

The Fruit Of The Spirit

Galatians 5:22-23

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Mother's Day – 3rd Service

Faithfulness

Rob Harston

Galatians 5:22

Introduction: Today I am going to share about faithfulness, but what is faithfulness? The Greek word for faithfulness is:

Faithfulness – Grk = pistis

In the NT this can translate to both “faith” and “faithfulness” but here in Galatians it has more of the meaning of “trustworthiness” or “reliability” used in this context it refers to the virtue of faithfulness, courage, loyalty, and reliability.

God Is Faithful to Us

One way we know faithfulness is the fact that God is faithful to us, that is why we can put our faith in Him, in other words, “When we say God is faithful, we mean He is dependable; He is reliable; He can certainly be trusted.

Remember this, as these fruits of the Spirit are being shared today, we can trace them all back to God, they are rooted in His character.

- a. He is faithful in all He does.

Psalm 100:5

For the Lord is good. His unfailing love endures forever, and His faithfulness continues to each generation. (NLT)

God is faithful to us, He protects us, He teaches us, He loves us and won't give up on us, even when we miss the mark, and the awesome thing is, His unchanging faithfulness and love.

“The seasons change and you change, but the Lord abides evermore the same, and the streams of His love are as deep, as broad and as full as ever.” – Charles H. Spurgeon

God's Faithfulness is Far-reaching.

Psalm 36:5

Your mercy, O Lord, is in the heavens; Your faithfulness reaches to the clouds.

God's Faithfulness is Sure.

Psalm 89:33

Nevertheless, My lovingkindness I will not utterly take from him, Nor allow My faithfulness to fail.

God's Faithfulness is Great.

Lamentations 3:22-23

22 Through the Lord's mercies we are not consumed, Because His compassions fail not. 23 They are new every morning; Great is your faithfulness.

God's Faithfulness is set above in heaven.

Psalm 89:2

For I have said, "Mercy shall be built up forever; Your faithfulness You shall establish in the very heavens.

This is a beautiful picture of motherhood today, mothers have a great example in God Himself, a mother loves her children and provides for all their needs;

physical needs (when a child gets hurt it is mom they need)

mental needs (when a child has a problem it's mom they go to for encouragement)

emotional needs (nurturing their child's confidence and self-esteem)

A mother also protects her children from the harm and evil in this world, she provides a safe place to nurture them, they do not give up on their children but encourage them! Mothers are trustworthy and reliable to do these things.

They also provide their children's spiritual needs.

They help their children discover God's will, purpose, and paths for their lives, she also helps children discover their gifts from God and how they can use them to glorify God in them and bless others with them. Through her example she teaches her children how to pray, serve God and worship Him.

You do not have to look too far in the Bible to see Elizabeth and Mary, two mothers who committed themselves to raise their children to love, honor, and serve God, their sons

ministered to and led God's people. These two mothers were courageous, they were reliable and faithful, just as their Father in heaven was to them.

So, as I close, I would like to encourage the mothers out there today to continue in **faithfulness**:

- **Love your children** unconditionally, they'll mess up but continue to love them.
- **Faithfulness shows itself in everyday life.**
- **Be joyful with them every day**, spend time with them, read the Bible with them.
- **Find peace with them** even when it seems very hard.
- **Be patient with them** as they struggle to grow.
- **Show kindness** in the ways you speak to them.
- **Show goodness** by doing the fair and just thing in a situation.
- **Show gentleness** in reactions.
- **Have self-control** when you feel frustrated.

Proverbs 31:25

Strength and honor are her clothing; She shall rejoice in time to come.

Gentleness – 2024 Mother's Day

Tate Cox

Galatians 5:22-23

5/12/24

Introduction:

One of the things I love about God's design for the family unit is how He has made *distinguished roles*.

Though our society and culture has lost sight of this, and, for many, the lines have been blurred, fathers were not made to function as mothers and mothers were not made to function as fathers.

While fathers are created by God to embody qualities like leadership in the home, strength, provision, protection, and so much more, mothers are to be different; and it is good that they are so.

Before jumping into the fruit of gentleness, something important to note about the fruits of the Spirit that are mentioned in Galatians 5:22-23 is that these come as a result of one walking in the Spirit.

According to what Jesus teaches us in John 15, we bear fruit as we abide in Him.

John 15:4–5

⁴ Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me. ⁵ "I am the vine, you *are* the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing.

