



compass

YOUNG ADULTS OF THE PEOPLE OF HOPE

INTENTIONAL DISCIPLES ON MISSION

FRUIT OF THE SPIRIT

A PERSONAL RELATIONSHIP SERIES

THE IMAGE OF GOD

TALK 1

Introduction to the course

1. God's purpose for the human race

a. Adam: the creation of the first human being.

- 1) Adam was created as the son of God (Luke 3:23-38).
 - In Adam we see the creation of the human race.
 - In scriptural times, the father raised his son to be like him and take his place, even while he was still alive.
- 2) Adam was created in the image and likeness of God (Gen. 1:26-28; 5:3).
 - Adam was created to be like God, so that he could take on God's responsibility for creation in subordination to his father.
- 3) By sinning Adam failed in responding to his charge (Gen. 3).
 - As a result, the image and likeness of God in human beings was marred and the human race fails to be what God intended it to be.

b. Christ: the new Adam

- 1) Christ is the new Adam, the one who began the human race over again (Rom. 5:14-17; 1 Cor. 15:14-17).
- 2) Christ is the son of God (Heb. 1:1-4; 3:5-6), fully in his image and likeness (Heb. 1:3; Col. 1:15; 2 Cor. 4:4), with dominion over creation (Heb. 1:2, 3; 3:5).
- 3) Christ in his own person fulfilled God's purpose for the human race and restored the race to what it was intended to be.

c. Christians: sons and daughters of God through the Holy Spirit (Gal. 3:25-4:7)

2. What God is trying to accomplish with us

a. To make us mature sons and daughters of God (Col. 3:9-10; Matt. 5:43-45, 48)
– We need to grow into the place where we can take the responsibility God has for us.

b. To make us spiritualized men and women, who live in the image and likeness of God, bearing the fruit of the Spirit (1 Cor. 3:1-3; Gal. 5:19-23).

1) We have the Holy Spirit living in us, but we need to be spiritualized.

2) When we handle the various situations in life like God would, we are living in his likeness: this is Christian maturity.

3) The fruit is the character traits (virtues) that allow us to act in a way that expresses the image of God.

4) The fruit enables us to fulfill the commandments: love of God and neighbor, especially love of one another (John 13:34).

3. Five principles of “spiritual growth”

a. The new life principle: growth comes from the life inside (1 Pet. 1:3; Rom. 6:4)
– Spiritual growth is not just imposing something from the outside, but maturing of something that is inside.

b. The communion principle: active relationship with God produces change (2 Cor. 3:17-18)
– We need to live with him, especially in prayer and study.

c. The wisdom principle: The Lord passes on his mind, teaches and imparts to us his own wisdom (Prov. 4:1-9; 1 Cor. 2:6-13).

1) In order to know what good character is, we need to know what is right and wrong (commanded by God and forbidden) and what is good and bad.

2) We have good character when we are formed so that we can live in a good way.

d. The sonship training principle: the Lord trains us like a father trains his son (Hebrews 12:5-10). 1) He uses the events of our lives (especially the difficult ones) to train us.

2) He puts others over us to give us formation.

e. The imitation principle: we need to imitate the Lord (Eph. 5:1-2).

1) We are not supposed to imitate him in omnipotence, messiahship, or special circumstances, but in character.

2) We are also supposed to imitate those who imitate him (1 Cor. 11:1, Heb. 6:11-12).

THE IMAGE OF GOD: SCRIPTURE & QUESTIONS

Talk 1

- “The fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control” (**Gal. 5:22-23**)
- “So God created man in his own image, in the image of God he created him; male and female he created them. And God blessed them, and God said to them, “Be fruitful and multiply, and fill the earth and subdue it; and have dominion over the fish of the sea and over the birds of the air and over every living thing that moves upon the earth.” (**Gen. 1:27-28**)
- We are created in the image and likeness of God. How should this belief affect how we think of ourselves and others?
- What are some of the behaviors that distinguish a Christian from other people with different values and beliefs?
- What are the ways in the workplace that you, as a Christian, do your job like everyone else, but also in a different way?

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LOVE AND DISCIPLINE

TALK 2

Introduction

- Our topic: *The fruit of the Spirit is love...kindness...goodness* (Gal. 5:22-23).
- In the course we will primarily look at the fruit of the Spirit. There are other lists of Christian character traits in the New Testament, so occasionally we will consider traits on other lists.
- The fruit of the Spirit treats what is sometimes referred to as the moral virtues, the virtues of how we relate to others. We have already treated the theological virtues (faith, hope, love), the virtues that keep us in a good relationship with God.
- We will look at what God is like to see what we should be like in the way we treat others.

