Lesson Text

I. Walking In The Spirit (Galatians 5:22-26)
II. The Spirit-Filled Life (Galatians 6:1-6)
III. Reaping And Sowing (Galatians 6:7-10)

The Main Thought: But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law. (Genesis 15:6, KJV).

Unifying Principle: While faith in something or someone must come first, acts beneficial to others will follow. Why is it important to act on faith? Paul said faithfulness is one of the gifts of the Holy Spirit and whenever possible we should work for the good of all, especially for those in the family of faith.

Lesson Aim: To understand Paul’s teaching to the Galatians about the fruit of the Spirit and the faithfulness of hearing one another’s burdens.

Life aim: To learn how to walk in the Spirit on a daily basis.

5:22 But the fruit of the Spirit is love; joy, peace, longsuffering, gentleness, goodness, faith,
5:23 Meekness, temperance: against such there is no law.
5:24 And they that are Christ's have crucified the flesh with the affections and lusts.
5:25 If we live in the Spirit, let us also walk in the Spirit.
5:26 Let us not be desirous of vain glory, provoking one another, envying one another.

6:1 Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of meekness; considering thyself, lest thou also be tempted
6:2 Bear ye one another’s burdens, and so fulfil the law of Christ.
6:3 For if a man think himself to be something, when he is nothing, he deceiveth himself.
6:4 But let every man prove his own work, and then shall he have rejoicing in himself alone, and not in another.
6:5 For every man shall bear his own burden.
6:6 Let him that is taught in the word communicate unto him that teacheth in all good things.
6:7 Be not deceived: God is not mocked: for whatsoever a man soweth, the same he shall reap.
6:8 For he that soweth to his flesh shall of the flesh reap corruption: but he that soweth to the Spirit shall of the Spirit reap life everlasting.
6:9 And let us not be weary in well doing: for in due season we shall reap, if we faint not.
6:10 As we have therefore opportunity, let us do good unto all men, especially unto them who are of the household of faith.

HISTORY:

Gal 5:1-6 The Galatians were to stand fast because Christ has freed the believer. They were not to be entangled again with the yoke of bondage. They were to stand fast because the law is not God’s way for man to be justified. He brings up circumcision. Circumcision was a symbol of having the right background and doing everything required by religion. He lets them know that Christ would not profit them nothing if they were trying to be saved by the law; they would be fallen souls. Lastly, they were to stand fast because the hope of righteousness is by faith. All true Christians, being taught by the Holy Spirit, learn that...

- their hope for righteousness comes through the Spirit of God who stirs hope and gives absolute assurance that God will take his faith and count it for righteousness; (V5).
- their hope for righteousness comes through Jesus Christ alone—not by a ritual (circumcision, law) nor by the lack of a ritual (V6).
- and their hope for righteousness comes by faith wrought by the love of God. God sent His Son to secure our righteousness to die for us. When a person really sees this, it breaks him, and he bows and surrenders his own love, faith, life, and loyalty to Christ. We love Him because He has loved us (V6).

Good works can start to substitute for our faith in God. It is not our good works that keep us in relationship with God. Wait of the hope of righteousness by faith, and not for the sake of your own works.

Gal 5:7-12 The Galatians were doing well to begin with; now Paul wants to know who hindered them, who told them that they should not obey the truth? It was not God who called them to error. The tiniest doubt of persuasion came in and affected them. The word “little leaven” was used, meaning “sift”; false doctrine appearing to be harmless came in and corrupted the truth of what they had believed. Paul is writing this that they will begin to...

- Obey the truth because the Christian life is a race (V7).
- Obey the truth because God called them to freedom (V8).
• Obey the truth because a little untruth corrupts the whole lump (V9).
• Obey the truth because of the confidence others have in them (V10).
• Obey the truth because false teachers will be judged (V10-12).

