

Essentials of Discipleship

Chapter 12 – The Fruit of the Spirit

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Resource: Essentials of Discipleship by Francis Cosgrove published by Roper Press in 1988.

This short 12 chapter book outlines eleven essentials of what a disciple of Jesus Christ is and how each disciple should become a disciple-making disciple. These study guides offer an outline of the book with some questions to be used in reviewing and discussing the content. Each student will need to obtain and read the book as well. After the initial chapters titled: What is a Disciple? & The Disciple is a Learner; the author reviews the Lordship of Jesus Christ which is the umbrella for the remaining nine essentials or characteristics of a disciple.

- I. INTRODUCTION – EOD #11: A disciple demonstrates the fruit of the Spirit by an attractive relationship with Christ and his fellowman.
 - A. Summary (from Chapter 1 / p. 24): The disciple demonstrates the fruit of the Spirit. We will review the qualities (fruit) which are the outgrowth of our personal relationship with Jesus Christ. These qualities reveal the working of the Holy Spirit in our lives. People who see these qualities will be attracted to us but mainly to our Savior and Lord. People will want to know the source of our joy, attractiveness, and hope. These qualities do not develop automatically. They usually develop over time with intentionality. The right attitude in prayer will prompt the Holy Spirit to become our Helper. Review 2 Peter 1:8 that offers us a promise that we will be productive servants and stewards.
 - B. Scriptures:
 1. Acts 16:1-2 _____
 2. 1 Corinthians 13:4-7 _____
 3. Galatians 5:22-23 _____
 4. 1 Peter 2:18-23 _____
 5. 2 Peter 1:5-8 _____Note: Suggested Memory Verses: Galatians 5:22-23 and 2 Peter 3:18
 - C. Introductory Points – Cosgrove says we must live out what a disciple looks like with the fruit (results) of the Holy Spirit in us. No law can change this truth.
- II. WHAT IS THE FRUIT OF THE SPIRIT?
 1. There are 9 qualities or fruit (3x3) which is apparently symbolic of the meaning of finality or completion. What does that mean? Discuss if there can be or should be more than 9 fruits?
 2. What are these 9 fruit that Paul mentions: _____; _____; _____; _____; _____; _____; _____; _____ & _____.
 3. Is it easy to always display these qualities? _____
- III. THE FRUIT OF THE SPIRIT IS VISIBLE
 1. At what point do we receive (baptized by) the Holy Spirit? _____
 2. Explain how we become the temple of the Holy Spirit? _____
 3. Cosgrove says some believers display the Holy Spirit well and some don't. Do you convey Him well? _____
 4. Do we have an option about being the temple (place of residence) for the Holy Spirit? _____
 5. The word "temple" distinguishes a building of the church vs. the church seen as being the Body of Christ.
 - A. The Analogy of Fruit
 1. Why did Paul use the word "fruit"? Ans. it was an _____ analogy that was easily understood. (Maybe more understood at that time than now!)
 2. Explain how the concept of "harvest" adds meaning to the concept of fruit. Ans. _____
_____ Hint: do we harvest our field crops or fruit before they are ripe?
 3. Explain how fruit is the _____ of life.
 4. Seed (contained in each piece of fruit) can go bad. Seed for replanting must be protected well for the benefit of "multiplication" of that kind of fruit. A farmer or gardener will plant new seed at the proper time in the season for

the best growth and harvest. How are you protecting the seed? And do you envision having a bumper crop (high yield) for the benefit of making disciple-making disciples?

5. Why is multiplication of disciples important?
6. Pruning is an important process in gaining high yields. What does pruning look like in your life?

IV. THE FRUIT OF THE SPIRIT IS ATTRACTIVE. (What does well-developed ripe fruit represent?)

- A. To have attractive fruit, we must _____ with God.
1. What happens when someone sees attractive Christians? _____
 2. Paul said _____ my example as I follow the _____ of Christ. (1 Corinthians 11:1)
 3. Explain Phil. 4:9 - _____
 4. Like Jesus, today a person of influence (a leader) will be evident by the crowds that follow him or her. Cosgrove says that our destiny is that we are to be _____ to the _____ of Jesus Christ. See Romans 8:29 that affirms that those God knew would be predestined to be conformed to the likeness of Christ. How does this make you feel or think?
 5. Romans 13:14 tells us to "clothe ourselves with the _____ and do not think about how to _____ the desires of the flesh." Discuss what this looks like and how we accomplish this.
- B. We Should Attract Unbelievers – (Facts):
1. Unbelievers are _____ to Christians who follow Jesus.
 2. The life of Jesus Christ in a new believer will be highly visible and it will be attractive to those without hope.

V. THE FRUIT OF THE SPIRIT IS FRAGILE (Reasons why not all Christians demonstrate the fruit of the Spirit):

- A. Sin is in Control
1. What does grieving the Holy Spirit mean (see Ephesians 4:30)
 2. Explain James 3:9-12. Was James speaking only about the use of our tongue?
- B. Jesus Christ is not Lord
1. We are once again reminded that the central theme is the _____ of Jesus Christ (Chapter 3).
 2. A person can profess that he or she has accepted Jesus Christ as Savior but what counts is if he or she accepts Christ as _____. Cosgrove says that if this is not done, they are NOT disciples.

VI. HOW CAN WE DEVELOP FRUIT IN OUR LIFE?

1. Explain how we develop the fruit of the Spirit in our lives. What is our responsibility? _____
2. What is the responsibility of the Holy Spirit? And what is the result of walking in the Spirit? _____
3. 2 Peter 1:5-8 mentions seven things we need to add to our faith. What are these qualities (fruit)? _____; _____; _____; _____; _____; _____.
4. The Holy Spirit will provide the _____ we lack in dealing with our problem.
5. Cosgrove says the fruit of the Spirit will reach _____ if it receives careful attention and is protected.

VII. CONCLUSION

1. Cosgrove concludes this book by affirming that you have to be a _____ before you can become a disciple-making disciple.
2. Disciplemaking is _____ as you become more like Christ yourself.
3. Your personal desire to become a _____ or _____ of God must have priority.
4. The key is the _____ of your personal relationship with Christ.
5. Claiming promises like Isaiah 43: 4-6 helps us in many ways.
6. Why is it important for a disciple to associate with other like-minded people (disciples)?
7. How do we learn to become proficient in a disciple making ministry?
8. Cosgrove suggests we use 2 Timothy 2:2 as a guide for looking for potential believers to disciple.
9. He says being reliable is simply not enough. What else must we be able to do? _____
10. What is essential in this work of making disciple-making disciples? Get _____ today!

TMS D12 – BE CHRIST’S DISCIPLE – Develop World Vision for Chapter 12 (Matthew 28-19-20)

BOTTOM LINE REMINDER: You are about to become a trainer / mentor for those you disciple for years to come - all for God’s Glory. Continue to pray for, encourage & equip those you train. Become their life-long life coach. By God’s Grace, we can do this! Lastly, consider now memorizing Sections A, B, C & E of the Topical Memory System for ongoing training and personal edification.