1. God's revelation of his character (Exodus 32-34)

- a. Background: God forgave the sin of the golden calf and did not destroy Israel.
 - b. Moses interceded for Israel's forgiveness and, having obtained that, prayed: *show me now your ways, that I may know you and find favor in your sight and show me your glory* (Exod. 33:13, 18).
 - c. God then revealed to Moses his "ways," his "glory," his "goodness"
The LORD, the LORD, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness, keeping steadfast love for thousands, forgiving iniquity and transgression and sin, but who will by no means clear the guilty, visiting the iniquity of the fathers upon the children and the children's children, to the third and the fourth generation (Exod. 34:6-7).
- Central to God's revelation to Moses of his character is love, and that should be central to our character as well.

2. The characteristics of God's love

- a. Goodness/kindness (Exod. 33:19)
 - 1) Wanting to always do good to others
 - 2) The opposite of malice or hate (desiring evil for others) and the opposite of selfishness or indifference to others' welfare
- b. Steadfast love (Exod. 34:6)

1) Closely related to faithfulness, reliability, steadiness, unwavering fidelity; sometimes translated as “faithful love”

2) Especially connected to covenant, to committed relationships, and so sometimes translated as “loyalty”

3) The love by which we loyally care for the needs of those we are committed to; faithfully fulfilling promises and commitments to them.

c. Compassion or mercy (Exod. 34:6)

1) To be personally moved by another’s needs, like a parent (Ps 103:13-14) 2) Expressed differently in men and women, but essential to both.

d. Gracious or generous (Exod. 34:6)

1) Loving others regardless of their merit or worth or right

2) Willingly pardoning those who wrong us: Ps 51:1

3) Granting requests (answering prayer), doing favors, willingly (Ps 86:1-7).

e. Love (Eph. 2:4-7)

– The main New Testament word, including all the above The foundation of everything God does for us is his love; and likewise, everything a Christian does for others.

3. Love and firmness

– We need the practical wisdom to combine opposite character traits, doing both but in different circumstances. a. God’s judgment (Exod. 34:7)

a. God's judgment (Exodus 34:7)

1) It is not true that “anything goes” with God.

2) God forgives in response to our repentance.

3) There are limits to what we can do and be in a good relationship with God.

b. Upholding righteousness, what is objectively good

1) God’s discipline includes punishment but is mainly training in righteousness (Heb. 12:5-6, 10).

2) We also need to act for what is objectively good, not just to please others:

– Not always going along with requests (e.g., time with family or friends)

– Not always giving, e.g., a brother with financial difficulties, a child

– Not forgiving automatically, if something has not been properly handled

– Holding others to righteousness, correcting and admonishing others, with authority when we have it

3) Grace and upholding righteousness

– We cannot love too much, but we can love wrongly.

– Discipline itself is love. *Those whom I love, I reprove and chasten; so be zealous and repent* (Rev. 3:19).

– We need wisdom to know how to love well in different situations.

4. Conclusion: 1 John 4:7-11

LOVE AND DISCIPLINE: SCRIPTURE & QUESTIONS

Talk 2

- “Beloved, let us love one another; for love is of God, and he who loves is born of God and knows God. He who does not love does not know God; for God is love” (1 John 4:7-8)
- “The LORD, the LORD, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness, keeping steadfast love for thousands, forgiving iniquity and transgression and sin, but who will by no means clear the guilty, visiting the iniquity of the fathers upon the children and the children’s children, to the third and the fourth generation.” (Ex. 34:7)
- “We cannot love too much, but we can love wrongly.” What does that look like in your life? In family relationships, friendships, or a romantic relationship?
- Can you love someone and challenge or correct them at the same time? What is it like to be on the receiving end of correction? How do we usually react? Why?
- In joining a community, we choose to allow other people to play a part in our spiritual growth and to play a part in theirs. What are good and bad ways to help one another?
- Why is it often hard to receive a challenging word from another person?

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MEEKNESS AND ZEAL

TALK 3

Introduction

- Our topic: *The fruit of the Spirit is...meekness* (Gal. 5:22-23)
- We will look at how the Christian combines meekness or humility with zeal both in the way he relates to authority and the way he relates to opposition.

