

## Overcoming Denominational Barriers Part 4 Fruit of the Spirit

### Foundational Scripture:

Gal 5:22 But the fruit of the Spirit is love, joy, peace, longsuffering (*patience*), gentleness, goodness, faith, v23 Meekness (*humility*), temperance (*self-control*): against such there is no law. v24 And they that are Christ's have crucified the flesh with the affections and lusts.

#### A. Living with the Holy Spirit.

Joh 16:7 Nevertheless I tell you the truth; It is expedient for you that I go away: for if I go not away, the Comforter will not come unto you; but if I depart, I will send him unto you.

Joh 14:16 And I will pray the Father, and he shall give you another Comforter, that he may abide with you for ever;

Joh 14:26 But the Comforter, [which is] the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you.

#### B. What is the Fruit of the Spirit (FOS)?

The FOS is one fruit with nine parts. It is the reflection of the character of the Holy Spirit in our life, particularly in our soul. God changes us from the inside out. The first step is that our spirit man is born again; then our heart is softened as we learn and accept more of the Word of God; next, our soul prospers as we let the Holy Spirit lead us into developing the FOS; finally, our physical health and finances also prosper.

3Jo 1:2 Beloved, I wish above all things that thou may prosper and be in health, even as thy soul prospers.

The best measurement of the prosperity of our soul is the FOS.

As we practice improving in the nine parts of the FOS, God helps us. His help is greatest at the top (love) and diminishes gradually to a minimum with the bottom. Self-control, moderation, and temperance are all names for the bottom part of the fruit and the names show the importance of our part in the process.

#### C. How does the FOS work?

1Jo 2:15 Love not the world, neither the things [that are] in the world. If any man love the world, the love of the Father is not in him.

1Jo 2:16 For all that [is] in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world.

As we choose to partner with the Holy Spirit by speaking and living the parts of the FOS, it enables the Holy Spirit to change our character by softening our heart which changes the behavior of our soul. The best measurement of our Christian character is the extent to which we are living in the FOS.

The FOS consists of three sets, each counteracting a category of sin.

1. Spiritual: Love, Joy and Peace - This set counteracts the pride of life.
2. Emotional (Mental): Patience, Gentleness, Goodness - Lust of the eyes.
3. Physical (Carnal): Faith, Meekness, Self-control - Lust of the flesh.

D. Led by the Spirit.

Rom 8:14 As many as are led by the Spirit of God, they are the sons of God. God wants us to grow from babies feeding on the milk of the Word, through adults feeding on the meat, to sons feeding on strong meat, and finally to overcomers (Sons of God Rev 21:7).

We accomplish this by being obedient to the Word and partnering with the Holy Spirit. We listen to the inner still small voice (1 Kings 19:12) so the Holy Spirit can teach us and lead us. We are partnering with the Holy Spirit, so we view every violation of the FOS as a sin and confess it as a known sin (1 John 1:9).

E. Escalator of the FOS.

A virtuous cycle is the opposite of a vicious cycle. It pulls you up, not down. If you increase the top (love) and the bottom (self-control) parts of the FOS, the FOS functions like an escalator. By this I mean that the cycle of the nine parts of the FOS will pull you into a closer and more intimate relationship with God.

**Example 1** God's power flowing down the FOS in you to change you.

As you increase in love, you spend more time in His presence wherein there is joy. Your mind is more focused on God and you are kept in perfect peace when your mind is fixed on Him. As you grow in love, joy and peace, your patience improves. The combination of these four produces gentleness with more of God's goodness being displayed in you. Faith works by love and so your prayers become more powerful. The power of God flowing through you in manifested prayers produces humility, enabling you to exhibit more self-control.

**Example 2** Your behavior moving you up the FOS to change you.

As you exercise more self-control to spend time reading the Bible, your humility grows because you are putting God first. He exalts the humble so your faith increases. As your faith increases, you pass on more of the goodness of God. As you display more goodness, your gentleness increases; then, your patience. This produces more peace, resulting in more joy. These increase your love.

If you study the great men and women of God, you will see they point to a specific incident when their life or ministry changed. It was a time when their love of God caused them to use their self-control to do something special for God, such as getting up earlier in the morning to start their day with prayers. So, imitate them. Don't wait. Jump onto the Escalator of the FOS. Let your love for God cause you to increase your self-control to do something for God. Let the virtuous cycle flow both downwards and upwards to propel you into a closer, more intimate walk with your Abba Daddy, Your Heavenly Father.

