit helps us line up with God’s will during those times by interceding for us.

“In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the

Spirit himself intercedes for us through wordless groans. And he who searches our hearts knows the mind of the Spirit because the Spirit intercedes for God's people in accordance with the will of God" (Romans 8:26–27).

9. The Holy Spirit Makes Believers New and Gives Them Eternal Life

Holy Spirit works in the lives of believers to renew, sanctify, and make us holy. Just as the Holy Spirit raised Christ from the dead, the Holy Spirit will give eternal life to believers in Christ.

"But if Christ is in you, then even though your body is subject to death because of sin, the Spirit gives life because of righteousness. And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of his Spirit who lives in you" (Romans 8:10–11).

10. The Holy Spirit Sanctifies and Enables Believers to Bear Good Fruit in Their Lives

The work of the Holy Spirit in a Christian's life is an ongoing process of becoming holy through sanctification. Through the conviction and power of the Holy Spirit, believers will not indulge the sinful acts of the flesh (Galatians 5:16–21) but will bear the good fruit of the Spirit (Galatians 5:22–25).

Bible Verses about the Holy Spirit

“After they prayed, the place where they were meeting was shaken. And they were all filled with the Holy Spirit and spoke the word of God boldly.” (Acts 4:31)

“For those who are led by the Spirit of God are the children of God. The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, ‘Abba, Father...’” (Romans 8:14–16)

“...God chose you as first fruits to be saved through the sanctifying work of the Spirit and through belief in the truth.” (2 Thessalonians 2:13)

“...He saved us through the washing of rebirth and renewal by the Holy Spirit, whom he poured out on us generously through Jesus Christ our Savior.” (Titus 3:4–6)

A Prayer to the Holy Spirit

by Emily Hall

You are God. I praise you because you are holy, and I thank you for dwelling in my heart. Thank you for working in my life. You guided me into salvation, renewed my dead spirit, and you opened my eyes to the Truth. Thank you.

Help me to see you more clearly—to recognize your movement in my life. Make me more sensitive to you so I can follow you more closely. Still, I know that I am selfish and rebellious. I need you to help me be obedient when I recognize your leading. I need you.

I ask you for your help and comfort today. You know my pain and anxieties very well. Thank you for praying over me. Help me to rest in your comfort today.

Help me to walk in you, the Spirit of God. Grow good fruit in my life. You are the one who produces these in me: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. I cannot live out these things on my own; I need you.

Amen

What Are the Fruits of the Spirit?

by Kathy Howard

“But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.” (Galatians 5:22–23)

The Greek word translated “fruit” refers to the natural product of a living thing. Paul used “fruit” to help us understand the product of the Holy Spirit, who lives inside every believer. The fruit of the Spirit is produced by the Spirit, not by the Christian. The Greek word is singular, showing that “fruit” is a unified whole, not independent characteristics. As we grow, all the characteristics of Christ will be manifested in our lives.

Yet, like physical fruit needs time to grow, the fruit of the Spirit will not ripen in our lives overnight. Like a successful gardener must battle against weeds to enjoy the sweet fruit they desire, we must constantly work to rid our lives of the “weeds” of our old sin natures that want to choke out the work of the Spirit.

The Holy Spirit gives us the power we need to reject those old sinful desires. We can say “no” to sin and accept the

“way out” God faithfully provides (1 Corinthians 10:13) by following the Holy Spirit’s leading. As we give the Spirit more control of our lives, He begins to do in and through us what only He can do—to shape us and grow us to look like Jesus (2 Corinthians 3:17–18).

Since God’s goal for all His children is for us to be like Jesus (Romans 8:29), the Holy Spirit constantly works to rid our lives of the “acts of the sinful nature” (Galatians 5:19) and display His fruit instead. Therefore, the presence of the “fruit of the Spirit” is evidence that our character is becoming more like Christ’s.

