

Sowing Precious

Seeds

Compiled By Dr. Harold Bollinger

Table of Contents

Forward		3
Chapter 1	Love	4
Chapter 2	Joy	6
Chapter 3	Peace	8
Chapter 4	Longsuffering	9
Chapter 5	Gentleness	11
Chapter 6	Goodness	12
Chapter 7	Faith	13
Chapter 8	Meekness	15
Chapter 9	Temperance	16

Forward

Galatians 5:22-26

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.

The Fruits of the spirit are gifts that can be pursued from God.

This passage describes all people, to varying degrees, when they do not know Christ and therefore are not under the influence of the Holy Spirit. Our sinful flesh produces certain types of fruit that reflect our nature, and the Holy Spirit produces types of fruit that reflect God's nature.

The fruit of the spirit is one of the main purposes of the Christian life, though, to progressively allow the Holy Spirit to produce more and more of His fruit in our lives—and to allow the Holy Spirit to conquer the opposing sinful desires. The fruit of the Spirit is what God desires our lives to exhibit and, with the Holy Spirit's help, it is possible!

The fruit of the Spirit

Chapter 1

Love

The primary meaning of the word "love" in Scripture is a "purposeful commitment to sacrificial action for another." In the Bible it is a fact that loving God is equated with obeying His Word. The two are inseparable.

Everyone who loves is born of God.

1 John 4:7-10

Beloved, let us love one another: for love is of God; and every one that loveth is born of God, and knoweth God. He that loveth not knoweth not God; for God is love. In this was manifested the love of God toward us, because that God sent his only begotten Son into the world, that we might live through him. Herein is love, not that we loved God, but that he loved us, and sent his Son to be the propitiation for our sins.

Love is the appropriate response to God's word.

Luke 12:42

And the Lord said, who then is that faithful and wise steward, whom his lord shall make ruler over his household, to give them their portion of meat in due season?

Love is the distinguishing marks of a true disciple.

Mark 12:33

And to love him with all the heart, and with all the understanding, and with all the soul, and with all the strength, and to love his neighbour as himself, is more than all whole burnt offerings and sacrifices.

Love is a key element in our defenses against Satan's attacks.

1 Thes. 5:8

But let us, who are of the day, be sober, putting on the breastplate of faith and love; and for a helmet, the hope of salvation.

Love is the stabilizing factor in our lives.

Ephesians 3:17

That Christ may dwell in your hearts by faith; that ye, being rooted and grounded in love,

Chapter 2

Joy

Joy isn't like happiness which is based upon happenings or whether things are going well or not. No, joy remains even amidst the suffering.

Joy is not happiness. Joy is an emotion that's acquired by the anticipation, acquisition or even the expectation of something great or wonderful.

It could be described as exhilaration, delight, sheer gladness, and can result from a great success or a very beautiful or wonderful experience like a wedding or graduation.

The definition of joy that the world holds is not nearly as amazing as biblical joy but joy is also gift.

Joy is associated with God and the Holy Spirit.

1 Thes. 1:6

And ye became followers of us, and of the Lord, having received the word in much affliction, with joy of the Holy Ghost:

Joy finds its source in God.

Romans 14:17

For the kingdom of God is not meat and drink; but righteousness, and peace, and joy in the Holy Ghost.

Joy helped Jesus endure the cross.

James 1:2

My brethren, count it all joy when ye fall into divers temptations;

Chapter 3

Peace

True peace is only found in the proper relationship with God. It is not found nor is available a part from God.

The end of the saved or upright man is peace. Peace is used to describe salvation and heaven. Peace is found in this life and peace is found in the end when we die.

Through the blood of Jesus, Christ is our peace.

Ephes. 2:11-18

Wherefore remember, that ye being in time past Gentiles in the flesh, who are called Uncircumcision by that which is called the Circumcision in the flesh made by hands; That at that time ye were without Christ, being aliens from the commonwealth of Israel, and strangers from the covenants of promise, having no hope, and without God in the world:

But now in Christ Jesus ye who sometimes were far off are made nigh by the blood of Christ. For he is our peace, who hath made both one, and hath broken down the middle wall of partition between us;

Having abolished in his flesh the enmity, even the law of commandments contained in ordinances; for to make in himself of twain one new man, so making peace; And that he might reconcile both unto God in one body by the cross, having slain the enmity thereby:

And came and preached peace to you which were afar off, and to them that were nigh. For through him we both have access by one Spirit unto the Father.

Chapter 4

Longsuffering

The word *longsuffering* in the Bible is made up of two Greek words meaning “long” and “temper”; literally, “long-tempered.” To be longsuffering, then, is to have self-restraint when one is stirred to anger. A longsuffering person does not immediately retaliate or punish; rather, he has a “long fuse” and patiently forbears.

God is longsuffering

2 Peter 3:9

The Lord is not slack concerning his promise, as some men count slackness; but is longsuffering to us-ward, not willing that any should perish, but that all should come to repentance.

Longsuffering is associated with mercy and hope

1 Peter 3:20

Which sometime were disobedient, when once the longsuffering of God waited in the days of Noah, while the ark was a preparing, wherein few, that is, eight souls were saved by water.

