



Fruit of the Spirit



High Meadow Ranch Men's Bible Study (Fall 2025 Series)

Lessons #7 through #9 – The Elements of Faithfulness, Gentleness, and Self-Control

Main Idea

This fall we're becoming intimately familiar with the fruit of the spirit, the elements of which are listed below. This week we'll be discussing the sixth element, goodness.

Love
Joy
Peace

Patience
Kindness
Goodness

Faithfulness
Gentleness
Self-Control

This week we're wrapping up a study we started together back in September. As I have done for the past eight years, I enjoy the individual accountability that comes with studying Scripture by myself, but I also value our discussion time together twice a month where we discuss what the Lord is doing in our lives. If you're like me, I was not taught very much about the Holy Spirit and the power that is available to us as Believers from Him. He was the third part of the Trinity that never got much attention. It's a shame because the power to live a transformed life comes from and through Him.

As we conclude our study of the Fruit of the Spirit, faithfulness, gentleness, and self-control form a powerful trio that reflects what it looks like to consistently walk with Jesus through the power of the Holy Spirit. These three qualities are less about momentary actions and more about who we are becoming. They are a "state of existence" that describe a life anchored in trust, guided by humility, and governed by spiritual discipline as evidence of a mature and Spirit-led faith.

Faithfulness speaks to consistency and commitment in our relationship with God. It is rooted in trust, trusting God's promises even when circumstances are unclear. Scripture shows us that faithfulness is not perfection but perseverance. Like Abraham, faithful believers continue to trust and obey, living by faith rather than by sight. Over time, faithfulness shapes our priorities, decisions, and devotion, revealing a steady reliance on God's character and Word.

Gentleness is often misunderstood as weakness, yet it is best described as strength under control (i.e., meekness). Gentleness flows from humility and compassion and is expressed in how we respond to others, especially in moments of conflict, correction, or disagreement. Jesus modeled gentleness perfectly, welcoming the broken, speaking truth with grace, and leading with love. In a world that rewards force and volume, gentleness reflects Christ clearly.

Self-control is the discipline that holds faithfulness and gentleness together in daily life. It allows us to resist temptation, manage emotions, and respond wisely rather than impulsively. Jesus demonstrated extraordinary self-control under pressure, temptation, and injustice. As Believers self-control enables us to say "no" to what pulls us away from God so we can say "yes" to a life that honors Him.



Bible Passages

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

Galatians 5:22-23

¹ **Now faith is confidence in what we hope for and assurance about what we do not see.** ² This is what the ancients were commended for. ³ By faith we understand that the universe was formed at God's command, so that what is seen was not made out of what was visible. ⁴ By faith Abel brought God a better offering than Cain did. By faith he was commended as righteous, when God spoke well of his offerings. And by faith Abel still speaks, even though he is dead. ⁵ By faith Enoch was taken from this life, so that he did not experience death: "He could not be found, because God had taken him away." For before he was taken, he was commended as one who pleased God. ⁶ **And without faith it is impossible to please God**, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him.

Hebrews 11:1-6 (BOLD text added)

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

Proverbs 3:5-6

For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast.

Ephesians 2:8-9

Let your gentleness be evident to all. The Lord is near.

Philippians 4:5

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness, and patience.

Colossians 3:12

Opponents must be gently instructed, in the hope that God will grant them repentance leading them to a knowledge of the truth.

2 Timothy 2:25

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

2 Timothy 1:7

For the grace of God has appeared that offers salvation to all people. It teaches us to say 'No' to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age.

Titus 2:11-12

Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

1 Peter 5:8

⁵ For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; ⁶ and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; ⁷ and to godliness, mutual affection; and to mutual affection, love.

2 Peter 1:5-7

