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The Fruit of the Spirit



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Online Bible Study

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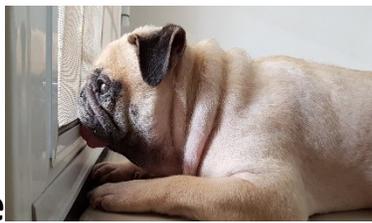
Forbearance and Kindness

Galatians 5:22-23 NIV

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.

By now it has been pointed out to you that Paul talks about **fruit** not fruits. The Holy Spirit produces one kind of fruit: Christlikeness. And so, in contrast Paul says in Galatians 5:19: The acts 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.

We may not always display the fruit of the Spirit, but one of the main purposes of the Christian life, is to gradually allow the Holy Spirit to produce more fruit in our lives, and also allow the Holy Spirit to overcome the our sinful nature as we mature as Christians. The fruit of the Spirit is what God desires us to display, and with the Holy Spirit's help, it is possible!



Forbearance

There are two Greek words translated as "patience" in the New Testament. Hupomonē means "a remaining under," as when one bears up under a burden. It refers to steadfastness in difficult circumstances. Makrothumia, which is used in Galatians 5:22, is a compound formed by makros ("long") and thumos ("passion" or

“temper”). “Patience” in Galatians 5:22 literally means “long temper,” in the sense of “the ability to hold one’s temper for a long time.” The KJV translates it “longsuffering.” A patient person is able to endure much pain and suffering without complaining. A patient person is slow to anger as he waits for God to provide comfort and punish wrongdoing. Since it is a fruit of the Spirit, we can only possess makrothumia through the power and work of the Holy Spirit in our lives (Holy-Spirit-patience.html).

Meaning of Forbearance: long-suffering, patience, tolerance, mercy

- **as in *patience*:** the capacity to endure what is difficult or disagreeable without complaining
- **as in *mercy*:** kind, gentle, or compassionate treatment especially towards someone who is undeserving of it

In newspaper English: a forbearing patience in provoking circumstances and with trying people (borrowed)

Biblical meaning of forbearance: Patience in afflictions, annoyances, and persecutions.

Psalm 37:7

“Be still before the Lord and wait patiently for him; do not fret when people succeed in their ways, when they carry out their wicked schemes.”

If you are **not forbearing**, you are: impatient, ruthless, merciless, vindictive. Losing patience is a sign of weakness.

Merriam Webster dictionary/thesaurus

An example of forbearance that Christ showed was his statement on the cross: Luke 23:34

Notice that there is no resentment, no anger, no desire for punishment on those who were mistreating him.

Every day, we all face things that try our patience: Let me give you an example and you can share a couple of examples.

Patience shows that Christians are following God's plan and timetable rather than their own and that they have abandoned their own ideas about how the world should work.

Let's look at some verses in the bible about **Patience**:

1. Proverbs 15:18: Hot tempers cause arguments, but patience brings peace.
2. Ecclesiastes 7:8: The end of something is better than its beginning. Patience is better than pride.
3. 1 Corinthians 13:4: Love is patient and kind; it is not jealous or conceited or proud; it is not arrogant.
4. James 5:8: You also must be patient. Keep your hopes high, for the day of the Lord's coming is near.
5. Romans 12:12: Rejoice in hope, be patient in tribulation, be constant in prayer.
6. Psalm 40:1: I waited patiently for the Lord; he inclined to me and heard my cry.
7. Proverbs 14:29: Whoever is slow to anger has great understanding, but he who has a hasty temper exalts folly.
8. Romans 8:25: But if we hope for what we do not see, we wait for it with patience.
9. Colossians 3:12: Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness, and patience.
10. Romans 15:5: May the God who gives endurance and encouragement give you the same attitude of mind toward each other that Christ Jesus had.



Kindness

The Greek word for “kindness” is *chrēstotēs*. It means “benignity, tender concern, uprightness.” It is kindness of heart and kindness of act.

Kindness is the characteristic that led God to provide salvation for us (Titus 3:4-5; Romans 2:4; 11:22). Kindness leads God to give us green pastures, quiet waters, and the restoration of our souls when we’re weary (Psalm 23:2-3).

Meaning of Kindness: compassion, affection, tenderness, favor

- **as in *compassion*:** the capacity for feeling for another's unhappiness or misfortune
- **as in *tenderness*:** sympathetic concern for the well-being of others

In newspaper English: a sympathetic insight, and tactful helpfulness (borrowed)

Biblical meaning of kindness: gentleness

Ephesians 2:7

“...so that in the coming ages he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus.”

If you are **not kind**, you are: cruel, heartless, callous, unkind

Merriam Webster dictionary/thesaurus

An example of kindness that Christ showed was toward little children: Mark 10:14. Jesus was upset that his disciples would prevent the parents from bringing their little children to Jesus to be touched and blessed by him.

