



Galatians 5:22 “ The fruit of the Spirit is love, joy, peace, forbearance [that’s like patience], kindness, goodness, faithfulness, gentleness and self-control.”

We will be talking about a letter Paul wrote to the Galatians. Where they lived then is part of the country of Turkey now.

The picture is of Fruits, because in this epistle, Paul says that we show the strength of the Holy Spirit within us like a tree shows its strength by growing fruit.

Of course, Paul isn’t suggesting that we wear apples and pears. The fruit of the Holy Spirit are the way we show our Love and God’s Goodness to the world.

When a tree is healthy and strong on the inside, we expect it to grow strong healthy fruit. When the Holy Spirit is healthy and strong inside of us, we expect to grow in qualities like kindness, joy, and peace. These are the Fruit of the Spirit.

In this Letter to the Galatians, Paul reminds Christians that the Holy Spirit living in us is strong and healthy. Jesus proved that.

The way we live, the way we share the Holy Spirit in us, is like the way a tree shares its fruit. What Paul calls the Fruit of the Spirit just grows naturally from the Holy Spirit inside us, like fruit grows naturally from a healthy tree.

In Galatians Chapter 5, verse 22, we read:
“ The fruit of the Spirit is love, joy, peace, forbearance [that’s like patience], kindness, goodness, faithfulness, gentleness and self-control.”

The Galatians read this letter again and again and passed it around from church to church.

Now, almost two thousand years later, we read this letter too, and we are reminded to share the Holy Spirit by practicing love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