Longsuffering does not surrender to circumstances.

1 Thes. 1:4

Knowing, brethren beloved, your election of God.

With longsuffering forbear one another.

Ephes. 4:2

With all lowliness and meekness, with longsuffering, forbearing one another in love;

Tribulation works patience.

Romans 5:3-4

And not only so, but we glory in tribulations also: knowing that tribulation worketh patience; and patience, experience; and experience, hope:

Chapter 5

Gentleness

Gentleness involves humility and thankfulness toward God, and polite, restrained behavior toward others. The opposites of gentleness are anger, a desire for revenge, and self-aggrandizement.

Christ is humble and gentle in spirit.

Matthew 11:29

Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.

Christ cultivates the quality of gentleness in his people

Galatians 5:23

Meekness, temperance: against such there is no law.

We are to pursue the quality of gentleness.

1 Thes. 3:3

That no man should be moved by these afflictions: for yourselves know that we are appointed thereunto.

Let believers' cloth themselves with gentleness.

Col. 3:12

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

Chapter 6

Goodness

Goodness is virtue and holiness in action. It results in a life characterized by deeds motivated by righteousness and a desire to be a blessing. It's a moral characteristic of a Spirit-filled person. The Greek word translated "goodness," is "uprightness of heart and life." *Meaning that* goodness for the benefit of others, not goodness simply for the sake of being virtuous.

Every good thing is from above.

James 1:17

Every good gift and every perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning.

The goodness of God leadeth to repentance.

Romans 2:4

Or despisest thou the riches of his goodness and forbearance and longsuffering; not knowing that the goodness of God leadeth thee to repentance?

God is the sower of all good.

2 Thes. 1:11

Wherefore also we pray always for you, that our God would count you worthy of this calling, and fulfil all the good pleasure of his goodness, and the work of faith with power:

All good was created by God.

1 Tim. 4:4

For every creature of God is good, and nothing to be refused, if it be received with thanksgiving:

Chapter 7

Faith

Faithfulness is steadfastness, constancy, or allegiance; it is carefulness in keeping what we are entrusted with; it is the conviction that the Scriptures accurately reflect reality. Biblical faithfulness requires belief in what the Bible says about God—His existence, His works, and His character. Faithfulness is a fruit of the Spirit; it is the result of the Spirit working in us. But the Spirit is also our seal of faithfulness. He is our witness to God's promise that if we accept the truth about God, He will save us.

Saints had faith in the individual work of God.

Hebrews 11:3

Through faith we understand that the worlds were framed by the word of God, so that things which are seen were not made of things which do appear.

We are to live by faith and not by might.

2 Cor. 5:7

For we walk by faith, not by might

Faith is the foundation of our hope.

Hebrews 11:1

Now faith is the substance of things hoped for, the evidence of things not seen.

Blessed are those who have not seen, yet believe.

Hebrews 11:5

By faith Enoch was translated that he should not see death; and was not found, because God had translated him: for before his translation he had this testimony, that he pleased God.

Chapter 8

Meekness

An attitude of humble, submissive and expectant trust in God, and a loving, patient and gentle attitude towards others.

All the meek of the earth should seek the Lord

Zeph. 2:3

Seek ye the Lord, all ye meek of the earth, which have wrought his judgment; seek righteousness, seek meekness: it may be ye shall be hid in the day of the Lord's anger.

God acts to save the meek.

Psalm 34:5-6

They looked unto him, and were lightened: and their faces were not ashamed. This poor man cried, and the Lord heard him, and saved him out of all his troubles.

God gives promises to the meek.

Matthew 5:5

Blessed are the meek: for they shall inherit the earth.

God acts to save the meek.

Psalm 34:5-6

They looked unto him, and were lightened: and their faces were not ashamed. This poor man cried, and the Lord heard him, and saved him out of all his troubles.

Chapter 9

Temperance

Temperance is moderation in action, thought, or feeling, restraint.

Things to bring under Christ's Control

Ephesians 2:1-3

And you hath he quickened, who were dead in trespasses and sins; Wherein in time past ye walked according to the course of this world, according to the prince of the power of the air, the spirit that now worketh in the children of disobedience: Among whom also we all had our conversation in times past in the lusts of our flesh, fulfilling the desires of the flesh and of the mind; and were by nature the children of wrath, even as others.

1. Your tongue

James 1:19

Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath:

2. Your Thoughts:

2 Cor. 10:4-5

For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds; [5] Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

3. Your temper/anger

Proverbs 16:32

He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city.

4. Your thirst

Romans 13:13-14

Let us walk honestly, as in the day; not in rioting and drunkenness, not in chambering and wantonness, not in strife and envying. [14] But put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfil the lusts thereof.

Against such there is no law. And they that are Christ's have crucified the flesh with the affections and lusts.

If we live in the Spirit, let us also walk in the Spirit. Let us not be desirous of vain glory, provoking one another, envying one another.

Rev. 3:20

Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me.



To ask Jesus to come into your heart please pray this Prayer:

Dear Lord Jesus, I believe you are the Christ, the Son of the Living God. I ask you to forgive me of my sins and coming into my heart. I accept you as savior and will follow you as Lord. Amen.

References:

Holy Bible: King James Translation