When we match this up with bearing fruit by walking in the Spirit and consider the tri-unity of God, we understand that abiding in Jesus and walking in the Spirit are two different ways of describing the same thing: daily being connected to God.

The evidence/fruit comes as a result of us being connected to Him. We don't aim for the fruit, we aim to abide in Jesus (the true vine), deny the works of the flesh, and let Him be the one who does the work of fruit bearing in us.

Now, under the inspiration of the Holy Spirit, Paul tells us that one of the results of walking in the Spirit is GENTLENESS.

- Funny enough I have the word gentleness capitalized in my notes right here for emphasis, but it almost feels somewhat contrary to what gentleness is all about.

I, personally, think that gentleness is one of the most motherly qualities there is.

This word is so rich in the Greek. There are multiple facets to its definition:

“**gentleness**” – meekness; mildness; acting in a manner that is mild and even tempered; steady calmness in the face of disruption; free from harshness, sternness, or violence; to handle delicately.

This fruit of gentleness completely changes one’s actions, speech, and overall demeanor.

Illustration: to be gentle is the exact opposite of being a bull in a China shop (something a lot of us men know a lot about).

Gentleness is *not* handling the hearts and emotions of others carelessly or recklessly, but rather having a tender and compassionate approach towards others.

God has designed moms to handle their children softly and tenderly. If a dad’s hands are firm and calloused, then mom’s hands should be soft and smooth.

As with every one of the fruits of the Spirit, Jesus is the perfect example of gentleness. As we look to Him, we will see gentleness on display.

Matthew 11:28–30

²⁸ Come to Me, all *you* who labor and are heavy laden, and I will give you rest. ²⁹ Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. ³⁰ For My yoke *is* easy and My burden is light.”

When we are exhausted and weighed down from the challenges of life, we have a gentle Lord that we can go to who embraces us and gives us rest.

In a similar way, when children are faced with the challenges of life, the embrace of a gentle mother is irreplaceable.

The gentleness of Jesus was so evident that kids flocked to Him.

Mark 10:13–16

¹³ Then they brought little children to Him, that He might touch them; but the disciples rebuked those who brought *them*. ¹⁴ But when Jesus saw *it*, He was greatly displeased and said to them, “Let the little children come to Me, and do not forbid them; for of such is the kingdom of God. ¹⁵ Assuredly, I say to you, whoever does not receive the kingdom of God as a little child will by no means enter it.” ¹⁶ And He took them up in His arms, laid *His* hands on them, and blessed them.

Kids do not gravitate towards those who are harsh, but they are drawn to those who are gentle.

The gentle disposition of Christ was even something that was prophesied of in the Old Testament...

Isaiah 42:1–3

¹ “Behold! My Servant whom I uphold, My Elect One *in whom* My soul delights! I have put My Spirit upon Him; He will bring forth justice to the Gentiles. ² He will not cry out, nor raise *His voice*, Nor cause His voice to be heard in the street. ³ A bruised reed He will not break, And smoking flax He will not quench; He will bring forth justice for truth.

Not only was Jesus gentle, He day by day *continues* to lead us, His sheep, in a gentle way because He is our good shepherd.

Psalm 23:1-6

¹ The Lord *is* my shepherd; I shall not want. ² He makes me to lie down in green pastures; He leads me beside the still waters. ³ He restores my soul; He leads me in the paths of righteousness For His name's sake. ⁴ Yea, though I walk through the valley of the shadow of death, I will fear no evil; For You *are* with me; Your rod and Your staff, they comfort me. ⁵ You prepare a table before me in the presence of my enemies; You anoint my head with oil; My cup runs over. ⁶ Surely goodness and mercy shall follow me All the days of my life; And I will dwell in the house of the Lord Forever.

Isaiah 40:11

¹¹ He will feed His flock like a shepherd; He will gather the lambs with His arm, And carry *them* in His bosom, *And* gently lead those who are with young.

A mother's gentleness is something so powerful that Paul used it as an illustration to communicate how he, Silas, and Timothy conducted themselves while at the church of Thessalonica...

1 Thessalonians 2:7

⁷ But we were gentle among you, just as a nursing *mother* cherishes her own children.

Illustration: I've gotten to learn and see firsthand the gentleness of a nursing mother cherishing her child as my wife and I just welcomed our baby girl just under two weeks ago. When our baby girl starts to get fussy, I, as dad, can try every trick in the book (swaddling, rocking, burping, changing her diaper, giving her a pacifier, etc.) but oftentimes all she needs is to be nursed and cherished by her mother in gentleness.

