

### **SERIES TEXT: Galatians 5:22 (NLT)**

#### **1. WHAT IS FRUIT?**

- i. Biblically, fruit simply means "evidence." *Luke 6:44 NLT*
- ii. If our relationships with Christ do not produce the fruits the Bible says they will, then they are either non-existent or not fully planted in the right place.
- iii. *Ephesians 3:17-19 NLT*
- iv. Fruitfulness and fitness do not begin with a change of action; they begin with a change of heart.

#### **2. THE FRUIT OF LOVE**

- i. As the heart is the most essential part of our physical fitness, so love is the most essential part of our spiritual fitness.
- ii. If you are not mindful of your heart (cardio), you may appear fit and even be capable of great feats, but your fitness is a superficial illusion... your health is at serious risk.
- iii. Fruits aren't just what the Spirit produces in you so you can deal with others... they are also the way God deals with you.
- iv. A new commandment we can't keep: *John 13:34-35 NLT*
- v. *Ephesians 1:7-8 ESV, John 15:4; 7-9 ESV*
- vi. "Abiding in Christ" (vs. 4) means "abiding in His love" (vs. 9).



**TO-GO BOX**



To Grow Strong in the Fruit of God's Love, Stay Planted Deep In It