

Day 1

After watching the brief video online, complete the following: As we dive deep into understanding and identifying fruit that can only come from Christ in our own lives; let us first turn to understanding what true spiritual fruit isn't through studying Galatians 5:16-21 below making observations, interpretations and applications. I have triple spaced it to give you plenty of room to write...mark it up!

Galatians 5:16-21

¹⁶But I say, walk by the Spirit, and you will not carry out the desire of the flesh.¹⁷ For the flesh sets its desire against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, so that you may not do the things that you please. ¹⁸But if you are led by the Spirit, you are not under the Law. ¹⁹Now the deeds of the flesh are evident, which are: immorality, impurity, sensuality,²⁰ idolatry, sorcery, enmities, strife, jealousy, outbursts of anger, disputes, dissensions, factions, ²¹envying, drunkenness, carousing, and things like these, of which I forewarn you, just as I have forewarned you, that those who practice such things will not inherit the kingdom of God.

Observe with me:

1. How are we to walk? _____
2. What prevents us from carrying out the desires of our flesh?

3. What battle is raging within us? _____ vs _____

Understand with me: What are the “deeds of the flesh”? Study through this list asking the Holy Spirit to reveal any areas that you may be allowing the deeds of the flesh to take root in your heart.

1. Immorality: any ungodly sexual behavior. This is something that is sadly spiraling out of control among Christian women in our culture. It has become acceptable and even encouraged for women who profess Christ to lust after men...Christian women posting pictures of famous men on social media with taglines like: “if my husband looked like this...”; or “this movie wasn’t so great, but oh my the lead character!” Sisters what did Christ say? (Matthew 5:27-28) Is this only applicable to men? _____ Let us turn from any immorality that may be hiding in our hearts and ask God to give us eyes only for our husbands, if you are single ask Him to guard your heart from this temptation!
2. Impurity: this includes not only your actions and words, but also your thought life; taking sexual sin to another level.
3. Sensuality: overindulgence in any way.
4. Idolatry: anything that gains more of you than God, selfishness is one of the most self-deceiving idolatries. A good test of any idolatry lingering in your heart is to ask yourself:
 - a. What am I most concerned with? _____
 - b. What occupies most of my thought life? _____

c. Where does most of my time get spent (think about priorities here).

d. Who am I most concerned with pleasing? _____

5. Sorcery: not only including witchcraft and the occult, but also mind or mood-altering drugs such as alcohol, prescription medication or illegal drugs. While I would venture to say that no one participating in this study is at the same time participating in the satanic rituals of the occult and witchcraft, however, are we allowing these things to slip into our lives through the movies we watch or music we listen to? The enemy is stealthy and is pleased if he can merely desensitize us to that which God calls evil.
6. Enmities: hostility between individuals, groups or communities especially on political or racial grounds.
7. Strife: angry disagreements. We might not always agree, but our disagreements should never produce strife, because then we aren't living at peace with one another.

Take time to prayerfully reflect on the “deeds of the flesh” we covered today that the Holy Spirit may have pricked your heart as areas to address. We will continue to analyze the deeds of the flesh tomorrow.

Day 2

Start today by re-reading Galatians 5:16-21, using a new color for your observations, then continue with the list of “deeds of the flesh” below, prayerfully considering areas that may need work in your heart and being open to the prompting of the Holy Spirit:

8. Jealousy: resentment when someone else enjoys success or blessing. Among women jealousy is often perpetuated through insecurity. Maybe we are insecure about our ability so we withhold our affirmation from someone who might do well; or we struggle with self-image and fail to offer genuine encouragement to another.
9. Outbursts of Anger: what is in our heart will come out...we must guard our hearts, taking our every thought captive, confessing our wrong attitudes before the Lord so that He can create in us a clean heart, preventing anger from dwelling within us.
10. Disputes: Understood here as selfish ambition or rivalry. A “my way or nothing” attitude. A feeling of resentfulness for not having your way. The mom in me quickly pictures two toddlers bickering over the same toy, both end up self-righteously angry with the other...how humbling it is that we as adults often play this same scenario out with others.
11. Dissentions: the introduction of divisive teaching, not in the sense that truth can be divisive. But, introducing teaching that doesn't generate unity of the body. In essence, when the leadership of a church maintains a stance on something, for example, the role of women in ministry, someone who goes around challenging that stance to people in the congregation is causing dissentions.
Grumbling...always having an opposing idea or a better way of doing things and typically seeking to build a group or team on your “side”.
12. Factions: Closely tied to dissentions, this refers to forming cliques.
Unfortunately, this isn't an idea reserved only for high school students. We must guard against building our own groups at the exclusion of others in the body. This is not a prohibition against having friends, we will naturally gravitate towards those we have more in common with. However, we shouldn't give

preference to certain people, and we most certainly can't build groups based off of dissensions.

