

# Nourishing the Fruit of the Spirit (Part 3: Life in the Spirit Series)

Galatians 5:22-23 “But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.”

AUGUST 17, 2025  
SCOTT SWEETLAND,  
ASSOCIATE PASTOR, NHCC

# Nourishing the Fruit of the Spirit - Walking in the Spirit includes resisting the flesh and the enemy

**Galatians 5:16-17: “So I say, walk by the Spirit, and you will not gratify the desires of the flesh. 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 want.”**



# Nourishing the Fruit of the Spirit – Evidence of a changed Life

**Galatians 5:22-23: “But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.”**

# Nourishing the Fruit of the Spirit – Evidence of a changed Life

- ▶ Internal: Love, Joy, Peace
  - ▶ Relational: Patience, Kindness, Goodness
  - ▶ Personal strength: Faithfulness, Gentleness, Self-control
- 
- These fruits are NOT multiple choice! 😊



# Nourishing the Fruit of the Spirit - LOVE

- ▶ Love, which is reflective of Christ's Love for us, is the foundation of our faith, love is sacrificial, unconditional.

**1 Corinthians 13:4–7: 4 Love is patient, love is kind. It does not envy, it does not boast, it is not proud. 5 It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. 6 Love does not delight in evil but rejoices with the truth. 7 It always protects, always trusts, always hopes, always perseveres.**

# Nourishing the Fruit of the Spirit - LOVE

**Galatians 5:14** “The law is fulfilled in one command: “Love your neighbor as yourself.”

**Matthew 22: 37-40:** Jesus replied: “Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: ‘Love your neighbor as yourself. All the Law and the Prophets hang on these two commandments.”



# Nourishing the Fruit of the Spirit - LOVE

- ▶ Enemies of Love: Pride, hatred, fear, selfishness, unforgiveness, indifference, and bitterness.
- ▶ Outflows of Love: Forgiveness, compassion, unity, sacrifice

**Ephesians: 4:32 “Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”**

# Nourishing the Fruit of the Spirit - JOY

- ▶ Joy – A deep-seated gladness that is not dependent on circumstances but on the presence of God in our lives.

**Nehemiah 8:10: “The joy of the Lord is your strength.”**



# Nourishing the Fruit of the Spirit - JOY

- ▶ Enemies of Joy: Despair, complaining, envy, fear, jealousy, worry, anxiety, bitterness, discontentment
- ▶ Outflows of Joy: Gratitude, hope, endurance in trials

**1 Thessalonians 5:16-18:** “Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus.”

**Romans 12:12:** “Be joyful in hope, patient in affliction, faithful in prayer.”

# Nourishing the Fruit of the Spirit - PEACE

- ▶ **Peace – The assurance that God is in control, bringing calmness to our hearts despite life's storms.**

**Philippians 4:6–7: “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”**



# Nourishing the Fruit of the Spirit - PEACE

- ▶ Enemies of Peace: Worry, fear, conflict, chaos, mistrust
- ▶ Outflows of peace: Peace making, reconciliation, calm in crisis

**Matthew 5:9** “Blessed are the peacemakers, for they will be called children of God.”

**Colossians 3:15** “Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.”

# Nourishing the Fruit of the Spirit - PATIENCE

- ▶ **Patience** – The ability to endure hardships, waiting on the Lord's perfect timing.

**James 1:4** “Let perseverance finish its work so that you may be mature and complete, not lacking anything.”



# Nourishing the Fruit of the Spirit - PATIENCE

- ▶ Enemies of Patience: Impatience, frustration, haste, anger, entitlement, impulsiveness
- ▶ Outflows of Patience: Tolerance, delayed anger, willingness to wait on God's timing

**James 1:19** “My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry”

**Romans 12:12** “Be joyful in hope, patient in affliction, faithful in prayer.”

# Nourishing the Fruit of the Spirit - KINDNESS

- ▶ Kindness – A genuine care for others that mirrors the compassion of Christ.

**Ephesians 4:32: Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.**

- Kindness is LOVE in action!