## Spirit-Led Changes

### Overview

- God changes us from the inside out: spirit, heart, soul, mind and body.
- Your financial prosperity follows your health.  
Proper and be in health even as your soul prospers. 3 John 2
- Both depend on the deliverance of your soul.  
The engrafted Word will deliver your soul. James 1:21
- The best measure of the prosperity of the soul is the  
Fruit of the Spirit. Gal 5:22,23

<b>Fruit of the Spirit</b>	<b>Direction</b>	<b>Actions which conform to walking in the Fruit of the Spirit</b>	<b>Actions which contradict the Fruit of the Spirit ( i.e., sins and iniquities)</b>
<b>Love</b>	God	Keeps His Commandment. Spend time with Him. Have no idols.	Disobedience to God, sins. Partial disobedience, being unwilling. Placing something more important.
	Yourself	Forgive yourself, treat self to something special, get in alignment, give to yourself.	Self hatred, condemnation, accident-prone, self-destructive behavior, self-rejection, self-centered focus.
	Others	Forgive them, share, serve them. Look out for their best interests. Give to them.	Criticism, negative words or thoughts. Impatience, harshness, anger.
<b>Joy</b>	God	Enjoy being in His presence. Spontaneous praise.	Become angry or impatient with Him.
	Yourself	Enjoy being by yourself. Delight in your accomplishments, both big and small.	Dissatisfaction, mind-racing, depressed.
	Others	Laugh with them and their jokes. Work at making others joyful in your presence.	Ignore them, rudeness, seek isolation.
<b>Peace</b>	God	Keep your eyes fixed on Him. Pray and believe (Phil 4:6,7)	Carnal desires, guilt, sin, lack of trust. Anxiety, fear.
	Yourself	Sense of well being, relaxed. No anxiety.	Fear, turmoil and anguish, worry.
	Others	Harmony, friendly, smiling faces. Serving others. Desire to edify others.	Strife, arguments and confusion. Selfishness.
<b>Patience</b>	God	Trust Him, gratitude, be thankful, focus on His track record.	Complains re why is it taking so long. Do it yourself instead of waiting.
	Yourself	Not self critical. Don't grow weary in well doing. Think upon Godly things Phil 4:8.	Agitated, self-deprecating words. Negative self talk.
	Others	Not applying urgency or pressure. Esteem others greater than self. Phil 2.	Snapping at them or showing irritation. Insisting on your own way. Unyielding personal agenda.

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<b>Gentleness (kindness)</b>	God	Don't blame Him or get angry. Meditations of heart Ps 19:14.	Talk to Him in frustration.
	Yourself	Your self-talk is kind. Be content in all things.	You re hard on yourself. Perfectionism.
	Others	Easy-going, understanding, soft spoken, law of kindness on your lips, words bring grace Eph 4:29.	You are pushy or demanding.
<b>Goodness</b>	God	Have fellowship because you want it, not because you have to do it. Give to the poor.	Turn your back on Him when the going gets rough. Neglect Him. Being bad in word, action, attitude, etc
	Yourself	Care for yourself spirit, soul body. Count it all joy. Encourage yourself.	Not liking yourself. Self-destructive behavior. Low self-esteem. Escapism. Not taking care of self.
	Others	Be helpful, be giving, be kind. Visit widows, orphans and the sick.	Not helping when you can. Being self-centered. Defiant.
<b>Faith</b>	God	Act on His Word.	Act on fear. Yield to emotions. Make decisions by sight not by faith.
	Yourself	Have confidence that you and God can do all things.	Expecting failure. Speaking curses. Speaking doubt and unbelief.
	Others	Believe what others say. Be ever ready to believe the best of every person.	Not trusting others. Not giving others a chance. Rejecting others.
<b>Humility (Gentleness, meekness)</b>	God	Live with Him as Lord of all. Acknowledge Him in all your ways. His Word is law. Trust Him	Pride. Making all your own decisions. Taking credit for your successes.
	Yourself	Recognize there but for the grace of God go I. Have a sweet attitude.	Believing that you are always right. Believing that you are better or smarter or more righteous than others.
	Others	Respect them and listen to them. Defer to them and esteem them better than yourself.	Monopolize the conversation. Being a poor listener or interrupting. Finishing the sentences of others.
<b>Self-Control (Moderation, discipline)</b>	God	Study to show yourself approved. Present your body as a living sacrifice.	Not spending time with God. Not going to church. Not studying the Bible.
	Yourself	Use same rules for self as you do for others. Accept corrections. Renew your mind to the Word.	Laziness, pleasure loving, over-eating. Obsessive-compulsive. Anything you do in excess.
	Others	Keep your mouth shut and listen. Quick to listen, slow to speak. Learn to apologize.	Forsaking assembling with believers. Telling them what is best for them. A life style of not apologizing.