1. The paradox of lowliness

- The scriptures often hold up to us the lowly: children (Matt. 18:1-4), the poor (Matt. 5: 3), and servants.
- Phil. 2:1-11: *Taking the form of a servant...became obedient*
 - Being willing to serve rather than advance oneself, being willing to obey
- Matt. 11:29; *I am meek and humble of heart.*
 - Christ is the model.

2. Meekness

- The English translations of the Greek – The Greek word can be translated “meekness” or “gentleness,” and it is related to “humility” or “lowliness.”
- The meaning of meekness – It does not mean being a doormat.
 - 1) Being respectful, courteous, disposed to show honor (Titus 3:1-2; see Sir. 4:8)
 - 2) Being teachable (James 1:21)
 - 3) Being obedient and disposed to cooperate (Phil 2:8; Titus 3:1-2)
 - 4) Not personally hostile in the face of abuse or attack (Num. 12:1-8; 2 Tim. 2:25; 1 Pet. 3:9, 13-15)
 - 5) Leading as a servant (Matt. 11:29; Gal. 6:1)

c. The root of meekness: brokenness

- 1) The gospel ideal is at odds with that of modern independent people who seek to come out on top and get their own way.
- 2) We need to have brokenness not in the sense of “crushed” but in the sense of “tamed”
– Broken of self-will

3. Filling out the picture

a. Matt 21:1-13 (John 2:17): *zeal for your house will consume me.*

- 1) We need the practical wisdom to combine meekness and humility with zeal and boldness.
- 2) “Zeal” does not mean enthusiasm but aggressive dedication (2 Tim. 1:7; 2:1; 4:7). We need zeal for God (Acts 22:3), for good works (Titus 2:14), for upholding what is right (1 Pet. 3:13).
- 3) Zeal and boldness are rooted in courage, personal strength.
- 4) They are expressed differently in men and women.

b. We can tell how to handle a situation by asking:

- 1) Whether we are in authority or under authority
- 2) When not in an authority relationship: whether our own claims/rights/preferences/way are at stake, or God’s *or* whether we are dealing with something that is a matter of right and wrong, or good and bad, or preference
- 3) What will help Even when we yield, we should do so with strength (John 18).

c. The inner key to combining meekness and zeal is being free enough from self to act in the wise and fitting way (Rom. 10:2-3).

d. The Lord is the model.

MEEKNESS AND ZEAL: SCRIPTURE AND QUESTIONS

Talk 3

1 When they drew near Jerusalem and came to Bethphage on the Mount of Olives, Jesus sent two disciples,

2 saying to them, "Go into the village opposite you, and immediately you will find an ass tethered, and a colt with her. Untie them and bring them here to me.

3 And if anyone should say anything to you, reply, 'The master has need of them.' Then he will send them at once."

4 This happened so that what had been spoken through the prophet might be fulfilled:

5 "Say to daughter Zion,
'Behold, your king comes to you,
meek and riding on an ass,
and on a colt, the foal of a beast of burden.'"

6 The disciples went and did as Jesus had ordered them.

7 They brought the ass and the colt and laid their cloaks over them, and he sat upon them.

8 The very large crowd spread their cloaks on the road, while others cut branches from the trees and strewed them on the road.

9 The crowds preceding him and those following kept crying out and saying:
"Hosanna to the Son of David;
blessed is he who comes in the name of the Lord;
hosanna in the highest."

10 And when he entered Jerusalem the whole city was shaken* and asked, "Who is this?"

11 And the crowds replied, "This is Jesus the prophet,* from Nazareth in Galilee."The Cleansing of the Temple.

12 Jesus entered the temple area and drove out all those engaged in selling and buying there. He overturned the tables of the money changers and the seats of those who were selling doves.

13 And he said to them, "It is written:
'My house shall be a house of prayer,'
but you are making it a den of thieves."

Matthew 21:1-13

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JOY

(AND SORROW)

TALK 4

Introduction

- *Our topic: The fruit of the Spirit is...joy (Gal. 5:22)*
- We will look at how the Christian responds to the good and bad things in life.

1. Christ and the apostles were men who responded in a good human way with feeling.

- Luke 10:21; 19:41; Mark 1:41; 10:21; Phil. 1:8
 - a. Christians are not what we think of as stoics, above or against feeling.
 - b. Nor do they let their emotions dominate them.
 - c. The good human (Christian) response is the integrated response, with feeling, but with feeling formed by the truth, responding to each situation in the appropriate way (1 Cor. 13:6; Eccles.3:4; Rom. 12:15).
 - d. We need practical wisdom to know what is the appropriate response in each situation.