It is unfortunate that many have made the mistake of seeing gentleness/meekness as weakness, when in reality it is the epitome of strength and power.

Here's an interesting proverb about gentleness that we may easily read over or misunderstand:

Proverbs 25:15

¹⁵ By long forbearance a ruler is persuaded, And *a gentle tongue breaks a bone*.

What we learn here is that ***true gentleness is power***. It is much easier to lose one's temper or to return a harsh word for a harsh word; but, though gentleness is hard to implement, it is a beautiful thing when it is exhibited.

Regarding this verse here in Proverbs 25, **Charles Bridges** (19th century preacher and Bible scholar) says, "*The gentle tongue breaking a bone might seem to be a paradox. But it is a fine illustration of the power of gentleness above hardness and irritation.*"

Illustration: It's kinda like the strength of silk: Silk is one of the softest materials known to man, but what many don't realize about it is that it is actually stronger than steel on a pound for pound basis. When this was discovered, the British military would wind silk around their heads to protect

them from shrapnel. Go look this up! Scientists are puzzled at how something so soft can be so strong. Gentleness is just like that! Strength in softness.

And so, what does gentleness look like on display as it pertains to motherhood?

Well, an example of what it might look like is a mom who's been home with the kids all day balancing homeschooling, making meals for her whole family, cleaning up the kids' toys and messy dishes, and so much more, only to have her kids throw a temper tantrum/full blown meltdown, all the while she maintains her sense of calmness and tenderness towards her children. That is gentleness and that is power.

Proverbs 15:1

¹ A soft answer turns away wrath, But a harsh word stirs up anger.

Children want and need the stable gentleness of their mom. Mothers, as you exhibit gentleness towards your children, God is both pleased and glorified. Because He is a gentle God, so we are to be gentle towards one another.

Your children will not forget the consistent gentleness you show towards them, especially when they are not deserving of it. I haven't forgotten the gentleness of my mother, nor will your children.

Proverbs 31:28a

²⁸ Her children rise up and call her blessed;

Here is the future of a gentle mother: though they may not appreciate it in the moment, your children will grow up and recognize how amazing their gentle mom really is.

Galatians 5:23 | **Self Control** / Mother's Day

Joe Rodeheaver May 12, 2024

Galatians 5:16;22-25 **16** I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh. **22** But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, **23** gentleness, self-control. Against such there is no law. **24** And those who are Christ's have crucified the flesh with its passions and desires. **25** If we live in the Spirit, let us also walk in the Spirit

Today is a unique day here at Calvary Chapel as we celebrate Mother's day by looking at the Fruit of the Spirit.

Each service has had three different speakers addressing different pieces of the Fruit of the Spirit.

Here we are at the third service and the last piece. Self-Control.

By inspiration of the Holy Spirit Paul bookends the explanation of Fruit of the Spirit with LOVE and SELF CONTROL.

We are all familiar with these two words and even the world has an idea and understanding of Love and Self Control.

But the Fruit of the Spirit is something that the world cannot have. It is a work of the Holy Spirit in us and it is supernatural. The world knows love, but it is perverted and tainted by their own understanding and knowledge and is all about SELF.

The same is for Self-Control.

The world has its version of Self Control, but like love it is centered around SELF.

Love and Self-Control that is produced in us by the Holy Spirit is centered around God and Others.

So, let us look deeper into the last piece of the fruit

Self-Control

Self-Control –

GRK egkrateia

It is the virtue of one who masters his desires and passions, especially when it comes to sensual appetites. It is the ability to control or have power and dominion over oneself.

It involves constraint and discipline.

The KJV translates the word as Temperance

Temperance –

Moderation of passion and desires; Patience; calmness;

In short it is the ability to control oneself and to deny our fleshly / sinful desires.

There are two things to understand or recognize when it comes to Self-Control

The first is that there is something in us that needs to be controlled. Something in us that needs to be restrained and brought into submission.

It doesn't take much for us to discover the areas of our life where we lack self-control.

A quick look at your Screen Time on your phone would be enough to do the trick.

You know there is a section on your phone that shows you how long you spend staring at your screen and what apps take your time.

For those of you who want a good dose of conviction I encourage you after church today to look at it.

For you moms maybe wait until tomorrow to look at it so your day is not ruined... but we all do it.

You hear a ding or buzz in your pocket or your purse, you pick up your phone to review the notification and all of a sudden, an hour or two has magically passed away and you've been caught up doom scrolling through social media.

