I. CLASS OBJECTIVES

1. To learn to differentiate between the three forms of faith.

2. To understand that brokenness, together with full assurance in the Lord, creates the opportunity for gentleness to flourish in our lives.

3. To develop our ability to control our mood, overcoming any weakness.

4. To identify the things that negatively affect our relationship with God.

II. INTRODUCTION

A. The fruit of the Holy Spirit includes Faithfulness, Gentleness, and Self-control

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

   1. Faithfulness, Gentleness and Self-control are fruit of the Spirit that grow gradually stronger. Through faith, the fruit of the Spirit opens up the door of blessing in our lives, even in the midst of adversity.

III. LESSON: THE FRUIT OF THE SPIRIT – PART THREE

A. Faithfulness

   Hebrews 11:1, 6a
   Now faith is the confidence in what we hope for and assurance about what we do not see...And without faith it is impossible to please God.

   1. Faith is one of the nine manifestations of the Holy Spirit, a gift of the Spirit, and a fruit of the Spirit. As a gift of the Spirit, it is a special provision for a specific moment (which we will learn about in a future class). As a fruit of the Spirit, faith grows gradually stronger. In the New Testament there are three forms of faith:
a. Faith that allows us to live the Christian life and that grows through continuous relationship with God.

b. Faith as a gift that manifests itself according to a need in a specific moment.

c. Faith as a fruit, which is related to a believer’s character.

2. The word of faith comes from the Greek “pistis” which also means faithfulness. Although we also unintentionally separate these two concepts, in reality faith and faithfulness go hand in hand. That is to say, we cannot speak of faith without mentioning faithfulness, nor of faithfulness without faith.

3. The fruit of faith amounts to continually depending on the faithfulness of God and placing our absolute trust in Him. Faith never loses hope, even when the circumstances seem to be against us. Paul equated faith to permanently trusting in God’s faithfulness, even when the circumstances were unfavorable. He said:

   **Romans 8:28**
   And now we know that in all things God works for the good of those who love Him, who have been called according to His purpose.

   When we are truly committed to the work of Christ, we understand that no situation is too overpowering to cause us to lose hope in God’s promises. Through faith, the fruit of the Spirit opens up the door of blessing in our lives even in the midst of adversity.

   **2 Timothy 1:12**
   That is why I am suffering as I am. Yet this is no cause for shame, because I know I have believed, and am convinced that He is able to guard what I have entrusted to Him until that day.

4. The same sort of faithfulness that God has towards us is a characteristic that He can develop in us by His Holy Spirit – the important thing is to be ready to do whatever He asks of us, starting with small things:

   **Luke 16:10**
   Whoever can be trusted with very little can also be trusted with much, and whoever is dishonest with very little will also be dishonest with much.

   Faithfulness starts with material things and not with spiritual things. When someone is faithful with material things (possessions, money, tithes, offerings), they are ready to be trusted with spiritual riches.
B. Gentleness

Matthew 11:29
Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.

1. Gentleness is not weakness; rather it is meekness and humility of heart. Gentleness allows us to have the willpower, given by the Father, not to be overcome by circumstances that affect our mood.

2. Gentleness is special grace that Christians carry about them, granted by the Holy Spirit, which gives them authority over all that they possess. Most of the time, we see that people with a bit of authority show it through shouting, violence, and losing their sense of self-control.

Proverbs 16:32
Better a patient person than a warrior, one with self-control than one who takes a city.

3. Gentleness is related to a man’s spirit, and seeing as this is the area of the human being that maintains relationships with the Holy Spirit, the fruit of gentleness remains in those who are able to prevent anger from reigning over them.

2 Timothy 1:7
For God gave us a spirit, not of fear but of power and love and self-control.

4. In Moses we can see the development of gentleness and self-control throughout his life. Through the course of time and by developing his relationship with the Lord, Moses developed the fruit of gentleness. God’s strength is expressed through gentleness and this comes to us by the Holy Spirit when we focus on the Lord as Moses did.

Hebrews 11:27
By faith he left Egypt, not fearing the king’s anger; he persevered because he saw Him who is invisible.

5. To gain meekness and develop self-control, Moses had to be broken in the desert because God uses the process of being broken to produce a gentle spirit. King David after falling into sin with Bathsheba, said this prayer:

Psalm 51:17
My sacrifice, O God is a broken spirit; a broken and contrite heart you God will not despise.

In David’s case, a sudden crisis took him to a place being broken and searching for peace in his spirit. In one way or another, God acts by placing His strength and power in our lives.
C. **Self-Control (Temperance)**

1. The fruit of self-control (temperance) deals with an aspect of character. Self-control enables our ability to control our mood, thus overcoming any weakness in character.

2. Self-control (temperance) is understood as the control of our temperament and character, giving the sense of abstaining from everything that might negatively affect our lives. The development of temperance is our ability to control ourselves and avoid all that causes imbalance in our lives, happens through a process in which the Holy Spirit powerfully intervenes. It requires the cooperation of our will.

   **Philippians 2:12-13**  
   Therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence—continue to work out your salvation with fear and trembling, for it is God who works in you to will and to act in order to fulfill His good purpose.

3. Temperance finds its origin in God and He expects us to show the result of this fruit through self-control. This all depends on our will. Paul understood temperance as the control or avoidance of everything that stops us developing in our Christian life and completing God’s commandments.

   **1 Corinthians 9:24-25**  
   Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever.

4. As we grow in the Christian life many difficulties, fights, crises, pressures, temptations, and tribulations come our way. However, if we put self-control into practice recognizing that God helps us both to have and want to have self-control we will be able to obtain the prize that is everlasting.

   **James 1:12b**  
   …the crown of life that the Lord has promised to those who love Him.

5. Self-control produces a positive effect in the different areas of the life of a believer.

   **Philippians 3:14**  
   I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

   We should avoid all things that we are consciously aware of that negatively affect our relationship with the Father and as a consequence grieve the Holy Spirit.

   **Romans 8:26**  
   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.
V. CONCLUSION

Just as an apple tree cannot produce oranges, a person cannot demonstrate the fruit of the Spirit if the Holy Spirit does not have total control of their life. Neither good intentions nor human strength, nor worry, nor hard work, nor willpower can produce this fruit. As the name indicates it is the Holy Spirit and only the Holy Spirit who produces this fruit. It is worth reminding ourselves that as a gentleman, He will never force His way into our lives if we do not surrender ourselves to Him voluntary.

It is the responsibility of every believer to make sure they remain good soil as Jesus taught so that the seed placed in each one of us by the Spirit of God grows and bears fruit one hundred fold. We must work to have a good and upright heart to keep the Word I us and to persevere in bearing fruit.