

How do I produce the Fruit of the Spirit?

Key Scriptures:

“But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law.”

-Galatians 5:22-23

“¹⁶This I say then, Walk in the Spirit, and ye shall not fulfill the lust of the flesh. ¹⁷For 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...²⁵If we live in the Spirit, let us also walk in the Spirit.”

-Galatians 5:16-17, 25

Many times we think of the fruit of the Spirit as something that is automatic. It seems that the idea is if we study and know what the Fruit of the Spirit are, then we will eventually possess the fruit of the Spirit. We then find that as we try to exhibit the fruit of the Spirit, our attempts are futile, and instead of being fruitful, we become more fruitLESS. Why is that? Why do we seem to constantly miss the mark?

Oftentimes we struggle to consistently produce the fruit of the Spirit because we are trying to do it without the Spirit Himself. We try to do and be what the fruit of the Spirit dictates independent of the Spirit. To aim at producing the fruit of the Spirit without the Spirit, would be like trying to turn a light on without electricity. Or it would be like trying to make orange juice without the orange. Either of these scenarios have alternative solutions, but those alternatives would produce temporary or second-rate outcomes. For example, a battery or generator could aid in turning on a light, but both will run out after a certain amount of time. Some type of orange juice could be made with artificial flavoring, but the taste will not be authentic and could probably be easily identified as imitation.

Now, let's think of those two scenarios in terms of attempting to produce fruit of the Spirit without the Spirit. When we make attempts to be gentle, or meek, or loving without the Spirit, it lasts only for a short time (lights with battery or generator) or it is easily identified as fake and insincere (artificial flavoring for orange juice).

Think about a time when you attempted to display a fruit of the Spirit. How was it displayed? Through the Spirit or on your own? Was it sincere? How long did it last?

What we must understand is that we cannot produce the fruit of the Spirit without the SPIRIT! We must be IN the Spirit and CONNECTED to the Spirit in order to bear or produce the fruit OF the Spirit. Why? It is because our flesh exists and it wants to have full control. The flesh wants to have its way, and it is weak to the things that are contrary to God and the Holy Spirit. This is why the apostle Paul told the Galatians, “*the flesh (animal nature with cravings that incite sin) lusteth (have a strong desire, longing) against the Spirit*” (**Galatians 5:17**). Paul understood that our animal nature has a very strong and automatic inclination and desire to fight against the Spirit. Therefore, we must live IN the Spirit and walk IN the Spirit in order to PRODUCE the fruit of the Spirit.

Well, how do I walk IN the Spirit to PRODUCE the fruit of the Spirit, knowing that I cannot physically touch or see the Spirit? Let’s think about the natural process of the production of fruit. It begins with a SEED that is planted IN fertile ground. Keep in mind that the seed can only produce fruit after its own kind (i.e., apple seed can only produce apples, grape seeds can only produce grapes, etc.). The seed is then consistently WATERED by the rain and NURTURED by the sun until it grows into a tree or plant that produces fruit.

Before we can produce the fruit of the Spirit, a seed – which is the Word of God – must be planted in our hearts. And the ground – our hearts – must be fertile in order to receive the Word of God that is planted (**Matthew 13:3-9**). We must be ready to receive the Word that will bring transformation in our hearts and minds. The seed must be watered and nurtured. This means that the Word of God that comes to prick our hearts to change and do what is right must be cared for, reflected on, rehearsed in our minds, and even spoken repeatedly. How many times have you heard a transforming Word that ignited you to change and produce, but soon after you forgot about it? The seed was present, but it was not cared for or watered, and so it failed to grow to produce fruit.

Walking IN the Spirit requires a consistent and persistent connection to the Spirit that only comes through consistent immersion in the Word of God and the Holy Spirit. To walk in the Spirit, means to put on the Spirit. How? Through the constant rehearsing of the Word of God – reading it, saying it, speaking it. This helps it become a part of my everyday thoughts; and my thoughts guide my actions.

This is what the apostle Paul meant when he said “*and be not conformed (conform one’s mind and character) to this world: but be ye transformed (change into another form, transfigure) by the renewing (renewal, renovation, complete change for the better) of your mind that ye may prove what is that good, and acceptable, and perfect, will of God.*” (**Romans 12:2**) Look at what happens when we are transformed by the renewing of our minds. You are CHANGED INTO ANOTHER FORM. You are TRANSFIGURED. Walking IN the Spirit is like walking in your skin. There is no separation. You look like the Spirit, because you are IN the Spirit. We put on the “*new man which after God is created in righteousness and true holiness*” (**Colossians**

3:10). Then and only then will I begin to look like and act like the Spirit and PRODUCE the fruit of the Spirit. So let's get in the Spirit!