

2016

# The Fruit of the Spirit

*The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. (Galatians 5:22-23)*



# **The Fruit of the Spirit**

**August 2016**



**Printed by:**  
**Minuteman Press,**  
**917-A West 7th St.**  
**Frederick, Md. 21701**  
**[minman.frederick@erols.com](mailto:minman.frederick@erols.com)**  
**[www.frederick.minutemanpress.co](http://www.frederick.minutemanpress.co)**

**All scripture quotations are taken from Holy Bible, New International Version®, NIV® Copyright ©1973, 1978, 1984, 2011 by Biblica, Inc.® Used by permission. All rights reserved worldwide.**

## ***The Fruit of the Spirit***

**The fruit of the Spirit is what we receive when God sends the person of the Holy Spirit to live in the believer.**

**If you love me, keep my commands. And I will ask the Father, and he will give you another Advocate to help you and be with you forever— the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you. (John 14: 15-17)**

**The Holy Spirit is spiritual and lives in the heavenly realms. The more we pray, keep our thoughts on God, communing with God, praising, and thanking God, the more our soul is in the Spirit or in the heavenly realm. There we find comfort from the fruit of the Spirit.**

***The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. (Galatians 5:22-23)***

**We will discuss each fruit of the Spirit and the effect it can have on us.**

### ***Love***

**Agape love is the highest form of love, the love of God for man and of man for God. Not to be confused with "– brotherly love – agape love embraces a universal, unconditional love that serves regardless of circumstances. It refers to the covenant love of God for humans, as well as the human love for God; and extends to the love of one's fellow man.**

***Whoever does not love does not know God, because God is love. (1 John 4-8)***

***If I speak in the tongues of men or of angels, but do not have love, I am only a resounding gong or a clanging cymbal. If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but do not have love, I am nothing. If I give all I possess to the poor and give over my body to hardship that I may boast, but do not have love, I gain nothing.***

***Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails. (1 Corinthians 13:1-8)***

**Love is the heart of the Christian life. The fruit of the Spirit is love and the remaining fruit is how we show God's love.**

**Dr. Newberg at the University of Pennsylvania has documented that all forms of contemplative meditation were associated with positive brain changes—but the greatest improvements occurred when participants meditated specifically on a God of love. Such meditation was associated with growth in the prefrontal cortex (the part of the brain right behind the forehead where we reason, make judgments and experience Godlike love) and subsequent increased capacity for empathy, sympathy, compassion and altruism. But here's the most astonishing part. Not only does other-centered love increase when we worship a God of love, but sharp thinking and memory improve as well. In other words, worshipping a God of love actually stimulates the brain to heal and grow. <sup>1</sup>**

**God's love changes our heart. We start caring about people the way God cares about people; first with our family, friends, Christian brothers, strangers, and even our enemies.**

**Dr. Jennings wrote, "God's law of love is the outward flow of his personhood in the constant dispersion of himself to create,**

**uphold and sustain the universe. This giving, outward-moving, other-centered love is the design on which all creation was constructed to operate. The law of love is the principle of selfless giving, which is the foundation upon which all life is built to function. Simply put, the law of love is the law of life! Harmony with this principle brings life, health and happiness.”<sup>2</sup>**

**To know God is to know his love. Love is the foundation of faith, peace, and joy. Love is not weakness; love is strength, built on a foundation of security and confidence; and a strong identity in Christ.**

***We know that we have come to know him if we keep his commands. (1 John 5:4)***

## ***Peace***

***Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:6-7)***

**The peace from God never goes away because it is eternal. We have an infinite supply of peace from the Holy Spirit. If we had perfect faith we would have no fear from Satan and have perfect peace. Peace opens the door for joy and rest to our souls.**

***Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. (Matthew 11:29)***

**This past year the Lord is teaching me to receive his rest for my soul. I am not sure I can explain it, but I will try. It's all the fruit of the Spirit, flooding the soul, wrapped in God's love, revealed in faith – a faith that is becoming so strong it is destroying fear from Satan. Perfect love gives perfect faith. Perfect faith gives perfect rest. We**

**move closer to perfection in our lives, and we continually grow in love, peace, and rest for our souls.**

## ***Joy***

**Joy comes from knowing God is in control and the certainty of our eternal life. Therefore we trust the Lord, giving him control and asking him for guidance as we plan and live each day toward our Heavenly home. Praising the Lord helps us to understand his love and to know all things are possible for God, (Matthew 19:26).**

**Below are quotes from Rick Warren and Michael Youseff about Joy from the Lord.**

**Joy is the settled assurance that God is in control of all the details of my life, the quiet confidence that ultimately everything is going to be alright, and the determined choice to praise God in every situation.<sup>3</sup>**

**“Nehemiah wrote, “The joy of the Lord is your strength” (Nehemiah 8:10).**

**Praise teaches us to turn our eyes away from circumstances to the One who has the ability to heal, save, renew, and mend every broken heart.**

**There is a difference between happiness and joy. Happiness is something we experience for a moment and is often short lived. Joy is eternal. It comes only as a result of living a life of praise. Praise comes as a result of a heart that is overflowing with joy that may even come in lonely moments. Suddenly, you find yourself being comforted by the One who created you and who understands your grief and sorrow. You may feel as though you cannot praise God but if you will just take a step toward praise, you will sense God’s arms surrounding you.**

**Your praise can be as simple as this: “To you, O Lord, I lift up my soul; in you I trust, O my God.” Let praise steady your heart**

**when trouble comes and gain God's perspective on your current situation. Take time to thank God for what He has done for you. He has saved you and given you an opportunity to know and love Him. Remember He loves you with unconditional love and will not withhold His love from you.”<sup>4</sup>**

**Our deepest gratitude, honor, and glory belong to the Lord. Praise Him for He is worthy to be praised! (Psalm 18:3)**

## ***Patience***

**Having patience is critical if we want peace and joy in our lives. Impatience can destroy our peace and joy and cause us to drift away from God. One of Satan's favorite weapons is impatience. If we become impatience, fear can drive us inward and away from God. We start making our own decisions and no longer seek Godly wisdom. We are essentially saying, “God I don't see you working in my life in this situation, so I have lost trust in you.”**

**If you want to know the power of patience, stop for a moment and imagine having perfect patience. What happens to worry and fear as patience increases?**

***Wait for the Lord; be strong and take heart and wait for the Lord. (Psalm 27:14)***

***Rejoice in hope, be patient in tribulation, be constant in prayer. (Romans 12:12)***

**Impatience can enter into every area of our lives. We can become impatience in preparing to go somewhere, in driving, in completing a project, in our own situation, with people, and with God. If we get impatient waiting on God, do you think God gets impatient waiting on us? I have found my patience increases when I say to myself; “Lord you are in control, help me walk in your will and to be still inside.” Remind yourself God is in control and slow down inside. Start practicing patience in every situation and notice the peace and**

**calmness. Do you think the Lord wants us to be impatient? Have you read anywhere where Jesus was impatient? The Lord wants you to stay calm, walk in peace knowing he has everything in control and will guide you in making wise decisions.**

***Trust in the LORD with all your heart and lean not on your own understanding; (Proverbs 3:5)***

**Too often we say we trust the Lord, but lean on our own understanding. When we trust the Lord in making decisions, he will be with us as we carry out the decision.**

## ***Kindness***

**It all starts with kindness, treating people with respect even when they don't deserve it.**

***Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, (Philippians 2:3)***

**When we start treating people with respect, God opens our heart to receive more of his kindness and love. What does it take to be kind to others, when they are not kind to us?**

***And if you greet only your own people, what are you doing more than others? Do not even pagans do that? (Matthew 5:47)***

