

Good Spiritual Health Includes Bearing Much Fruit  
(John 15:8)

Introduction:

1. This morning we covered passages that reveal "a program for good spiritual health."
2. According to the Lord's statement in John 15:8, "good spiritual health includes bearing much fruit."
3. In our lesson we are studying the 9 special characteristics that make up "the fruit of the Spirit" (Galatians 5:22-23).
4. Before we examine these characteristics, . . .

Discussion:

- I. LET US CONSIDER 4 GENERAL PRINCIPLES THAT RELATE TO BEARING THE FRUIT OF THE SPIRIT
  - A. Principle #1: When we become God's children we are to bear the fruit of the Spirit (Ephesians 5:6-10).
    1. Many in the world look down on these 9 characteristics.
    2. However, God considers them to be very special.
    3. By bearing the fruit of the Spirit, :
      - a. we show that we have turned from darkness to light
      - b. we meet God's approval.
  - B. Principle #2: A tree is recognized by the fruit it bears (Luke 6:43-45).
    1. A good tree bears good fruit, and a bad tree bears bad fruit.
    2. Jesus was actually talking about the things we say and do.
  - C. Principle #3: The law of sowing and reaping applies to the fruit of the Spirit (Galatians 6:7-8).
    1. We have a choice.
      - a. We can choose to sow to the flesh (see Galatians 5:19-21).
      - b. We can choose to sow to the Spirit.
    2. We will reap on the basis of how we sow.
  - D. Principle #4: Christ requires His followers to bear much fruit (John 15:8).
    1. This glorifies God.
    2. It identifies us as the Lord's followers.
  - E. With these principles before us, let us turn our attention to . . .
- II. THE 9 CHARACTERISTICS THAT MAKE UP THE FRUIT OF THE SPIRIT
  - A. "Love" (described in 1 Corinthians 13:4-7)
  - B. "Joy" (emphasized in Philippians 4:4)
  - C. "Peace" (demonstrated in Romans 12:18)
  - D. "Longsuffering" (commanded in Ephesians 4:1-3)
  - E. "Gentleness" (included in Titus 3:1-2)
  - F. "Goodness" (explained in Galatians 6:10)
  - G. "Faith [faithfulness]" (commanded in 1 Corinthians 4:2; Revelation 2:10)
  - H. "Meekness" (included in Colossians 3:12-13)
  - I. "Temperance [self-control]" (included in 2 Peter 1:5-7)

Conclusion:

1. In Luke 6:44 Jesus said, *"For every tree is known by his own fruit."*
2. Based on the fruit that you bear, what kind of tree are you?
3. The kind of tree that we are is an indication of our spiritual health.