13. Envy: a grudging spirit that cannot stand the success of another. This takes jealousy to new, evil heights...an envious heart forgets that all good gifts come from our Father and that He is sovereign over all things; causing them to more than just want what their neighbor has, being discontent with what God has given them, but also, wishing their neighbor didn't have success or blessing.
14. Drunkenness: getting drunk is a sin, no one who studies the word will debate that. However, drinking alcohol has become a great source of debate among Christian leaders and circles with all sorts of emotion and division on both sides. I have a very firm stance of abstinence on this issue, however, to write it all in here would be to miss the point. The bottom line is: where is your heart? Not just with this issue, but with all temptation. Do you long for the righteousness of Christ and want to die to self, clinging to Him alone? Or are you searching scripture seeking out what is permissible, does your heart seek to get as close to the line of sin as possible without stepping over? Just focus on doing all that you do to bring glory to God. Is your heart seeking after Him, His righteousness...
15. Carousing: this is a progression of sorts from drunkenness...referring more to drunken parties which inevitably leads to immoral behavior.

Notice with me:

Paul concludes vs. 21 with a very important statement:

“those who practice such things will not inherit the kingdom of God”

Keyword: Practice – a continual indulgence.

In essence, Paul lovingly warns that if you find yourself continuing in these practices without conviction, you are not a child of God, but have deluded yourself...not that these practices can send a believer to hell...or make her lose her salvation – of course

not! But, one who continues in a life of sin, unchanged by a relationship with Christ, never really had the relationship to begin with.

Scripture clearly teaches that our relationship with Christ is a progression, He is faithful to continually grow us towards righteousness. So now that we see what we are to leave behind, let's move forward into what lies ahead.

Close out today's lesson thanking God for His great forgiveness and kindness in anything He may have revealed to your heart over the past two days, asking Him to continue to draw you ever closer to Him!

Day 3

Any great battle strategy focusses not only on the defense, but on the offense as well. So far this week we have spent much time focusing on our defense - what to guard our hearts against – what weeds of sin we may need to pluck from our hearts...now let's focus on our offense – that which we should focus on filling our hearts with. studying Galatians 5:22-26 below making observations, interpretations and applications. Again, I have triple spaced it to give you plenty of room to write...mark it up! ☺

Galatians 5:22-26

²²But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness,

faithfulness, ²³gentleness, self-control; against such things there is no law. ²⁴Now those

who belong to Christ Jesus have crucified the flesh with its passions and desires.

²⁵If we live by the Spirit, let us also walk by the Spirit. ²⁶Let us not become boastful,

challenging one another, envying one another.

After making your observations, interpretations and applications, complete the chart below, evaluating what the biblical meaning for each fruit is, how this applies to your daily life and how well you are doing, what ways might you need to improve?

Fruit:	Practical Meaning:	Personal Application:	Personal Evaluation:
Love			
Joy			
Peace			
Patience			
Kindness			
Goodness			
Faithfulness			
Gentleness			
Self-Control			

Day 4

Start today by re-reading Galatians 5:22-26, using a new color for your observations.

Through the text we have studied this week in Galatians 5, Paul, through the inspiration of the Holy Spirit has given us a great illustration of the battle that rages in our hearts.

Reflect on this as you answer the following:

- 1. As Paul closes out Galatians 5 he somewhat summarizes how we should view this battle. What is it we have done with our flesh? (vs. 24)

- 2. Copy Galatians 2:20-21

- 3. According to this verse how is it we are to live this life?

- 4. How are we to live our life? (vs.25 – note that when scripture speaks of “walk” here the reference is to how we live our lives.)

- 5. Verse 26 finishes with yet another warning about how we are to interact with one another. What three things are we warned against?

As we close out today's study, take time to reflect on Christ, how He is all we need, how He promises to walk us through this life, if we trust and rely on Him.

Day 5

We cannot study the richness of our spiritual blessing in bearing fruit that glorifies our God without looking at one of the most humbling, most glorious fruits our Father allows us to bear for His glory: the Gospel.

It is a privilege that the Lord chooses to bestow upon us, to share His precious good news with a dying world and lead others to the feet of Christ, our blessed Savior!

Scripture teaches that having the opportunity to lead another to Christ is bearing spiritual fruit. Look with me at:

Colossians 1:5-6

“...⁵because of the hope laid up for you in heaven, of which you previously heard in the word of truth, the gospel ⁶which has come to you, just as in all the world also it is constantly bearing fruit and increasing, even as *it has been doing* in you also since the day you heard *of it* and understood the grace of God in truth...”

Observe with me:

- 1. What is the “hope laid up for you in heaven”? _____
- 2. What is constantly “bearing fruit and increasing”? _____
- 3. Does the Gospel continue to bear fruit in you? _____
- 4. How? Try to be as specific as possible, thinking of this more as an encouragement in reflection...something to look back on...

As we draw this week’s study to a close, let us not negate or forget the rich grace and mercy that our Father has richly bestowed on us! Not allowing the enemy to

assault our hearts with arrows of defeat and discouragement. Remember that any conviction the Holy Spirit may have revealed to your heart this week or any other time for that matter was already apparent before the thrown of grace. He knew, now we have been given the grace to agree with Him about our sin, and through that He will cleanse us, and renew our hearts.

What a blessing, what a privilege!

As we close this six week segment of Unlocking Paul's Secret Joy, I pray that our hearts have each been guided closer to a continued state of joy in our Father's arms. Over the next six week break I pray that you will each use this as a time of reflection, review what we have studied so far and build upon it, grow in your study skills; and if you need anything please don't hesitate to reach out!

Be Blessed!