

Questions / Answers

1. What do we need to do after we have been baptised?
Change our lives.
2. What do we need to do to grow as children of God?
Read His Word and pray every day.
3. How will people know what sort of person we are?
By the way we behave.
4. List the 9 parts of the fruit of the spirit.
Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.
5. What did Jesus say was the greatest commandment?
Love.
6. Why should we love God with our whole being?
Because God has shown so much love to us, and given His only Son.
7. Give 3 examples of people who showed joy when they suffered?
Paul and Silas. Jesus.
8. How can we learn to be patient when we suffer?
By looking forward to the Kingdom and waiting patiently for it.
9. How can we make it easier to be kind to people?
By seeing their viewpoint on life and understanding them better.
10. What is the fruit of the spirit?
The character of God growing in the lives of His children.

Memory verses

Hebrews 4:16; Galatians 5:22—23 ; Philippians 4:8; 1 Corinthians 13:4-8

Discussion

Read 1 Corinthians 13:4—8 together. Discuss which parts of this you each find difficult. Suggest ways to improve.

Writing

List the 9 parts of the fruit of the spirit. Write a sentence about each one saying how you can show this in your life.

CBM Senior Lessons

Lesson 46 New life in Christ



READING Hebrews 4:16; Galatians 5:22—23; John 15:5;
1 Corinthians 13:4—8; Philippians 4:8

LESSON

When we are baptised we begin a new life. The life we have lived up to that time comes to an end. When we come out of the waters of baptism we begin a new life in Christ. This change in our life is only possible with the help of God. We shall often fail as we try to please God, but when we ask for forgiveness, He will hear us for Jesus' sake.

Food is essential for a child to grow. When we are born to a new life as children of God, we can only grow if we feed on His Word. We need to read and think about God's Word every day. We need to talk to God in prayer.

Jesus told his disciples that he was like a vine tree and they were like the branches. The branches can only bear fruit by growing in the tree and taking goodness from the tree. If a branch is broken off, it cannot grow fruit. The fruit of a tree shows what sort of tree it is. In the same way, our behaviour shows what sort of person we are. We need to stay close to Jesus so that we can grow more like him and show the fruit of God's spirit in our lives.

Galatians 5:22—23 tells us about the fruit of the spirit which we need to grow in our lives. The fruit of the spirit is the character of God which Jesus showed in his life. The fruit of the spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. We need to develop these fruits in our new life in Christ. It is not easy to develop God's character in our lives. We need to continually ask for His help.

Let us look at each fruit and think how we can put these things into practice in our lives.

Love

Jesus said that love was the greatest commandment. He said we should love God and love our neighbour. Read 1 Corinthians 13:4—8.

Love is the foundation of the Gospel message and must be part of a believer's life. Jesus said that the greatest commandment was to love God with our heart, soul and mind—with our whole being.

God has showed us so much love. God sent His only, most beloved Son into the world to give his life so that we can be saved. Jesus lived and died for us because he loved us. He gave his life to save sinful people like us. God loves us even when we do not deserve it. We need to show our love to God in every part of our lives.

Jesus said that the second commandment was to love your neighbour as yourself. We show our love to God by loving other people. Love is not optional—it is a command. Love is not just a feeling—it must be shown in action to others. We need to follow Christ's example and give our lives in love to others. Love is being kind to others, even when they are not kind to us. Love is putting others first.

Joy

When we repent and are baptised there is joy in heaven. We should also be joyful that we are part of God's family. We should have joy in our hearts whatever happens in our lives, because God is always with us and cares for us. We should look forward with joy to God's Kingdom.

Paul and Silas sang hymns to God when they had been beaten and thrown into prison. They were in pain and danger but they had joy in their hearts because they knew that God was caring for them. Jesus was able to bear the suffering and pain of the cross because he looked forward to the joy of being with his Father.

Peace

Jesus is our peace. He made peace by giving his perfect life as a sacrifice so that our sins can be forgiven. He brought us to be at peace with God. We must live at peace with each other. We must be peace-makers. We must not quarrel with others, but try to live at peace with everyone.

Patience

Job was very patient through all his suffering. In the end God rewarded his patience. We must learn to be patient when we suffer. We must look forward to the Kingdom and patiently wait for it. We also need to be patient with other people. Sometimes it is very difficult to be patient when someone is irritating or stubborn or rude. We need to remember the example of Jesus. When people mocked him and said evil things about him, he was patient and did not answer back.

Kindness

Kindness makes such a difference. It is heart-warming when someone is kind to us. Jesus was always kind. He told his disciples to do to others what they would like to have done to them. If we train ourselves to see life from the viewpoint of others, it is easier to understand them and be kind to them. We must remember the kindness of God to us and try to pass it on to others.

Goodness

God is absolutely good. To show goodness in our lives we need to keep our minds free from selfishness and sin. We need to fill our minds with good things from God's Word. Paul gives us good advice in Philippians 4:8.

Faithfulness

After our baptism we must start our new life in Christ. We must stay faithful to the end of our lives. We must trust in God always and be faithful to Him. He will always faithfully care for us.

Gentleness

We must be gentle towards others. We must not be harsh or critical, but behave in a gentle way, encouraging others, not quarrelling with them.

Self-control

The most difficult person to control is yourself! It does not come naturally. Each person has their own sin which they find it hard to overcome. To enter the Kingdom of God we must learn control ourselves to avoid sin.

The fruit of the spirit is the character of God growing in the lives of people who work with His help. To develop and show this fruit we need to learn to be loving, joyful, peaceful, patient, kind, good, faithful, gentle and self-controlled. It is a life long work. We are battling to stop pleasing ourselves and instead be pleasing to God. At all times God is there, working in our lives, helping our efforts.