



Title: From Flesh to Fruit

Galatians 5:19–23 (NLT)

"When you follow the desires of your sinful nature, the results are very clear... let me tell you again... that anyone living that sort of life will not inherit the Kingdom of God. But the Holy Spirit produces this kind of fruit in our lives..."

Proverbs 26:20 (NIV)

"Without wood a fire goes out; without a gossip a quarrel dies down."

James 3:5-6 (NLT)

"The tongue is a small thing that makes grand speeches. But a tiny spark can set a great forest on fire."

Big Idea:

Gossip isn't just a bad habit — it's a work of the flesh.

It opposes the Spirit of God in our lives.

As Spirit-filled believers, our calling isn't just to avoid gossip — it's to produce **fruit** that reveals Jesus to the world.

Gossip: A Fleshly Fire

Definition:

Gossip is speaking negatively about someone else behind their back — often without the full truth, without permission, and without love.

Galatians 5:19–21 (NLT):

"When you follow the desires of your sinful nature... hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division..."

Notice: Gossip may not be listed by name, but it **feeds division, quarreling, and dissension.**

It's not a small sin—it's fuel for the works of the flesh.

**Truth:**

Gossip is often disguised as “concern,” but it’s really control.
It's often fueled by insecurity, bitterness, or pride.
It costs more than we think: trust, unity, peace.

The Fruit of the Flesh vs. The Fruit of the Spirit.**The Flesh Leads To:**

Gossip
Division
Assumptions
Harsh speech
Insecurity
Jealousy

The Spirit Leads To:

Love instead of slander
Joy instead of bitterness
Peace instead of drama
Patience instead of rushing to conclusions
Kindness instead of harshness
Goodness instead of manipulation
Faithfulness instead of betrayal
Gentleness instead of being overbearing
Self-control instead of running wild with our words

Galatians 5:22–23 (NLT):

"But the Holy Spirit produces this kind of fruit..."

How Gossip Grieves the Spirit.**Ephesians 4:29–30 (NLT):**

"Don't use foul or abusive language. Let everything you say be good and helpful... And do not bring sorrow to God's Holy Spirit by the way you live."

Gossip **grieves** the Holy Spirit.

It **quenches** the flow of God's presence in your life and in the church.



A Higher Calling: Be a Fruit Bearer

We are not just called to avoid gossip — we are called to be known by our fruit.

John 15:8 (NIV):

"This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples."

You're not just saved **from** sin — you're saved **for** a life filled with the Spirit.

You're not just called to **control your tongue**, but to **speak life**.

Practical Ways to Walk in the Spirit

A. Check Your Heart Before You Speak

Ask: Is this loving?

Ask: Would I say this if they were here?

B. Replace Gossip with Intercession

Don't talk about them — **pray for them**.

C. Guard Your Circle

Proverbs 20:19 — *"Don't associate with chatterers."*

Who you allow around you matters. Choose Spirit-filled, fruit-bearing voices.

D. Be Spirit-Filled Daily

You can't bear fruit if you're not filled with the Spirit.

This is a **daily surrender** — not a one-time experience.

Gossip is not a personality quirk. It's a **spiritual issue** rooted in the flesh.

But the good news? You don't have to live in the flesh. You can live by the **power of the Holy Spirit**.

You were made to bear fruit that blesses others, builds the church, and glorifies God.



Ask the Lord:

“Search my heart.”

“Cleanse my speech.”

“Fill me with Your Spirit.”

Let’s be people who **crucify the flesh** — and walk fully alive in the Spirit.

Prayer:

“HOLY SPIRIT, I REPENT FOR THE TIMES I’VE ENTERTAINED GOSSIP OR FUELED IT. I SURRENDER MY TONGUE, MY THOUGHTS, AND MY EMOTIONS TO YOU. LET THE FRUIT OF YOUR SPIRIT BE EVIDENT IN MY LIFE — IN HOW I SPEAK, HOW I TREAT OTHERS, AND HOW I CARRY MY SELVE. MAKE ME MORE LIKE YOU, FROM THE INSIDE OUT. IN YOUR NAME, AMEN.”