



## Session 2 | Becoming Like Him – The Fruit of the Spirit

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### Session Overview

This session focuses on the fruit of the Holy Spirit as a reflection of God's character, and how we grow in this fruit by abiding in Jesus, understanding our identity in Christ, and renewing our minds.

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### Key Scripture

***“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control...”***

[Galatians 5:22-23 \(ESV\)](#)

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### What Is the Fruit of the Spirit?

The fruit of the Spirit is a natural result of the Holy Spirit living in us. Just as apple trees bear apples, the Spirit of God produces fruit that reflects who He is.

#### Each "fruit" reflects God's nature:

- **Love** – God *is* love ([1 John 4:16](#))
  - **Joy** – Deep gratitude in all seasons ([James 1:2-4](#))
  - **Peace** – Shalom; peace of heart and peace with others
  - **Patience** – God's mercy and slowness to anger ([1 Corinthians 14](#))
  - **Kindness** – God's kindness leads to repentance
  - **Goodness** – His righteousness and holiness
  - **Faithfulness** – Deep trust in God's character
  - **Gentleness** – Power under control
  - **Self-Control** – Strength to resist the flesh
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### We Reflect the Spirit by Abiding in Jesus

***“Abide in me... whoever abides in me and I in him, he it is that bears much fruit.”***

[John 15:1-8](#)

- Jesus is the vine; we are the branches
  - We bear fruit as we stay connected to Him
  - This fruit proves we are His disciples
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## You Are a Temple of the Holy Spirit

*“...your body is a temple of the Holy Spirit within you...”*

1 Corinthians 6:19

- You are God’s dwelling place
  - The Holy Spirit lives in you (Romans 8:11)
  - Heaven meets earth *through you*
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## Character Development, not Behaviour Modification

- We don’t try to *force* fruit by willpower
- Like trees, we bear fruit naturally as we grow in Christ
- It’s not about trying harder but about yielding more

*“Not by might, nor by power, but by my Spirit...”*

Zechariah 4:6

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## Identity in Christ

As we believe in Jesus, we become:

- A new creation (2 Corinthians 5:17)
- Chosen, holy, royal (Ephesians 1:3-4) (1 Peter 2:9)
- Joined to the Lord (1 Corinthians 6:17)
- Born again through faith in the Son (Galatians 2:20)
- Adopted as sons and daughters (Romans 8:14-15)

Fruit comes from who we are, not just what we do.

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## Renewing Your Mind

*“...be transformed by the renewing of your mind.”*

Romans 12:1-2

- We *put off* the old self (flesh)
- We *put on* the new self (spirit-led life)

- The Spirit empowers us to live in righteousness and holiness ([Ephesians 4:22-24](#))
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## The Battle Between Flesh and Spirit

*“The acts of the flesh are obvious... but the fruit of the Spirit is...”*

[Galatians 5:19-22](#)

- We all have a sinful nature, but we are no longer defined by it
  - As we submit to the Holy Spirit, He helps us walk in freedom and fruitfulness
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## Reflection & Response

- Which fruit is God highlighting to you today?
  - What is the Holy Spirit saying about your identity?
  - Ask: *“Holy Spirit, how do You see me?”*
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## Key Takeaways

- ✓ The fruit of the Spirit reflects God’s nature
  - ✓ You carry His Presence – you’re a temple of the Holy Spirit
  - ✓ Fruit grows naturally when we abide in Jesus
  - ✓ Your identity in Christ is the foundation of transformation
  - ✓ Renewing your mind leads to Spirit-filled living
  - ✓ Partnering with the Holy Spirit enables you to overcome the flesh
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**Let the Spirit transform you from the inside out, and watch the fruit grow!**