Many times, we have the opportunity to be kind: Let me give you an example and you can share a couple of examples.

Kindness means showing goodness, generosity, and sympathy toward others, which likewise is an attribute of God. Sometimes we forget that showing kindness takes practice—because we're only human, it doesn't always come naturally.

Let's look at some verses in the bible about **Kindness**:

1. 1 Corinthians 13:4: Love is patient and kind; love does not envy or boast; it is not arrogant or rude.
2. Ephesians 4:32: Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.
3. Luke 6:35: But love your enemies, and do good, and lend, expecting nothing in return, and your reward will be great, and you will be sons of the Most High, for he is kind to the ungrateful and the evil.
4. Proverbs 31:26: She opens her mouth with wisdom, and the teaching of kindness is on her tongue.
5. Proverbs 19:17: Whoever is generous to the poor lends to the Lord, and he will repay him for his deed.
6. Galatians 6:10: So then, as we have opportunity, let us do good to everyone, and especially to those who are of the household of faith.
7. 1 Peter 3:8-9: Finally, all of you, have unity of mind, sympathy, brotherly love, a tender heart, and a humble mind. Do not repay evil for evil or reviling for reviling, but on the contrary, bless, for to this you were called, that you may obtain a blessing.

8. Psalm 112:5: It is well with the man who deals generously and lends; who conducts his affairs with justice.
9. Luke 6:30: Give to everyone who begs from you, and from one who takes away your goods do not demand them back.
10. Leviticus 19:34: You shall treat the stranger who sojourns with you as the native among you, and you shall love him as yourself, for you were strangers in the land of Egypt: I am the Lord your God.

When you look at these two words **Forbearance (patience) and Kindness**, what do you see? Love?

You're being patient when you take deep breaths and seek inner peace after things don't go the way you hoped. God is patient, and His Spirit produces the fruit of patience in us. When we are patient, we leave room for God to work in our hearts and in our relationships. We lay down our schedule and trust in God's. We thank the Lord for what and whom He's brought into our lives. We let God be God.

When we exhibit the kindness of God, we are tender, benevolent, and useful to others. Every action, every word will have the flavor of grace in it. To maintain this attitude toward those we love is hard enough. To express kindness toward those who are against us requires the work of God (2 Corinthians 6:4-6). That is why kindness is a fruit of the Spirit.

7 Attributes of patience

1. **Listening is part of patience.** To the degree that you can look someone in the eye and not just be waiting to say something is an act of patience.

2. **In between-spaces are part of patience.** Think of line waiting, etc.
3. **Silence is part of patience.** How hard is silence for you? For many people, it's terrifying. Just closing your eyes, listening and doing nothing... this is an aspect of patience. You're just "there". For me, as a person of faith, this is integrated into my daily time of prayer.
4. **Daydreaming is part of patience.** When was the last time you looked out a window and let your mind daydream? Patient people, I've learned, enjoy a good daydream from time to time. They're not in a rush to get to the next thing.
5. **Humility is part of patience.** To put someone else above yourself is an act of humility. Thomas Merton, the Catholic Trappist monk, once said that the simple act of reading is a gesture of humility. Just as it takes patience to read, it takes humility to be patient.
6. **Focus is part of patience.** A patient person can focus on thing at a time, whether it's a work task or a conversation.
7. **Contentment is part of patience.** If you can be happy doing one thing at a time, you're flexing your patience muscle.

www.mikestpierre.com/blog/2017/5/7/7-surprising-attributes-of-patient-people

When we're kind to others, we make people feel valued and encourage them to reach their greatest heights. We see beyond the scope of our own individual problems and work to use our lives to do the most good for the most amount of people so the world is a better place because of it.

When we're kind to ourselves, we refuse to let ourselves be devalued and courageously fight to reach our own greatest heights. We see beyond the scope of our multiple failures and work to unleash the immense power of our potential so we, too, are better people because of it.

10 Reasons Why Kindness Is Important

What Is The Significance And Importance Of Kindness? The Following Are Ten Reasons:



Kindness is linked to happiness.

1



2

Kindness reduces stress.



Self-esteem is boosted by kindness.

3



4

Generosity increases productivity.



Being kind makes you a better leader.

5



6

Kindness aids academic success in children.



Kindness prepares children for a bright future.

7



8

When it comes to love relationships, kindness is beneficial.



Self-kindness is necessary for a happy life.

9



10

Kindness is contagious.

Yes you heard us correctly. You are being kind to someone when you do not fall for wrongdoings intentionally.



Finally, I'd like to leave you with this quote: "Be kind whenever possible. It is always possible." —Dalai Lama

LOVE ties the fruit of the Spirit together!

All researched and adapted for this Bible study.