**Gal.5:13-15** Up until now everything has dealt with doctrine, now Paul begins to deal with the practical day to day affairs of the believer. He emphatically lets them know that they were called into liberty not slavery. The believer no longer has to work and work in order to secure God’s approval and acceptance. The believer is accepted by God through the work of Jesus Christ. Now, Christian liberty is not a license to do as a person likes; it’s not license to sin. It is being free to overcome the passions and urges of the flesh that unceasingly wage war against the better judgment of man. It is freedom to love and serve one another. This love identifies with a person’s need, their concerns, and their struggles as one would himself. As we place the law’s fulfillment summed up in one word it is “Love” which also includes our neighbor as ourselves. He is speaking of their behaviour towards one another because Love serves! Undoubtedly, there were some division that caused biting and devouring. “Biting and devouring” refers to much more than just feuding and fighting. Men bite and devour each other when they violate each other. Bite is sudden anger and devour is deadly. This is a picture of church strife affecting the body of Christ using its “liberty” as a platform to promote their own selfishness. Selfish people will eventually be consumed by one another. This is a picture of church strife affecting the body of Christ. The answer to conquering the lust of the flesh is the Holy Spirit! The flesh fails to keep the law (V18).

The answer to conquering the lust of the flesh is the Holy Spirit! The believer is to walk in the presence and power of the Holy Spirit and not fulfill the lusts (strong desires or hunger for) of the flesh. Paul describes the problem of how the Spirit and the flesh have different appetites. The Christian is not told to cleanse himself from the flesh but from the desires of the flesh. The only hope of ever controlling the flesh is to walk in the Spirit of God; then you’re not under the law. Now the works of the flesh are listed:

- **Sex sins/sensual sins:** Adultery - sexual unfaithfulness to husband or wife. Fornication – pre-marital sex and adultery. Uncleanliness – moral impurity. Lasciviousness – filthiness, indecency, shamelessness.
- **Religious sins /superstitious sins:** Idolatry – the worship of idols. Witchcraft – sorcery.

**And such like** - There are still plenty of things that Paul could list individually. They which do such things shall not inherit the kingdom of God. You can see the danger and the destiny of those who live in the works of the flesh. Works of the flesh are manifested when we have no belief or hope in the future or something greater than ourselves.

**LESSON:**
**Galatians 5:22-26 Walking In The Spirit**

5:22 But the fruit of the Spirit is — "But the fruit of the Spirit" is a contrast from "the works of the flesh." Paul has showed the Galatians what the flesh produces; now he tells them what the Spirit produces. The Spirit produces fruit/character traits when we learn to walk in the Spirit. The word "fruit" is singular, not plural. The Holy Spirit has one fruit. It is broken down into a list of traits in order to help understand His nature. The Fruit of the Spirit is described by ALL of these nine qualities, not just one. It’s like a piece of fruit that has nine different parts to it - skin, meat, seeds, stem, etc. When the Holy Spirit is allowed to work in your life, He will be producing ALL nine of these qualities in you. The believer does not experience and bear just some of them; the Spirit of God produces them all in the life of the believer. How?

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1 http://www.studylight.org/com/jfb/view.cgi?book=ga&chapter=005
http://www.pitwm.net/pitwm-sundayschool.html
Fruit has several important characteristics.

- Fruit isn't achieved by working, but is birthed by abiding.
- Fruit is fragile.
- Fruit reproduces itself.
- Fruit is attractive.
- Fruit nourishes.

**Godward** - The first three qualities express the Godward aspect of the Christian life. Paul begins with love because all of the other fruit is really an outgrowth of love. (Love and joy together produce peace - v. 22).

**Manward** - The next three expresses the manward aspect of the Christian life which includes (longsuffering, kindness and goodness - v. 22). Human nature can never do this on its own, only the Holy Spirit can.

**Selfward** - The final three qualities (faithfulness, meekness and self control - vv. 22-23) are selfward. When the Holy Spirit produces fruit, God gets the glory and the Christian is not even conscious of his spirituality, but when the flesh is at work, the person is inwardly proud of himself and is pleased when others compliment him.

