

The Fruit of the Spirit

Galatians 5:22-25

June 7, 2026



DAY 1: THE BATTLE WITHIN

READING: GALATIANS 5:16-21

Every follower of Jesus experiences an internal conflict between the old nature and the new. Paul identifies this tension honestly, listing the works of the flesh that war against the Spirit's leading. This isn't meant to discourage us but to awaken us to reality. When we recognize jealousy, anger, or selfish ambition in our hearts, we're not disqualified—we're being made aware. Awareness is the first step toward transformation.

Today, ask the Holy Spirit to reveal areas where your old nature still seeks control. Don't run from what He shows you. Instead, bring these struggles into the light of God's presence. Confession isn't defeat; it's the pathway to freedom. The Spirit who dwells in you is more powerful than any fleshly desire.

DAY 2: LOVE THAT OBEYS

READING: JOHN 14:15-21

Jesus makes a profound connection: love expresses itself through obedience. This isn't burdensome rule-keeping but the natural overflow of a transformed heart. When we truly love someone, we desire to honour their wishes and values. Our relationship with Jesus works the same way. As the Spirit cultivates love within us, obedience becomes less about obligation and more about devotion. Consider where you're resisting God's direction in your life. Is it fear? Pride? Comfort?

Today, choose one area where you know God is calling you to obey. It might be forgiving someone, serving sacrificially, or surrendering a cherished idol. Remember, obedience isn't the path to earning God's love—it's the evidence that His love is already transforming you from the inside out.

DAY 3: THE POWER OF PRESENCE

READING: JOHN 16:5-15

Jesus made an astounding claim: His physical departure was actually better for His followers. How could this be? Because the Holy Spirit would come to dwell within every believer, making God's presence universally accessible rather than geographically limited. You are never alone. The same Spirit who raised Christ from the dead lives in you. This isn't merely comforting theology; it's transformative reality. The Spirit empowers you to live beyond your natural capacity—to love the unlovable, find joy in hardship, and demonstrate peace amid chaos.

Today, pause throughout your day and pray, "Come, Holy Spirit, come." Make yourself aware of His presence. He's not distant or disinterested. He's actively working to sanctify you, growing Christlike character that you cannot manufacture on your own.

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DAY 4: FRUIT, NOT EFFORT

READING: GALATIANS 5:22-25

Notice Paul calls these the "fruit" of the Spirit, not the "works" of the Spirit. Fruit grows naturally when a branch remains connected to the vine. You cannot force an apple tree to produce apples through sheer willpower; you cultivate the right conditions and fruit appears. The same principle applies spiritually. The question isn't whether you're perfectly patient, joyful, or self-controlled today. The question is: are you becoming more so?

Sanctification is both instantaneous and progressive. At salvation, you were made holy; throughout life, you're being made holy. This requires your participation—prayer, Scripture reading, community, worship—but ultimately relies on the Spirit's power. Don't despair over slow growth. Keep walking in step with the Spirit. Stay connected to Jesus. The fruit will come in its season.

DAY 5: LOVE THAT COMPELS

READING: 2 CORINTHIANS 5:14-20

Paul declares that Christ's love controls and compels us. When we truly grasp how much God loves us—that Jesus died for us while we were still sinners—it fundamentally changes how we live. We no longer live for ourselves but for Him. This love overflows toward others, even those difficult to love. Your neighbor who makes life hard. Your coworker who opposes you. That family member who wounded you. The Spirit produces in you a supernatural love that draws others to Jesus.

Today, identify one person you find hard to love. Ask God to give you His perspective on them. Pray for them specifically. Consider one practical way you can demonstrate Christ's love to them this week. Remember, you're not just growing in personal holiness; you're becoming a witness to God's transforming power in a broken world.