

Week 49: The Fruit of the Spirit - Evidence of a Transformed Life

A Sabbath Family Bible Study

Introduction

The Christian life has always been defined by visible transformation. When a person truly belongs to Christ, the Holy Spirit works within them to produce obvious change. This change is not forced outward behavior, but inward renewal that expresses itself outwardly in daily life.

Scripture calls this transformation the fruit of the Spirit. Like physical fruit it requires nourishment, consistency, and proper conditions. In the same way, spiritual maturity develops through obedience, discipline, and submission to God. A tree is known by its fruit, and a life led by the Spirit will produce qualities that reflect God's character.

This week teaches us that true faith produces visible results. Not perfection, but direction and genuine transformation from within.

Scripture Reading (KJV)

(Galatians 5:16-26, John 15:1-8, Colossians 3:12-15, Psalm 92:12-14)

Galatians 5:16–26 - The Works of the Flesh vs. The Fruit of the Spirit

16 *This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.*

17 *For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would.*

18 *But if ye be led of the Spirit, ye are not under the law.*

19 *Now the works of the flesh are manifest, which are these; Adultery, fornication, uncleanness, lasciviousness,*

20 *Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies,*

21 *Envyings, murders, drunkenness, revellings, and such like: of the which I tell you before... that they which do such things shall not inherit the kingdom of God.*

22 But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith,

23 Meekness, temperance: against such there is no law.

24 And they that are Christ's have crucified the flesh with the affections and lusts.

25 If we live in the Spirit, let us also walk in the Spirit.

26 Let us not be desirous of vain glory, provoking one another, envying one another.

Commentary

Paul presents a clear contrast between the works of the flesh and the fruit of the Spirit. The works of the flesh are obvious and destructive, they produce division, impurity, and chaos.

The fruit of the Spirit reflects God's character and produces unity, self-control, and peace. Families must understand that behavior reveals their allegiance. A life dominated by the flesh cannot claim to be led by the Spirit.

John 15:1–8 - Abiding in Christ

1 I am the true vine, and my Father is the husbandman.

2 Every branch in me that beareth not fruit he taketh away: and every branch that beareth fruit, he purgeth it, that it may bring forth more fruit.

3 Now ye are clean through the word which I have spoken unto you.

4 Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in me.

5 I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.

6 If a man abide not in me, he is cast forth as a branch, and is withered; and men gather them, and cast them into the fire, and they are burned.

7 If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you.

8 Herein is my Father glorified, that ye bear much fruit; so shall ye be my disciples.

Commentary

Jesus describes Himself as the vine and the believers as branches. The branch does not produce fruit by striving independently, but produces fruit by remaining connected to the vine.

Families must build rhythms that keep them connected to Christ. Without that connection, their growth will stop.

Colossians 3:12–15 - Living Out the Fruit

12 Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering;

13 Forbearing one another, and forgiving one another... even as Christ forgave you, so also do ye.

14 And above all these things put on charity, which is the bond of perfectness.

15 And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful.

Commentary

Spiritual fruit is visible in relationships. It is revealed through patience in conflict, kindness in speech, forgiveness in offense, humility in leadership, and love in actions.

The home is where fruit is most clearly revealed. It is easy to appear patient in public and be harsh in private, but true fruit is consistent. Families must evaluate not just what they say they believe, but how they treat one another daily.

Discussion Questions for All Ages

Young Children

- What kind of fruit grows on a tree?
- What kind of “fruit” should grow in our lives?
- Can we grow good fruit without God?

Older Children & Teens

- What is the difference between the flesh and the Spirit?
- Which fruit of the Spirit is hardest for you?
- What does it mean to “abide” in Christ?

Adults

- Is your life producing the fruit of the Spirit consistently?
 - Are there areas where the flesh is still dominant?
 - How can your household cultivate deeper connection to Christ?
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Psalm Reading - Psalm 92:12–14

12 The righteous shall flourish like the palm tree: he shall grow like a cedar in Lebanon.

13 Those that be planted in the house of the LORD shall flourish in the courts of our God.

14 They shall still bring forth fruit in old age; they shall be fat and flourishing;

Commentary

The righteous are described as planted, stable, and fruitful. Fruit is not temporary, it continues over a lifetime. A faithful household is one that remains rooted in God and continues to produce fruit across generations.

Hymn: “Abide with Me”

By Henry Francis Lyte (1847)

1.

Abide with me: fast falls the eventide;
The darkness deepens; Lord, with me abide!
When other helpers fail and comforts flee,
Help of the helpless, O abide with me.

2.

Swift to its close ebbs out life's little day;
Earth's joys grow dim, its glories pass away;
Change and decay in all around I see—
O Thou who changest not, abide with me.

3.

I need Thy presence every passing hour;
What but Thy grace can foil the tempter's power?
Who, like Thyself, my guide and stay can be?
Through cloud and sunshine, Lord, abide with me.

4.

Hold Thou Thy cross before my closing eyes;
Shine through the gloom and point me to the skies;
Heaven's morning breaks, and earth's vain shadows flee—
In life, in death, O Lord, abide with me.

Family Application Points

1. Examine the Fruit

Regularly evaluate whether your life reflects the Spirit or the flesh.

2. Stay Connected to Christ

Build daily habits that keep your family rooted in God's Word and presence.

3. Focus on Internal Transformation

Do not settle for outward compliance without inward change.

4. Practice the Fruit Daily

Love, patience, and self-control must be practiced intentionally within the home.

5. Pursue Long-Term Growth

Fruit develops over time. Remain patient and consistent.

A Sabbath Feast Prayer

Father, we thank You for the work of Your Spirit within us. As we sit at this table, bless this food before us and bless the loving hands that prepared it. Grow in our family the fruit that reflects Your character. Teach us to walk in love, patience, and self-control. Help us remain connected to Christ so that our lives bear lasting fruit. In Jesus' name, Amen.

Closing Prayer

Lord, we ask that You shape our hearts by Your Spirit. Remove the works of the flesh from our lives and replace them with Your fruit. Teach us to abide in Christ daily and to reflect Your character in our home. Let our lives be evidence of Your transforming power. May our family grow in faithfulness, maturity, and obedience. In Jesus' name we pray, Amen.