# Nourishing the Fruit of the Spirit - KINDNESS

- ▶ Enemies of Kindness: Cruelty, meanness, discord, pride
- ▶ Outflows of Kindness: Acts of mercy, gentle correction, helping the most vulnerable people

**Ephesians 4:32** “Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

**Micah 6:8** “He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.”

# Nourishing the Fruit of the Spirit - GOODNESS

- ▶ **Goodness – Living with moral integrity and a heart inclined toward righteousness.**

**Romans 12:21: Do not be overcome by evil, but overcome evil with good.**



# Nourishing the Fruit of the Spirit - GOODNESS

- ▶ Enemies of Goodness: Compromise, sin, apathy, Evil, corruption, moral compromise
- ▶ Outcomes of Goodness: Integrity, generosity, justice

**Galatians 6:10** “Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers.”

**Psalms 23:6** “Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.”

# Nourishing the Fruit of the Spirit - FAITHFULNESS

- ▶ **Faithfulness – Remaining steadfast in our relationship with God, displaying loyalty and commitment.**

**Lamentations 3:22–23: “Because of the Lord’s great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.”**



# Nourishing the Fruit of the Spirit - FAITHFULNESS

- ▶ Enemies of Faithfulness: Betrayal, inconsistency, doubt
- ▶ Outcomes of Faithfulness: Loyalty, consistency, trusting in God's promises

**Hebrews 10:23** “Let us hold unswervingly to the hope we profess, for he who promised is faithful.”

**Proverbs 3:3** “Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart.”

# Nourishing the Fruit of the Spirit - GENTLENESS

- ▶ **Gentleness – A humble and meek spirit that seeks to serve rather than dominate.**

**Proverbs 15:1: A gentle answer turns away wrath, but a harsh word stirs up anger.**



# Nourishing the Fruit of the Spirit - GENTLENESS

- ▶ **Enemy:** Harshness, pride, arrogance, aggression, and dominance
- ▶ **Outcomes of Gentleness:** Humility, careful speech, nonviolence

**1 Peter 3:15: “But in your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect”**

**Philippians 4:5 “Let your gentleness be evident to all. The Lord is near.”**

# Nourishing the Fruit of the Spirit - SELF-CONTROL

- ▶ **Self-Control** – The discipline to resist the desires of the flesh and submit to the will of God.

**Titus 2:11–12: “For the grace of God has appeared that offers salvation to all people. It teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age”**



# Nourishing the Fruit of the Spirit - SELF-CONTROL

- ▶ Enemies of Self-Control: Indulgence, impulsiveness, addiction, sexual immorality, lust, laziness
- ▶ Outcomes of Self-control: Resisting temptation, discipline, wise decision making, fewer regrets

**1 Corinthians 9:25** “Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever.”

# Nourishing the Fruit of the Spirit

A life that consistently displays these qualities of the Fruit of the Spirit becomes a **LIVING TESTIMONY**.

The fruit doesn't grow by force—it grows by **SURRENDER!**



Fruit of the Spirit	Enemies of the Fruit	Outflows of the Fruit
Love	Pride, Hatred, fear, selfishness, unforgiveness, bitterness	Forgiveness, compassion, unity, sacrifice
Joy	Despair, complaining, envy, fear, jealousy, worry, anxiety, bitterness, discontentment	Gratitude, hope, endurance in trials
Peace	Worry, fear, conflict, mistrust, chaos	Peacemaking, reconciliation, calm in crisis
Patience	Impatience, frustration, haste, anger, entitlement, impulsiveness	Tolerance, delayed anger, willingness to wait on God
Kindness	Meanness, pride, cruelty, discord	Acts of mercy, gentle correction, helping the most vulnerable
Goodness	Compromise, sin, apathy, evil, corruption, moral compromise	Integrity, generosity, justice
Faithfulness	Betrayal, Doubt, inconsistency, idolatry	Loyalty, consistency, trust in God's promises
Gentleness	Harshness, pride, arrogance, aggression, and dominance	Humility, careful speech, nonviolence
Self-Control	Impulsiveness, lust, laziness, sexual immorality, addiction, drunkenness	Resisting temptation, discipline, wise decisions, fewer regrets

# Nourishing the Fruit of the Spirit

- ▶ Which of these virtues of the Fruit of the Spirit (and natural outcomes) is missing or struggling in my life?
- ▶ Which enemy is active and needs to be uprooted?



# Questions?

EMAIL ASSOCIATE PASTOR SCOTT  
[SCOTT.SWEETLAND@NEWHAMPTONCC.ORG](mailto:SCOTT.SWEETLAND@NEWHAMPTONCC.ORG)