

# 40 Days of Real Change

## Week 5 Fruit

*“But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness,<sup>23</sup> gentleness, and self-control.” Galatians 5:22-23*

### 1. Understand that Good fruit overflows from our hearts when we are captivated by Jesus

*“Anyone who is thirsty may come to me!<sup>38</sup> Anyone who believes in me may come and drink! For the Scriptures declare, ‘Rivers of living water will flow from his heart.’” John 7:37b-38*

*“But the Lord said to Samuel, ‘Don’t judge by his appearance or height, for I have rejected him. The Lord doesn’t see things the way you see them. People judge by outward appearance, but the Lord looks at the heart.’” 1 Samuel 16:7*

Old Testament prophecy about New Covenant and New Heart for God’s people...

*“For I will gather you up from all the nations and bring you home again to your land.*

*<sup>25</sup> “Then I will sprinkle clean water on you, and you will be clean. Your filth will be washed away, and you will no longer worship idols. <sup>26</sup> And I will give you a new heart, and I will put a new spirit in you. I will take out your stony, stubborn heart and give you a tender, responsive heart. <sup>27</sup> And I will put my Spirit in you so that you will follow my decrees and be careful to obey my regulations. <sup>28</sup> “And you will live in Israel, the land I gave your ancestors long ago. You will be my people, and I will be your God.” Ezekiel 36:24-28*

New Testament fulfilment of Old Testament promise...

*“Ever since I first heard of your strong faith in the Lord Jesus and your love for God’s people everywhere, <sup>16</sup> I have not stopped thanking God for you. I pray for you constantly, <sup>17</sup> asking God, the glorious Father of our Lord Jesus Christ, to give you spiritual wisdom and insight so that you might grow in your knowledge of God. <sup>18</sup> I pray that your hearts will be flooded with light so that you can understand the confident hope he has given to those he called—his holy people who are his rich and glorious inheritance.” Ephesians 1:15-18*

### 2. Celebrate the good fruit you see being produced in your life

*“Ever since I first heard of your strong faith in the Lord Jesus and your love for God’s people everywhere, <sup>16</sup> I have not stopped thanking God for you.” Eph 1:15-16*

### 3. Remember our hearts are being renewed day by day when we say yes to the Holy Spirit

*“Put on your new nature, and be renewed as you learn to know your Creator and become like him.” Colossians 3:10*

*“So I say, let the Holy Spirit guide your lives. Then you won’t be doing what your sinful nature craves. <sup>17</sup> The sinful nature wants to do evil, which is just the opposite of what the Spirit wants. And the Spirit gives us desires that are the opposite of what the sinful nature desires. These two forces are constantly fighting each other, so you are not free to carry out your good intentions.” Galatians 5:16-17*

*“But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, <sup>23</sup> gentleness, and self-control... Those who belong to Christ Jesus have nailed the passions and desires of their sinful nature to his cross and crucified them there. <sup>25</sup> Since we are living by the Spirit, let us follow the Spirit’s leading in every part of our lives.” Galatians 5:22-25*

*“You will always harvest what you plant. <sup>8</sup> Those who live only to satisfy their own sinful nature will harvest decay and death from that sinful nature. But those who live to please the Spirit will harvest everlasting life from the Spirit.” Galatians 6:7-8*

### The hope we have in Jesus by Tim Lane & Paul Tripp

Each morning that greets me is full of hope  
Not because I am successful at what I am doing,  
Or because the people near me appreciate me,  
Or because circumstances are easy,  
But because God is, and he is my Father.  
To look at the morning any other way  
Is to believe a lie.  
To live in hope is to live in truth;  
To live in truth is to bring him glory;  
To bring God glory in my daily living  
Is the highest form of worship.