2. Sorrow (grief) and mourning: the response to bad things that happen

- John 11:32-36: responding to death; Ezra 9-10 (9:3-4; 10:1, 16): responding to sin (repenting)
 - a. Mourning is not the same as getting depressed.
 - b. Mourning should be active, something we do.

3. Joy (rejoicing) and celebration: the response to good things that happen

– Luke 15:5-6; Neh. 8:9-12; Deut 12:10-12

a. Joy (rejoicing) is not the same as elation, exuberance, excitement; but it is a felt response.

b. Joy (rejoicing) could be translated “celebration” at times: it is something we do.

4. The most basic Christian response to life is joy.

a. It is not just a response to a particular situation, but a fundamental Christian trait (Gal. 5:22; Phil. 4:4; 1 Thess. 5:16).

b. It is based on the truth: the recognition of who the Lord is, what he has done for us, and our relationship to him (Phil. 4:4; Rom. 12:12).

c. It comes from the presence of the Holy Spirit in us (Gal. 5:22; Rom. 14:17; 1 Thess. 1:6).

d. It is connected to the hope we have in the Lord (1 Pet. 1:3-6; Rom. 12:12; 1 Thess. 4:13; James 1:2).

e. It is more basic than sorrow and will be everlasting (1 Thess. 4:13; Isa. 35:10).

5. Growing in Christian responsiveness

a. Our emotional responses can be changed over time, although there are limits.

b. Do not focus on the feelings, but focus on making the right response, and the feelings will change.

JOY (AND SORROW): SCRIPTURE & QUESTIONS

Talk 4

- "The fruit of the Spirit is...joy" **Gal. 5:22**
- "[There is] a time to weep, and a time to laugh; a time to mourn, and a time to dance." **Ecclesiastes 3:4**
- "Rejoice with those who rejoice, weep with those who weep."
Romans 12:15
- "Jesus wept." **Jn 11:35**
- "Rejoice always." **1 Thessalonians 5:16**
- Why are emotions important to human life?
- What is the difference between feeling an emotion and choosing how to respond to it?
- Joy is the basic Christian response to life. How can we be joyful in times of sorrow, frustration, or anxiety?

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FAITHFULNESS AND SELF- CONTROL

TALK 5

Introduction

- Our topic: *The fruit of the Spirit is...faithfulness, self-control* (Gal. 5:22-23)
- We will look at how Christians become the kind of people who are faithful in their love of God and neighbor.
- Self-control is not an opposite to faithfulness, but the underpinning of it.

1. Faithfulness

- a. God is faithful to those who belong to him (Ps 89:2; 62:6-8; 2 Thess. 3:3).
- b. Christ is faithful to God as a son (Heb. 3:1-6).
- c. What does it mean for us to be faithful?

1) To be faithful is to be reliable/dependable/trustworthy. A faithful person is:

- someone who can be counted on to fulfill responsibilities (Matt. 24:45-47)
- someone whose word is good (Ps 89:33-34; Heb. 11:11; 2 Cor. 1:15-20)
- someone you can trust beyond doing specific tasks (Titus 2:10; 2 Tim. 2:2)

2) To be faithful means to be loyal. A loyal person is:

- someone who will stand by you, even when you are in trouble
- someone who will speak up for you, defend you
- someone who will stand by you, even when you do not deserve it (2 Tim. 2:13) It is the virtue of a martyr (Rev. 2:13; 2:10-11).

3) We should be faithful to God and our brothers and sisters.

2. Self-control (self-mastery)

- a. Self-control is having a hold on oneself, being master of oneself.
 - 1) If we have self-control, we can choose the right or good response in various situations, rather than being controlled by our desires and emotions.
 - 2) We need self-control for each area of life (Sir. 18:30-33):
 - our physical appetites
 - our emotions
 - our intellectual and aesthetic appetites
 - our curiosity, our talking
 - 3) We need practical wisdom to know what is good self-control and what is excessive or defective.
 - 4) Self-control should be a general overall characteristic of our life so that we are ready to serve the Lord fully (1 Cor. 9:25; Prov. 16:32; 25:28).
 - Having self-control builds our confidence.
- b. Growing in self-control
 - 1) We need to want it, decide for it, work on it.
 - 2) It helps to live in an environment that is supportive (an orderly one).
 - 3) We need to work to get free from the addictiveness that is part of modern life.
 - 4) We need to guard against deceptive thoughts – romantic ideas of unrestrained self-expression and constant creativity.
 - 5) We need to have faith that we can change (hope in God).
- c. Self-control is not an end in itself.
 - We want it in order to become the kind of person who can be faithful in our love of God and neighbor.