We live in a technological world that is capitalizing on our lack of our self-control.

The second thing we notice about self-control is that there is something in us that has the ability and power to restrain and control those impulses and desires.

That it is YOU that has the desires BUT there is another PART OF YOU that can control those desires.

They are both you.

The part of you that looks at that third hot and warm Krispy Kreme donut, knowing you could justify having two Krispy Kreme's.

BUT as much as you might want it, there is that other part of you that is able to control that desire for that third warm, melt in your mouth, delicious, manna from Heaven, goodness of a Krispy Kreme donut.

You are able to exercise self-control.

We all understand this and know about Self-Control, and we all wish we had more of it.

We all know the areas of our life where we lack Self Control

Whether it is overindulgence of donuts, staring at our phones for too long, sleeping in even though you know you should wake up early and work out or better yet read your Bible and spend time with your Father in Heaven.

Or when it come to our relationships.

When we don't control our tongue and say that passive aggressive remark to our spouse or coworker.

When we snapped or were short with our kids out of anger and frustration.

There is not a shortage of examples where we all lack self-control.

And then there is the world around us.

2 Timothy 3:1-3 1 But know this, that in the last days perilous times will come: **2** For men will be lovers of themselves, lovers of money, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, **3** unloving, unforgiving, slanderers, without self-control, brutal, despisers of good,

One of the hallmarks of the last days would be a world without self-control

All you need to do is visit any major city in our Nation or drive down the freeway and you will see a world that is unable to control their fleshly nature.

Where Self Control was once considered a virtue, it is now seen as old fashioned.

The world is all about listening and being in touch with your feelings. That those desires in you are not something to be restrained, but to explore.

If you see something you want, take it. Does it look fun, do it. You want to buy that thing, put it on the credit card. You only live once.

No wonder we are nation that is in debt. A nation that is addicted to drugs, a nation where the crime rate is on the rise, a nation divided.

Proverbs 25:28 ESV 28 A man without self-control is like a city broken into and left without walls.

When we lack self-control, we leave ourselves vulnerable and defenseless like a city without walls. A city without order. A city full of chaos.

As followers of Christ we are called to deny our self.

Matthew 16:24 Then Jesus said to His disciples, "If anyone desires to come after Me, let him deny himself, and take up his cross, and follow Me.

When it comes to the fruit of the Spirit and Self Control, of course Jesus is our perfect example.

In Matthew 4 we read from the beginning of Jesus' earthly ministry, after being baptized by John, was led by the Holy Spirit into the wilderness to be tempted by the devil.

Here Jesus exhibited perfect Self Control by fasting for 40 days and 40 nights.

As a side note, I know of no other discipline in the Christian walk that will grow the fruits of the Spirit and self-control in us than fasting.

Is there some sin, some stronghold in your life, some habitual sin that has control over you.

Fast. Take a day, three days, maybe a week and deny your flesh food and watch what happens.

That desire or struggle that has overtaken you time and time again will fade to the background.

Jesus says in Matthew 6 when you PRAY and when you FAST. He does not say when you feel like praying or when you feel like fasting.

Rather Praying and Fasting are supposed to be a common practice for the Christian.

Fasting in the world has gained much traction in the world, but as Christians we fast not for weight loss or health reasons as good as they may be.

We fast and pray to grow closer to God and to Walk in the Spirit. And when we walk in the Spirit two things happen we read in Galatians 5.

First, we will not fulfill the lusts of the flesh and second the fruit of the SPIRIT will begin to be produced in our lives supernaturally.

Another way Jesus exemplified perfect Self Control was He only said and did what His Father in heaven told Him to do.

John 12:49–50 49 For I have not spoken on My own authority; but the Father who sent Me gave Me a command, what I should say and what I should speak. 50 And I know that His command is everlasting life. Therefore, whatever I speak, just as the Father has told Me, so I speak.”

Our Lord Jesus was obedient to the Father with every breath, every word, with every action He took on this earth.

To the point of the cross.

Jesus knowing that the hour was late and that He was going to be betrayed by Judas, while in the Garden of Gethsemane prayed this...

Matthew 26:39 39 He went a little farther and fell on His face, and prayed, saying, “O My Father, if it is possible, let this cup pass from Me; nevertheless, not as I will, but as You will.”

Jesus fully submitted Himself to the Father and lived out that Self Control.