5:22b ...*love, joy, peace, longsuffering, gentleness, goodness, faith:*

**Love** – agape love which is an unconditional giving. *Love based not in the emotions, but in the will; a love that chooses to place value on another person, regardless of the other person deserving it. Jesus told us to learn to love each other in the same manner that He loves us. If we look at His love for us, it shows us how we are to love.

1. Love for the unlovable (Rom.5:8).
2. Love willing to give everything (Jh.3:16).
3. Love that isn't easily discouraged (Rom.8:35-39).
4. Love that can be grown (Heb.10:24).

**Joy** – inner gladness; a depth of assurance and confidence that ignites a cheerful heart. **Peace** – that tranquility of the heart that comes from knowing God. **Longsuffering** - persistent waiting; bearing and suffering a long time; perseverance; self restraint which does not hastily retaliate a wrong. **Gentleness** – moral goodness, integrity; kindness. **Goodness** – full of virtue and excellence; uprightness of heart and life. **Faith** – trustworthy; to be loyal and steadfast in devotion; allegiance; enduring.

5:23 **Meekness** – humble; mild; dies to self and does exactly what God wants done. **Temperance** – self-control; the master of desire, appetite and passion, especially sensual urges and cravings. Against such there is no law – no law can stand against such things. Those who bear these fruits find no law interfering with them. The Spirit, not the law, produces this fruit, which more than fulfills what the law requires.

5:24 **And they that are Christ's have crucified the flesh with the affections and lusts.** They that belong to Christ by purchase have crucified the flesh with its passions and desires. The Spirit and the flesh are in constant conflict which shows that the flesh is very active.

1. **...they that are Christ's** means a person become the property and the possession of Christ when he first trusts Christ as his Savior. He is coming because he wants to be delivered from the enslavement and bondage of sin, death, and judgment. He wants to live forever with God. Therefore, when a person comes to Christ, he is turning away from the flesh to God. He is turning his back upon the mastery of the flesh and all that it stands for. He is turning to Jesus Christ as his new master.

2. **...have crucified the flesh with the affections and lusts** – by dying with Jesus Christ. How? By an act of God. When a person genuinely believes in Jesus Christ, God takes that person’s belief and counts it as his death with Jesus Christ. God honors his faith by identifying him with Christ. Then he has died to the flesh; he died to the passions of the flesh; he has died to the lust of the flesh; he is freed from the flesh; he is freed from the passions of the flesh; he is freed from the lusts of the flesh. To be crucified with Christ means that we no longer live in the flesh, in the place and position of the flesh. That’s why it is important to die to the flesh.

5:25 **If we live in the Spirit, let us also walk in the Spirit.** The statement is "If", meaning since this is the case. If we live in the Spirit; if we are born again by the Spirit of God; if we derive our life from Him; if we live in the Holy
Spirit's power, then "WALK"—be consistent in your lifestyle by submitting every aspect of your life to His Spirit; move according to His standards; keep in step with the Spirit—not to run ahead and not to lag behind. It involves the Word, prayer, worship, praise, and fellowship with God. Allow the Word to take root so you bear fruit.

5:26 Let us not be desirous of vain glory. — We are not to be self-conceited or eager for empty glory which is a sign that one is functioning according to Law. When we live our lives by holding to some kind of strict set of rules and regulations, we can get kind of proud of ourselves for having accomplished the "impossible". ...provoking one another, — challenging one another to combat; to irritate. ...envying one another— pining away with feelings of jealousy over the other’s underserved praise; wanting what another person has. What envy does is to sidetrack us by getting the focus back on ourselves, rather than on the other person, where it needs to be. Such actions toward one another are not consistent with a life of faith, lived by one who has been crucified with Christ and who is keeping step with the Holy Spirit. Our walk is not in the flesh, but in the Spirit that we might display the fruit of the Spirit!

Galatians 6:1-6 The Spirit-Filled Life

6:1 Brethren, — members of the same spiritual family; an expression of kindness. ...if a man be overtaken — sudden temptation seized him unaware before one can escape; apprehended, taken by surprise. ...in a fault, — a trespass; a lapse or deviation from the truth and uprightness. ye which are spiritual, — those who have learned to walk by, are living by, and are exhibiting the fruit of the Spirit. ...restore such an one — bring into line; to mend; to strengthen. ...in the spirit of meekness; — a fruit of the Spirit; it is tender consideration and forbearance. ...considering thyself, lest thou also be tempted— they are to take care that they themselves are not tempted.