Paul uses 9 characteristics to describe the fruit of the Spirit in the book of Galatians. Let’s take a look at the fruit of the Spirit list and what each one means:

Love

“Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love does not know God, because God is love.” (1 John 4:7–8)

True, biblical love is a choice, not a feeling. It deliberately expresses itself in loving ways and always seeks the welfare of others. Biblical love is dependent on the giver’s character, not emotion. For instance, a mature believer demonstrating love will not exercise his or her freedom if that action might harm another Christian in

some way.

Rather than risking the possibility of causing the immature Christian to question and stumble, the mature believer will not exercise his freedom out of love for his brother (Romans 14:1–15). Love chooses to set aside one’s own preferences, desires, and sometimes even needs to put the other person first (Philippians 2:1–3).

Joy

“May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.” (Romans 15:13)

Sometimes we Christians tend to downplay the meaning of joy. But, the Greek word translated as “joy” in Galatians 5 means “gladness and delight”—basically the same thing the world means when it talks about joy. It is a feeling of gladness based on our circumstances.

Sadly, the world’s joy cannot last because it is based on fleeting, physical circumstances. But the joy of the Lord is established in our spiritual, eternal circumstances. As we cling tight to Jesus, abiding daily in our saving relationship with Him, we will experience the fullness of joy He promised (John 15:4–11).

Peace

“You will keep in perfect peace those whose minds are

steadfast, because they trust in you.” (Isaiah 26:3)

The world doesn't offer much peace. Just look around. The world cannot give it because the world doesn't know the One who is peace. But for those who have the Spirit of peace within us, the peace of Christ is possible, no matter our circumstances (John 14:27). We can reject the chaos of the world and embrace God's peace. The book of Philippians tells us how (Philippians 4:4–9).

First, choose to rejoice in God and who He is. Second, bring all your worries, fears, and concerns to God in prayer. Third, fill your mind with God's truth. And fourth, choose to think about the things of God.

Patience

“Be completely humble and gentle; be patient, bearing with one another in love.” (Ephesians 4:2)

We don't see much patience in the world today, not even in the church. Maybe part of the reason is our fast-paced, want-it-now culture. But Christians have everything we need to be patient because we have the Holy Spirit living in us longing to display His character to those around us. Patient people put up with circumstances and other people, even when severely tried. Patient people display endurance, longsuffering, and perseverance.

The New Testament also specifically connects patience with sharing the Gospel. God is patient as He waits for

the lost to come to Him (2 Peter 3:9) and He calls His people to be patient as we extend the offer of salvation in Christ to others (2 Timothy 4:20).

Kindness and Goodness

“Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness...”(Colossians 3:12)

The characteristics of “kindness” and “goodness” are closely related. Together they present the picture of one who not only possesses moral goodness and integrity, but also generously expresses it in the way they act toward others.

This “goodness in action” reflects God’s kindness and goodness toward us. God demonstrated His kindness and goodness to us in our salvation (Titus 3:4) and will continue to “show the immeasurable riches of His grace in kindness toward us” for all eternity (Ephesians 2:7)!

Faithfulness

“His master replied, ‘Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master’s happiness!’” (Matthew 25:21)

To be “faithful” is to be reliable or trustworthy. For the Christian, this is faithfulness specifically to the Savior

who redeemed us. Christian faithfulness therefore, is continued and consistent submission and obedience to the same Spirit who provides the ability for us to be faithful.

This attitude is in direct contrast to our previous “faithfulness” to our own sinful desires and ways. The word also describes someone willing to suffer persecution and even death for Christ’s sake. “Therefore, among God’s churches we boast about your perseverance and faith in all the persecutions and trials you are enduring.” (2 Thessalonians 1:4)

Gentleness/Meekness

“Let your gentleness be evident to all. The Lord is near” (Philippians 4:5)

Closely linked to humility, gentleness is grace of the soul. It is not weakness, but instead it is strength under control. For instance, in Paul’s second letter to Timothy, he wrote that the “Lord’s servant” will “correct his opponents with gentleness” (2 Timothy 2:25). And in Paul’s letter to the church in Galatia, he wrote that those who have been caught in sin should be restored in a “spirit of gentleness” (Galatians 6:1).