At any moment Jesus could have called down more than twelve legions of angels to wipe out all of humanity, but thank YOU JESUS, that for our sake He endured the cross to the point of death and became the sacrifice for our sins.

So that those who repent and place their faith in Him and His finished work at the cross can have the forgiveness of sins and be made a new creation.

And not only that, but that we might be baptized into the body of Christ, become adopted as children of God and then be given the Holy Spirit to dwell in us.

And it is the Holy Spirit who goes to work in us to conform us or mold us into the image of Jesus.

Our own ability to have Self Control can only go so far.
Our human, fleshly side has a remarkable ability to justify whatever it wants.
We can justify almost anything. And we do.

Remember that third Krispy Kreme donut that you wanted but you exercised Self Control stopped and restrained that desire.

Somehow though you could justify having two without even blinking an eye.

Or when those hours on your phone magically disappeared and your Self Control was not there to stop the scrolling.

We need something ... or better put SOMEONE outside of ourselves to interrupt or stop us from our sinful nature, SOMEONE stronger than ourselves to give us TRUE Self Control.

And that someone is the Holy Spirit.

2 Timothy 1:7 7 For God has not given us a spirit of fear, but of power and of love and of a sound mind.

That word sound mind can also be translated Self Control.

God has given you His Spirit to live in you, to empower you and to give you the ability to deny yourself and to produce the FRUIT OF THE SPIRIT in You.

We often read the Fruit of the Spirit and see all the areas where we are failing.

As a parent of an eight- and six-year-old I can read this list and think I need to be better. I can see all the areas I have failed.

Especially it being Mother's Day I know there are moms in here that might experience the guilt and shame of not being the Mom they want to be.

You play those times in your head where you didn't exercise Self Control and think, I NEED TO BE BETTER.

Here is the thing...

Have you ever seen a fruit tree struggling to bear fruit? I used to have a peach tree in our backyard and not once did I ever see that tree working to make fruit.

Could you imagine. I walk outside to see that tree shaking and struggling and then all of a sudden, a peach popped out.

That's not how fruit is produced and that's not how you produce the Fruit of the Spirit in your life. That's not how you are going to have more love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness or self-control. It doesn't come by WORKING Harder or being better.

It is the Holy Spirit's work in you that produces these things.

The tree that produces fruit is the tree that is grounded, watered and has sunlight. It also takes time. The fruit grows from a bud, to a blossom, and then into a big juicy peach.

Psalm 1:2-3 But his delight is in the law of the Lord, And in His law he meditates day and night. **3** He shall be like a tree Planted by the rivers of water, That brings forth its fruit in its season, Whose leaf also shall not wither; And whatever he does shall prosper.

You are called to Walk in the Spirit and to stay grounded and watered by the Word of God. Let His light work in You.

Do you lack love, do you lack patience, Do you lack self-control? YES, We all do!

We all need the HOLY SPIRIT in our lives.

Meditate on God's Word Day and night, read it, memorize it, meditate on it and find joy in it and watch what will happen to your life. All of sudden you will have more love, more patience, more self-control in your life.

Supernaturally, the Holy Spirit will naturally produce His Fruit in you.

MOTHERS

Today we honor and celebrate our Mothers. To whom... none of us would be here today. Which is just a fact. You would not exist without a mother.

In Matthew 28 Jesus commissions us to make Disciples of all the nations and I can think of no greater disciple maker than a mother to her children. She gets to be the hands and feet of Jesus for her kids.

As Jesus washed His disciples' feet, the mother serves and loves her children by washing them and it is usually more than just their feet.

As mothers you are on full display for your children and you get to exhibit love, joy, peace, self control and the rest of the fruit of the Spirit in real time. Do you always get it right? Of course not, none of us do.

But God's grace is sufficient. Continue to seek and pursue Him, Continue to pray for your children. Whether young or old.

When it comes to Mother's Day each one of us will have our own thoughts and emotions that will vary depending on our own relationship to our mother.

Or maybe you are a mother here today or maybe you have a strong desire to be a mother.

For some this day brings with it emotions of love, gratefulness, and joy.

For others the day brings up hurt, regret, and pain.

And then for others it is all the above.

Whatever it is you are feeling and experiencing I know this... That God sees you, God knows you, He knows you better than you know yourself.

He alone brings a peace that surpasses all understanding that will guard your heart and mind through Christ Jesus.

He loves you and wants to be with you. Run to Him. Walk in the Spirit. Let Him produce the Fruit of the Spirit in you!