

Women of Africa Care Pty Ltd

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Episode 83

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Topic: The benefits of the fruit of the Spirit -Part 2 (Joy, Peace, Gentleness)

Matthew 7 - A Tree and its Fruit

15Beware of false prophets, which come to you in sheep's clothing, but inwardly they are ravening wolves. 16Ye shall know them by their fruits. Do men gather grapes of thorns, or figs of thistles? 17Even so every good tree bringeth forth good fruit; but a corrupt tree bringeth forth evil fruit. 18A good tree cannot bring forth evil fruit, neither *can* a corrupt tree bring forth good fruit. 19Every tree that bringeth not forth good fruit is hewn down, and cast into the fire. 20Wherefore by their fruits ye shall know them.

Good fruit is doing the will of God. Jesus did the will of the Father that was Him bearing Good fruit. Matt 7.21 Not every one that saith unto me, Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the will of my Father which is in heaven. 22Many will say to me in that day, Lord, Lord, have we not prophesied in thy name? and in thy name have cast out devils? and in thy name done many wonderful works? 23And then will I profess unto them, I never knew you: depart from me, ye that work iniquity.

How do we bear good fruit? By abiding in God.

John 15.4 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. 6 If anyone does not abide in Me, he is cast out as a branch and is withered; and they gather them and throw *them* into the fire, and they are burned. 7 If you abide in Me, and My words abide in you, you[a] will ask what you desire, and it shall be done for you. 8 By this My Father is glorified, that you bear much fruit; so you will be My disciples.

How we build good fruit is by building our foundation in Jesus Christ and the challenges of life will test our foundation Matthew 7 24 - House on the Rock

Therefore whosoever heareth these sayings of mine, and doeth them, I will liken him unto a wise man, which built his house upon a rock: 25And the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell not: for it was founded upon a rock. 26And every one that heareth these sayings of mine, and doeth them not, shall be likened unto a foolish man, which built his house upon the sand: 27And the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell: and great was the fall of it.

What are some of the personal benefits of the fruits of the spirit -

1. Gentleness

A) God's gentleness makes us great.

Psalm 18.35 You have also given me the shield of Your salvation;
Your right hand has held me up,
Your gentleness has made me great.

B) Diffuses Conflict

Proverbs 15.1 A gentle answer turns away wrath, but a harsh word stirs up anger.

C) Gentleness Illustrates Unity and Maturity

Ephesians 4.2 Be completely humble and gentle; be patient, bearing with one another in love.

Philippians 4.4 Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all.

D) Gentleness gives our Soul (mind, will and emotions) us rest

Matthew 11.29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.

What does gentleness do amongst communities:

Proverbs 15.4 - “A gentle tongue is a tree of life, but perverseness in it breaks the spirit.”

2. Joy of the Spirit

Greek word for Joy is chara - awareness of God’s grace and favor - this revelation brings about joy and strengthens a person. Matthew 25 Jesus gives a parable of the talents and he says to the person who multiplied their 5 talents and the servant who multiplied their 2 talents “23His lord said unto him, Well done, good and faithful servant; thou hast been faithful over a few things, I will make thee ruler over many things: enter thou into the joy of thy lord.” Joy of the Lord enables us to exercise God’s grace for the opportunities God would have us embrace. Without joy we battle to embrace His grace and favor.

John 15.9 “These things I have spoken to you, that My joy may remain in you, and *that* your joy may be full. (grace, strength, favor)

“The joy of the Lord is my strength” (Nehemiah 8:10). God’s joy stenghtens us. Notice what David states in Psalm 22.13 “The king shall have joy in Your strength, O LORD;
Be exalted, O LORD, in Your own strength!
We will sing and praise Your power.

3. Peace of the Spirit

John 14.27 Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

A) Peace guards our soul

Philippians 4.7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

B) Peace leads us into the purposes of God - We are led by the peace of God

John 20.19 On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jewish leaders, Jesus came and stood among them and said, “Peace be with you!” 20 After he said this, he showed them his hands and side. The disciples were overjoyed when they saw the Lord. 21 Again Jesus said, “Peace be with you! As the Father has sent me, I am sending you.”

C) Peace protects us

Abigail demonstrated the impact of peace in protecting her people when she rose up and presented a peace meal offering to David and his men. 1 Samuel 25 Nabal who is described as a harsh, unpleasant, evil man refuses to provide a festive meal treat for David and his men, David responds with intentions to destory Nabals territory, and one of Nabals workforce returned home and informed Abigail that their lives are endangered because the master does not want to offer a meal offering to David and his men. David came in peace, and the bible says do not withhold good when it is in your power to do so. Abigail described as an intelligent woman rose up to protect her people by humbling herself and present a peace meal. We recognise that peace makers have intelligence and humility, it’s not about whose wrong or right it’s about peace for the sake of protecting people’s lives.

D) Peace is the bond / glue that unites christians in the spirit.

Paul speaks to the christians through the various churches and a common theme amongst all of his ministry is “Peace”

Ephesians 4.3 Make every effort to keep the unity of the Spirit through the bond of peace. 4 There is one body and one Spirit, just as you were called to one hope when you were called; 5 one Lord, one faith, one baptism; 6 one God and Father of all, who is over all and through all and in all.

1 Thess 5.13 Live in peace with each other.

E) Sign of Maturity - Matthew 5:9Jesus said, “Blessed are the peacemakers, because they will be called sons of God”