

## Weekly Study Guide for August 3, 2025 | The Fruit of the Spirit

There are several contrasts in Galatians chapter 5 that can help us understand the importance of the work of the Holy Spirit in our lives, especially when it comes to abounding with good fruit. Let's see what the Bible has to say about it!

### Galatians 5:1, 13-26

1 It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.

5 For through the Spirit we eagerly await by faith the righteousness for which we hope. 6 For in Christ Jesus neither circumcision nor uncircumcision has any value. The only thing that counts is faith expressing itself through love.

13 You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh [sarx-sinful nature]; rather, serve one another humbly in love. 14 For the entire law is fulfilled in keeping this one command: "Love your neighbor as yourself." 15 If you bite and devour each other, watch out or you will be destroyed by each other.

16 So I say, walk by the Spirit, and you will not gratify the desires of the flesh. 17 For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever [you do not do what] you want. 18 But if you are led by the Spirit, you are not under the law.

19 The works of the flesh are obvious: sexual immorality, impurity and debauchery; 20 idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions 21 and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

22 But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law. 24 Those who belong to Christ Jesus have crucified the flesh with its passions and desires. 25 Since we live by the Spirit, let us keep in step with the Spirit. 26 Let us not become conceited, provoking and envying each other.

**References:** [Galatians 5:1, 5-6, 13-26](#); [Luke 6:43-45](#); [Matthew 7:15-20](#); [James 3:9-12](#); [Luke 13:6-9](#); [1 Corinthians 13:13](#)

## Questions:

1. What are some of the repeated words in the passage above? Can you identify the 3 or 4 contrasts? How are these contrasts related?
2. How does Christ set us free? What does it mean to live free? What does it mean to be burdened again by a yoke of slavery? How does this happen? Can it happen to a believer?
3. In what way is the flesh in conflict with the Spirit? How do you make sure you don't gratify the desires of the flesh?
4. How is fruit different from works? Why is fruit connected to the Spirit and works to the flesh? What do you think the author is trying to convey?
5. What are the three things that are said about the law? How is the law fulfilled through the one command to "Love your neighbor as yourself."

## Summary:

Galatians 5 presents a series of powerful contrasts—freedom versus bondage, Spirit versus flesh, fruit versus works, and love versus law—to highlight the transformative work of the Holy Spirit in the life of a believer. Christ sets us free not for self-indulgence, but for a life of love and service, empowered by the Spirit to resist the destructive desires of the flesh. The passage emphasizes that true righteousness and spiritual maturity come not through external rituals or legalism, but through faith expressed in love and seen through the cultivation Spirit produced fruit. While the works of the flesh lead to division and destruction, the fruit of the Spirit—love, joy, peace, and more—reflects the life of Christ and fulfills the law through love. Ultimately, walking in the Spirit is the path to freedom, maturity, and abundant spiritual fruit.

**Reflection:** Take time to prayerfully reflect on how this lesson applies to your life.

1. What is your vision of life? How do you see the world? How do you see God?
2. Are you bearing fruit in keeping with repentance? Is there the fruit of righteousness? Are you abounding with good fruit?
3. In what ways do you limit God?
4. Are you choosing life or death?
5. Is your soul prospering?
6. What did you learn from this lesson? What are some personal takeaways and insights you gained? How can you apply this to your life?