This means a person who is just like the rest of us; that is, he has desires, passions, and urges just like us. He walks and lives in the flesh just like we do; a true Christian brother can be overtaken by sin. When this happens, the point is how you approach this brother. The brother will be very sensitive and perhaps embarrassed and pining away with feelings of jealousy over the other’s underserved praise; wanting what another person has. What envy does is to sidetrack us by getting the focus back on ourselves, rather than on the other person, where it needs to be. Such actions toward one another are not consistent with a life of faith, lived by one who has been crucified with Christ and who is keeping step with the Holy Spirit. Our walk is not in the flesh, but in the Spirit that we might display the fruit of the Spirit!

1. First, let the spiritual believers handle the matter (V1). Spiritual believers are those who walk in the Spirit. How can the church tell if a believer is spiritual?—
   a. Does the believer bear the fruit of the Spirit? (Gal.5:22-23).
   c. Does the believer walk in the Spirit that is consistent with his position in Christ? (Gal.5:25).
   d. Does the believer walk free from super-spirituality and envy, pride, jealousy, arrogance, and selfishness? (Gal.5:26).

2. Second, approach the brother in a spirit of meekness (V1). Too often what is displayed is a spirit of…
   a. hardness b. indifference c. harshness d. rejection e. criticism f. rumor etc.
   Scripture is saying, approach the brother in meekness—gentle, tender, warm, loving, and a caring manner.

3. Third, consider yourself(V1), for you too, can be tempted and overtaken by sin (1Cor.10:13). The word “consider” means to look to oneself, to think about oneself, and to give attention to oneself. Don’t open the door to Satan.

Restoration is not easy because you are trying to mend back what has been broken in a fragile life. However, when truth comes in, God delivers. You speak the truth in love; God delivers the truth in love as they receive by faith.

6:2 Bear ye one another’s burdens, and so fulfil the law of Christ.

4. Fourth, bear one another’s burden (V2). We cannot bear the sins of men, but we can bear the burdens of each other; for we all suffer under the weight of sin. "Burdens" are an overload which we can lighten, a weight too heavy for the individual and capable of being shared with others of the fellowship. Lend a helping hand by lifting heavy loads. "The law of Christ" is Jesus’ “New” Commandment: "A new commandment I give unto you, That ye love one another; as I have loved you, that ye also love one another” Jh.13:34. "The law of Christ" is the law of ministry and love. This is a touchy subject. But sometimes when we find ourselves being the one who has fallen, it’s a hard thing to allow others to help. But it’s the way of Jesus. As we bear one another’s burdens, we are fulfilling the simple law of Christ: be compassionate – encourage – pray – forgive – being warm and tender – all in love.

6:3 For if a man think himself to be something, when he is nothing, he deceiveth himself.

5. Fifth, confess your nothingness (V3). Christ came to save nothings, that is, sinners whether they know it or not. The point is this: no person is better than any other person, not in righteousness and godliness. All men

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stand before God as sinners. He has to come by Jesus Christ and His righteousness alone. Therefore, there is absolutely no place among God’s people for spiritual pride or snobbishness, or super-spirituality. To be proud is to be blind. He has to approach Christ just like the erring brother.

6:4 But let every man prove his own work, and then shall he have rejoicing in himself alone, and not in another.

6. Sixth, examine your own work (V4). The word "work" refers more to conduct and behavior than to employment. Every man is to keep busy examining his own work and life; no man is exempt. The flesh lusts... for acceptance, for recognition, for position, for honor, for compensation, for approval etc. In fact, so much temptation swirls around us, if we lower our guard to examine and judge others, we are immediately overcome by sin ourselves. If a man’s work stands the test, there he can rejoice in it alone, not because he is superior to another but that his conduct and behavior remained unsoiled and clean.