Gentleness, being the opposite of self-assertiveness and self-interest, is also a key ingredient in unity and peace within the body of Christ (Ephesians 4:2).

Self-Control

“Like a city whose walls are broken through is a person who lacks self-control.” (Proverbs 25:28)

The last characteristic in Paul’s description of the fruit of the Spirit points us back to his list of the “works of the flesh” in Galatians 5:19–21. Those of us with the indwelling Holy Spirit has the strength to control our sinful desires, to say “no” to our flesh. Self-control gives us the power to say “yes” to the Spirit and foster a beautiful, bountiful harvest of spiritual fruit!

7 Things Christians Need to Remember about the Work of the Holy Spirit

by Jessica Van Roekel

1. The Holy Spirit reveals God's truth to us.

When we need truth, we can trust the work of the Holy Spirit to lead us. His word stands the test of time and throughout cultures. It is living, active, and useful for teaching and training in righteousness.

2. The work of the Holy Spirit is to convict the world of sin, righteousness, and judgment.

We don't have to carry the weight of being judge and jury to a weary world. We can present the good news that Jesus Christ seeks and saves the lost. Then we let the Holy Spirit do the convicting and drawing others to God.

3. The work of the Holy Spirit fills believers with boldness so they can preach the salvation message.

Every day presents us with opportunities to shine a light on the redemptive work of God. He saves us, redeems us, and faithfully leads us through this life. The Holy

Spirit emboldens us to share the good news with others.

4. The work of the Holy Spirit is to pray for us when we don't know what to pray.

There are times when prayer seems impossible. This is when we simply need to bow our heads and hearts and let the Holy Spirit intercede for us.

5. The work of the Holy Spirit implants fruit into our lives and then grows it into a harvest.

“The fruit of the spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law,” Galatians 5:22–23. This kind of fruit leads us into lives that reflect the work of the Holy Spirit in us.

6. The work of the Holy Spirit is to give spiritual gifts for the church's edification.

In the body of Christ, we each have a part to play for the common good of the body of Christ. The work of the Holy Spirit is to manifest himself through the spiritual gifts of wisdom, knowledge, faith, and others. The Holy Spirit also enables believers to be as apostles, teachers, servers, and more. (1 Corinthians 12:4–11, Ephesians 4:16)

7. The ultimate work of the Holy Spirit is to glorify Jesus and reveal his kingdom to the world until

his return.

The Holy Spirit came after Jesus so that he could continue to testify about Jesus to the world. In Acts, Peter preached about Jesus to the Jews gathered in Jerusalem and 4,000 were added to their number. (John 15:26, Acts 2:17–18)

By the work of the Holy Spirit, we get to be part of the grandest and greatest story ever told.

Living this life without the work of the Holy Spirit in our lives would spiral us close to the edge of despair. Life holds challenges that vary in severity. But God holds us closer than we can imagine, and he is able to be with us and in us by the work of the Holy Spirit.

A Prayer for Holy Spirit Guidance

by Jessica Van Roekel

Heavenly Father,

Thank you for sending your Holy Spirit to comfort us in our weaknesses. You give us strength when we cannot take another step. Guide us into all truth, remind us of your ways, and give us boldness to testify about what you're doing in our lives. You shape and mold us into a purer reflection of your Son. May you guide our steps, our thoughts, and our attitudes as we partner with you in faith, in obedience, and in submission. You are wholly trustworthy, and we praise you that you sparked the flame of faith in our lives and that you keep it going by your power. Pour out your Spirit on us so that we might testify about you to those who need your transforming power in their lives.

In Jesus' name, amen.

FRUITS OF THE SPIRIT

LOVE

JOY

PEACE

LONGSUFFERING

KINDNESS

GOODNESS

FAITHFULNESS

GENTLENESS

SELF-CONTROL

GALATIANS 5:22-23