FAITHFULNESS AND SELF-CONTROL: SCRIPTURE & QUESTIONS

Talk 5

- " Do not be afraid of anything that you are going to suffer. Indeed, the devil will throw some of you into prison, that you may be tested, and you will face an ordeal for ten days. Remain faithful until death, and I will give you the crown of life. 'Whoever has ears ought to hear what the Spirit says to the churches. The victor shall not be harmed by the second death.' " (Rev. 2:10-11)
- " Do you not know that the runners in the stadium all run in the race, but only one wins the prize? Run so as to win. Every athlete exercises discipline in every way. They do it to win a perishable crown, but we an imperishable one. Thus I do not run aimlessly; I do not fight as if I were shadowboxing. No, I drive my body and train it, for fear that, after having preached to others, I myself should be disqualified. "
(1 Cor. 9:24-27)
- Share a way a brother or sister has shown faithfulness to you or someone you know (no need to say names)
- Share in which way it encourages you and has opened your eyes to true faithfulness.
- Can you think of a small thing that you can do or change in your life to help you grow in self control?

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PATIENCE AND PERSEVERANCE

TALK 6

Introduction

Our topic: *The fruit of the Spirit is...patience* (Gal. 5:22).

– *Perseverance* is another commonly used word that is a synonym (not an opposite of) patience. Sometimes “patience” is used to cover both words.

– We will look at how Christians respond to obstacles as they seek to love God and neighbor.

1. Patience

a. The meaning of the word:

- 1) The Greek word means “great-tempered” and is the opposite of quicktempered or irritable.
- 2) The Hebrew phrase it translates means “slow to anger.”
- 3) Patience, then, means not to react angrily or even irritably, much less violently, when things do not go our way, but to keep at it.

b. God is patient (Exod. 34:6), as is Christ (1 Tim. 1:12-16).

- 1) Patience is important for success in our undertakings (1 Macc. 8:4; James 5:7).
- 2) Patience is important in caring for people (2 Tim. 4:2; 1 Thess. 5:14).
- 3) Patience involves self-control, an ability to wait (Sir. 1:23-4)
- 4) Patience helps us not to be constantly irritable.

2. Perseverance (endurance)

a. The meaning of perseverance

1) It is the word for undergoing suffering, hardship, or affliction and remaining faithful to something or someone or keeping at something.

2) The Lord is the model of perseverance, especially on the cross (Heb. 12:1-3).

– Perseverance takes strength and courage (verse 3).

3) We need to persevere to be saved at the end (Mk 13:13).

4) We need to persevere to grow in the fruit of the Spirit now (Luke 8:15).

b. Perseverance is anchored in hope, active confidence in the Lord (Rom. 8:24-25; Heb. 6:11-12, 19).

– Resignation can be helpful, but it is not full Christian hope (Rom. 8:28).

c. Perseverance strengthens character (James 1:2-4, 12; 1 Pet. 1:6-7).

– Christian character is not just infused, but is also attained by persevering in difficulty.

3. Christian character (2 Pet. 1:3-8)

a. Christian character makes us effective as Christians.

– The Lord is trying to make us men and women who do not just react to circumstances and are not just ruled by their desires, but who act with purpose and inner strength (Prov. 16:32).

b. We are to grow in character so that we can be like God and can be his sons and daughters, able to represent him in the way we live our lives.

PATIENCE AND PERSEVERANCE: SCRIPTURE & QUESTIONS

Talk 6

- The fruit of the Spirit is...patience. **Gal. 5:22**
- “And we exhort you, brethren, admonish the idlers, encourage the fainthearted, help the weak, be patient with them all.” **1 Thes. 5:14**
- “He who endures to the end will be saved.” **Mk. 13:13**
- Why is patience hard? Why is it important?
- Is there a time in your life when someone was patient with you?
- What is a personal situation that required perseverance?
- What is an area of your life now where you need to persevere?

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ON RELATIONSHIP

GOD SENDS US FRIENDS TO BE OUR
FIRM SUPPORT IN THE WHIRLPOOL OF
STRUGGLE. IN THE COMPANY OF
FRIENDS WE WILL FIND STRENGTH TO
ATTAIN OUR SUBLIME IDEAL.

ST. MAXIMILIAN KOLBE