6:5 For every man shall bear his own burden.

7. Seventh, realize your own responsibility (V5). This is to warn every believer that he has his own burdens, his own weight of faults and sins to bear. It is these that he is to be carrying, looking after, examining, and judging. He can never overcome them unless he gets his eyes off the failure of others and concentrates on the burdens of his own failure. He’s responsible to the Lord for what he has done.

6:6 Let him that is taught in the word communicate unto him that teacheth in all good things. Remember, that every believer is a student who sits at the feet of God whether they are ministers or bible teachers. This verse can show us two things:

1. When you’ve been blessed with someone’s teaching, communicate it by sharing it with others! The learner has a responsibility to the teacher just as the teacher has a responsibility to the learner—spreading it.

2. When you’ve been blessed with someone’s teaching, be a partner with those that teach by sharing and entering into fellowship financially. The Christian community was expected to support these gifted teachers. It is easy to receive the benefit of good bible teaching and take our spiritual teachers for granted, ignoring their financial and physical needs. We should care for them, not grudgingly or reluctantly, but with a generous spirit, showing honor and appreciation for their service (1Tim.5:17-18).

Galatians 6:7-10 Reaping And Sowing

6:7 Be not deceived: God is not mocked: for whatsoever a man soweth, that shall he also reap. Stop being led astray into error. A person can be deceived about facing the judgment of God. The word "deceived" (planasthe) means to be led astray. Some Galatians were being led astray in this matter. They were failing to share in the ministry of Paul, becoming critics instead of supporters. And note what attacking the teacher of God equals: it equals mocking God. The word "mocked" (mukterizetai) means to turn one’s nose up at God. By rejecting God’s minister, the teacher whom God had sent to them, the Galatians were rejecting God. God will not be mocked also when you substitute something else in the place of the cross! Whatever a man sows toward his teacher, he reaps. When you sow in the right way, you reap blessings. It is a principle of cause and effect. The reason is the outcome—flesh vs Spirit.

6:8 For he that soweth to his flesh shall of the flesh reap corruption: If one does not listen to the teacher’s warning about the lusts of the flesh, he shall reap the lusts of the flesh. He will be overtaken by the appeal, the pull, cravings, passion, and lust; and the list could go on and on. Every action has results. Planting to please your own desires reaps a crop of sorrow and evil. …but he that soweth to the Spirit shall of the Spirit reap life everlasting. If one listens to the teacher’s exhortations about the salvation that is in God’s Son and the life God expects him to live, he shall reap the Spirit of God. The Spirit of God will actually enter his life and take up residence there. The Spirit will implant the divine nature of God within the heart of the believer, that divine nature that shall live now and forever. Planting to please God will reap everlasting life. It is wise to know the cause and effect to actions taken. Think it through!

6:9 And let us not be weary in well doing: for in due season we shall reap, if we faint not. Stop getting discouraged and tired of doing good, i.e., sowing to the Spirit. The word "weary" means to retreat in battle, to give up the fight. The believer or student must be constant, steadfast, and persevering, just as he is taught to be by his teacher. He must not withdraw or slack up in serving the Lord Jesus Christ. The day of reaping is coming. You are on God’s timetable. It is unpredictable, but it inevitably comes. We need to continue to plant, sow, and water, not with the idea that we can make it grow but with the sure understanding that what we sow, God can make grow. God will reward the believer who faints not. God knows when there is a time of rest for the body but the spirit of man is always in tune holding on to God’s Spirit.

6:10 As we have therefore opportunity, let us do good unto all men, especially unto them who are of the household of faith. Opportunities come up to serve and therefore we must not miss those times of ministering.

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Every opportunity we have is an appointment arranged by God. The word "opportunity" comes from the Greek word *kairos*, which is sometimes translated: "time." *Kairos* means: "a measure of time, a fixed and definite time, opportune or seasonable time, or the right time." While waiting for our reward, we should be ready to extend our service and faith to all men in Christian love, especially, and always meet the needs (physical, spiritual, or financial) of our Christian family (the household of faith).

