

Cross Training Notes  
May 5<sup>th</sup>, 2020  
Galatians 5:22-23

**But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law.**

**Fruit of the Spirit:** Paul used the plural in describing life after the flesh (*works of the flesh*), but he uses the singular (**fruit**, not *fruits*, **of the Spirit**). In the big picture, the Spirit has one work to do in all of us. These aren't the *gifts of the Spirit*, which are distributed on an individual basis by the will of the Spirit; this is something for every Christian.

**Love** translates the ancient Greek word *agape*. In that language there were four distinct words for "love." *Eros* was the word for romantic or passionate love. *Philia* was the word for the love we have for those near and dear to us, be they family or friends. *Storge* is the word for the love that shows itself in affection and care, especially family affection. But *agape* describes a different kind of love. It is a love more of *decision* than of the *spontaneous heart*; as much a matter of the *mind* than the *heart*, because it chooses to love the undeserving.

**The fruit of the Spirit is... joy:** One of the greatest marketing strategies ever employed was to position the kingdom of Satan as the place where the fun is and the kingdom of God as the place of gloom and misery. But the fruit of the Spirit is **joy**.

*chara*, the ancient Greek word used here for **joy**: "It is not the joy that comes from earthly things, still less from triumphing over someone else in competition. It is a joy whose foundation is God."

"Believers are not dependent upon circumstances. Their joy comes not from what they have, but from what they are; not from where they are, but from whose they are; not from what they enjoy, but from that which was suffered for them by their Lord." (Spurgeon)

**The fruit of the Spirit is... peace:** This **peace** is peace with God, peace with people, and it is a *positive* peace, filled with blessing and goodness – not simply the absence of fighting.

The ancient Greek word used here for **peace** is *eirene*, and it "means not just freedom from trouble but everything that makes for a man's highest good. Here it means that tranquility of heart which derives from the all-pervading consciousness that our times are in the hands of God." (Barclay)

**The fruit of the Spirit is... longsuffering:** **Longsuffering** means that one can have **love, joy, and peace** even over a period of time when people and events annoy them. God is not quickly irritated with us ([Romans 2:4](#), [9:22](#)), so we should not be quickly irritated with others.

**The fruit of the Spirit is... kindness, goodness:** These two words are closely connected. About the only difference is that **goodness** also has with it the idea of *generosity*.

**The fruit of the Spirit is... faithfulness:** The idea is that the Spirit of God works faithfulness in us, both to God and to people. “It is the characteristic of the man who is reliable.” (Barclay)

“The ability to serve God faithfully through the years and through the temptations of life is not something we achieve by heroic virtue. It comes from the Spirit.” (Morris)

**The fruit of the Spirit is... gentleness:** The word has the idea of being teachable, not having a superior attitude, not demanding one’s rights. It isn’t timidity or passiveness; “It is the quality of the man who is always angry at the right time and never at the wrong time.” (Barclay)

**The fruit of the Spirit is... self-control:** The world knows something of **self-control**, but almost always for a selfish reason. It knows the self-discipline and denial someone will go through for *themselves*, but the *self-control of the Spirit* will also work on behalf of others.

**Against such there is no law:** Paul wrote with both irony and understatement. There is certainly **no law** against **love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, and self-control**.

6. ([Gal 5:24-26](#)) Keeping in step with the Spirit.

**And those *who are Christ’s* have crucified the flesh with its passions and desires. If we live in the Spirit, let us also walk in the Spirit. Let us not become conceited, provoking one another, envying one another.**

The *old man*, the self inherited from Adam, is crucified with Jesus as the sovereign work of God when we are born again. [Romans 6:6](#) says, *Knowing this, that our old man was crucified with Him*. We are simply told to *reckon*, or account, the old man as dead ([Romans 6:11](#)), we are not told to put him to death. But the flesh is another matter. We are called to choose to work with God to do to the flesh exactly what God did all by Himself to the old man: crucify the flesh.

**With its passions and desires:** In Jesus Christ, you can live above the **passions and desires** of your flesh. The resources are there in Jesus. Look to Him. See your life in Him. If you are one of **those who are Christ’s**, then you belong to Him – not to this world, not to yourself, and not to your **passions and desires**.

**If we live in the Spirit, let us also walk in the Spirit:** We can better understand what Paul wrote here if we understand that the ancient Greek words for **walk** are different in [Galatians 5:16](#) and [5:25](#). The first (*peripateo*) is the normal word for walking, used there as a picture of the “walk of life.” The second (*stoicheo*) means “to walk in line with” or “to be in line with.” Paul here is saying, “Keep in step with the Spirit.”

“The verb *stoicheo* means ‘to be in line with, stand beside a person or a thing, hold to, agree with, follow’. The present imperative indicates that this is to be the habitual practice.” (Morris) ‘

*Notes derived from commentary on Galatians, D. Guzik*