



The Fruit of the Spirit

Lesson 3: The Fruit of Longsuffering, Kindness & Goodness

Main Text

Galatians 5:22, 23

The Fruit of Longsuffering

1. What is longsuffering?

Definition of LONGSUFFERING:

- _____
- To gird up under pressure, persecution, distress, and trouble
- To remain steadfast; patience
- _____

In the Greek language, the word for “longsuffering” gives us a picture of a candle with a very long wick prepared to burn for a long time.

Colossians 3:12

We put on long-suffering, like putting on a garment or a piece of clothing

Just like you put on your clothes (they do not jump from the closet onto your body automatically), you have to make a decision to put on long-suffering. If you are going to have patience and restrain your anger with people, it is a choice that you make.

1 Corinthians 13:4

The same Greek word is translated “suffers long” in this verse.

When we are walking in love we are not easily angered or lose our temper and say things that we regret.

This could be translated the following ways:

- _____
- Love is not irritable and impatient but is willing to wait a long time for someone to change.
- Love is determined to wait until the other person finally comes around.
- Love passionately burns for others and is willing to wait as long as it is necessary

Longsuffering describes a Christian who can display the nature and attitude of Jesus despite difficulty and suffering.

2. The fruit of longsuffering produces endurance.

Definition of ENDURANCE: The capacity to remain firm under suffering without yielding to anger, resentment, despair, or self-pity.

Hebrews 12:1

Our Christian life is not a short sprint, but a long race. _____

If we run our race by feelings and emotions we will never finish.

A long distance runner feels hot, tired, thirsty, and has pain after many miles. However, he must keep running in order to finish. He needs endurance.

2 Timothy 4:7, 8

Matthew 24:13

Definition of ENDURES: _____

3. The fruit of longsuffering promotes unity amongst believers.

This fruit of the spirit is for helping you to get along with people.

Romans 15:5, 6

A church that operates like this would be a witness to the world.

This is only possible if we display longsuffering towards each other.

Matthew 18:23-30

10,000 talents are approximately equal to 9 million dollars.

100 denarii are approximately equal to \$15.00.

How can we overlook and forgive the faults of someone else? – _____

When we do not have longsuffering, we lack _____

Individual faults are not the reason we have strife and division.

The reason for strife and division is a _____

Galatians 5:15

When bad things are done to us, we choose to fall into the trap of bitterness. We can also choose to take the opportunity to develop longsuffering.

4. The fruit of longsuffering enables us to obtain the promises found in the Word of God.

Hebrews 6:12-15

We receive God's promises by faith and patience (longsuffering).

Hebrews 10:36

Longsuffering gives you the ability to stand in faith no matter what the length of time.

5. The fruit of longsuffering is cultivated by keeping the Word of God.

Luke 8:8, 15

Luke 8:8

Luke 8:15

Genesis 2:15

Definition of KEEP: _____

We must "hold onto" the Word of God that is sown in our hearts.

6. The fruit of longsuffering is cultivated by waiting on the Lord.

Your attitude through a trial or difficult time determines the growth of patience and longsuffering.

Romans 5:3

It cannot be trials that give us patience or we would all be experts at walking in patience!

It is our attitude through the trial that produces patience.

When you are going through a trial it is important to maintain hope.

Romans 8:24, 25

The Fruit of Kindness & Goodness

1. What are kindness and goodness?

Kindness means to show kindness or to be friendly to others. The Greek word also considers someone who is gentle, compassionate, considerate, and sympathetic.

It also means _____

1 Corinthians 9:20-22

Paul the apostle was saying that he became adaptable to others around him so he might minister to them and reach them with the Gospel.

When you have the fruit of kindness you say – “How can I be different for you? Is there any way I can change that will help you? Is there anything I can do better for you? How can I serve you and meet your needs more effectively?”

Jesus actually did this when he came to earth. He denied his own comfort and adapted to human flesh.

Goodness simply means to be good to someone. The word portrays a person who is generous, big hearted, and charitable with his finances.

We would call this kind of a person today a giver.

The word goodness refers to _____

God wants us to use our resources to help people for the better. The fruit of the spirit called goodness is a supernatural urge a person has to reach beyond himself to meet the natural needs of those around him.

Definition of KINDNESS: _____

Definition of GOODNESS: _____

Kindness is what people see in a believer. Goodness is what people outwardly experience from that believer.

Without _____ there would be no _____

Kindness within precedes outward acts of goodness.

Ephesians 4:32

2. Jesus taught about kindness and goodness

Matthew 5:13-16

Jesus was talking about kindness and goodness.

Salt = _____

Just like salt makes things taste better, kindness brings seasoning into this world. A person who has a kind attitude is refreshing to be with.

Light = _____

Light is something you can see, just like goodness.

Matthew 5:13

When kindness is gone we are good for nothing.

Believers are only useful to God as they are kind and good toward other people.

3. Paul the Apostle taught about kindness and goodness

1 Thessalonians 2:7-9

1 Thessalonians 2:7 talks about gentleness or kindness.

1 Thessalonians 2:9 mentions the good works that flowed out of kindness.

Philippians 2:14, 15

If we murmur and have disputes our light will not shine.

In other words, if our kindness is gone, our goodness will not be there either.

4. The fruit of kindness has the qualities of salt.

In Matthew 5 Jesus compared kindness to salt.

- _____

Salt is sometimes used as fertilizer to prepare soil for bearing fruit.

Kindness prepares the hearts of unbelievers to receive the Word of God.

Titus 3:3-5

- The fruit of kindness has a taste like salt and enables you to be at peace with anyone.

Mark 9:50

The believer who operates in kindness is able to be at peace with anyone.

To the most elite restaurant in a big city to the humblest village, salt is identical.

Salt tastes the same no matter where you shake it. The fruit of kindness is the same way.

Regardless of the person or the situation, salt has the same quality.

- _____

Salt water is useful as a mouthwash.

How to you “shake” the salt of kindness out of your life? – With your words

The fruit of kindness will be noticeable in your words.

Ephesians 4:29**Colossians 4:6****Proverbs 15:1****Proverbs 16:24**

Another attribute of salt (kindness) is found in this verse – It is used to heal.

- _____

When accompanied by the fruit of kindness, the words you speak to someone can bring healing to them.

5. The greatest example of kindness and goodness

Kindness and goodness can be seen in the life and death of Jesus Christ.

_____ was demonstrated by His life.

_____ was demonstrated by His death on the cross.