**SUMMARY:**

**Chapter 5:22-26** Paul begins with the fruit of the Spirit after just specifying the works of the flesh. Now, the believer is to bear fruit; character traits that display that we are bearing God’s nature. The source is the Holy Spirit and the purpose is to stand strongly against fleshly works. Therefore, if you are Christ’s product, your flesh will be crucified with Christ. The affections and lusts will be crucified because you no longer live in the flesh but live in the Spirit and walk in the Spirit. This position we have in Christ is living in line with and following the Spirit's lead so fruit can be produced. When challenges come we will not be tempted to be conceited, challenging another or envy another.

**Chapter 6:1-6** Paul uses a hypothetical case of a believer who falls into sin. Instead of trying to restore this person, the Legalists will condemn him and try to make him self look good by making this person look bad. He seems to rejoice when this brother falls and often gives the matter wide publicity. The Legalists have an attitude of pride and condemnation and thinks he could never commit such a sin. However, the believer living by grace realizes that no man is immune to falling (v. 3). “Let him that thinketh he standeth take heed lest he fall” (I Cor.10:12).

Paul gives the following instructions in helping the person who has fallen:

1. **Who does it?** - “You who are spiritual” (V.1). This refers to those who have the characteristics found in this "book" and not to an office or a person in authority (Gal.5:22-23).

2. **How is it done?** "In a spirit of gentleness” (V.1). It is a person who is not harsh but considerate and submissive. At the same time he is willing to engage in straight talk in order to help the person caught in the trespass to get back on the right track.

3. **What is the goal?** “Restore such a one.” (V.1). To bring the person to where he is submissive to the principle of God’s Word and once again living an effective life for Christ.

Be sure to obey God’s law yourself (V.2). Don’t think you are better than others (V.3). Don’t compare yourself with others; examine your work, not another (V.4). Be sure to carry your own load by being responsible (V.5). Very simply, communicate and share in all good things in the ministry of those who teach (V.6).

**Chapter 6:7-10** This portion of scripture is often referred to as “the law of the harvest”, “the law of cause and effect” or “the sowing and reaping principle.” If certain things are done, other things will occur. He starts off by saying that just as the teacher shares spiritual treasures, those who are taught need to share material treasures (V.6). Paul wanted the Galatians believers to feel a responsibility in supporting anyone who was helping them grow spiritually. It is true that the Apostle Paul earned his own living because he did not want to become a stumbling block to the unsaved (I Cor.9) but he taught that spiritual leaders should be supported by the gifts of God’s people. Jesus taught “The laborer is worthy of his hire.”

It would certainly be a surprise if you planted corn and a squash came up. It is a natural thing to reap what you sow; this is true in many areas of your life. If you gossip about your friends you will lose their friendship. If you plant to reap your own desires you will probably reap a crop of sorrows. We can use our finances to either promote the flesh or the Spirit for the glory of the Lord. Sowing our money to the flesh will bring a harvest of corruption but sowing to the Spirit will produce eternal dividends. It is like sowing seeds in the soil of the flesh or the soil of the Spirit (vv. 7-8). However once we have finished sowing we cannot change the harvest. If we are not careful much of our seed will be wasted on carnal things that can never bring glory to God. Also we will reap in proportion to what we have sown and thereby “In due season we shall reap if we faint not” (V.9). We have opportunity during our life on earth to serve others in the Lord’s name. Loving concern will do more to win a person to Christ than the most carefully articulated argument (V.10).

**APPLICATION:**

Bearing another’s burden takes effort and not gossip. As God lead you be gentle and caring as you minister to them. The most valuable thing I posses is my time so it is very important how I invest it. I need to constantly be asking myself the following question: Is what I am doing or where I am spending my money going to bring eternal dividends?

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6 http://www.bereanbiblechurch.org/studies/galatians.php
7 http://www.family-times.net/commentary/galatians-61/
8 http://www.family-times.net/commentary/galatians-66/
http://www.pitwm.net/pitwm-sundayschool.html