**To show kindness to everyone requires a humble heart A humble person is confident and secure, having their self-worth in Christ. A humble person does not have to prove themselves to the world or be approved by the world. They are approved by God. A humble person is secure, enabling them to show kindness even if they do not receive kindness.**



## ***Goodness***

**Goodness is the resistance of moral evil, and the choosing of moral good. We overcome evil by doing good.**

**Do not be overcome by evil, but overcome evil with good.  
(Romans 12:21)**

**A heart of goodness is a heart that desires to overcome the sinful nature and walk in the Godly nature. Fortunately God looks at the heart because our flesh will keep us from being perfectly good.**

**Why do you call me good?" Jesus answered. "No one is good except God alone." (Mark 10:18)**

**When our heart has the desire to fight the sinful temptation, then our heart is right with God. We learn to be spiritual warriors and fight for our eternal soul, because Satan is always trying to steal our soul away from God.**

**You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world. (1 John 4:4)**

**We seek victory in Christ when we fight the spiritual war, striving to continue in goodness.**

**For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. (Ephesians 6:12)**

## ***Faithfulness***

**Faithfulness is to be reliable, steadfast and unwavering. When a person walks consistently with God, in humble service to him, he or she is faithful.**

**A faithful person continues to walk in accordance to the will of God, and nothing or no one can stop that person. It is the determination that Satan and the world cannot break; not family, not friends, not fear, and not even death.**

**As we continue to walk with the Lord we become more faithful because faithfulness comes from being obedient to the Lord.**

**If you love me, keep my commands. (John 14:15)**

**Our hearts open more to God's love as we develop a closer relationship with the Lord. Love is the driving force for our obedience, which makes us faithful.**

**'I have found David son of Jesse, a man after my own heart; he will do everything I want him to do.'(Acts 13:22)**

**God found David faithful because he obeyed God's good, pleasing, and perfect will. A faithful person is a person who is true to his word and is dependable. A faithful person can be trusted.**

## ***Gentleness***

**Gentleness is the sensitivity of disposition and kindness of behavior, founded on strength and prompted by love. Gentleness is how we interface with people. It is our choice of words and the tone of voice we use to present our words. We choose words that will not be threatening or critical, or start a defensive emotional response. Instead we handle the conversation with Godly wisdom, encouraging and uplifting the person, even if the person is wrong.**

**Gentleness is a great skill to learn because it helps us in all our relationships. Life is relationships and our success in life depends on relationships.**

**Let your gentle spirit be known to all men. The Lord is near.  
(Ephesians 4:2)**

**Gentleness is not weakness, it is Godly wisdom in handling relationships, and requires the security and confidence that comes from someone who is humble.**

## ***Self Control***

**Self control is the ability to control oneself, in particular one's emotions and desires or the expression of them in one's behavior, especially in difficult situations.**

**Self control is a problem for many people in this world because they speak and act based on their emotions or feelings. This is living in the primitive state of the brain instead of living with intelligence and Godly wisdom. Our emotions are designed by God to aid in making Godly decisions. However Satan will tempt us to respond strictly out of our emotions because he doesn't want us to consult with God.**

**My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, (James 1:19)**

**He who is slow to anger is better than the mighty, And he who rules his spirit, than he who captures a city. (Proverbs 16:32)**

**Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil. (Ephesians 4:26-27)**

**The world can take control of us if we make choices based solely on our feelings. When our Godly reasoning and conscience tells us what we should do and our feelings tell us to something else, we have a spiritual war within us.**

**“When people exercise their will to choose to act in a manner that violates reason and conscience, they damage themselves, becoming restless, uneasy, and anxious. But when the will follows the direction of reason and conscience, then even though it might not feel good at the moment, healing occurs, and internal peace, confidence, and contentment result.”<sup>5</sup>**

**When we overcome the sinful emotion from Satan and choose Godly reasoning, we build strength and confidence and we reap a better consequence. If we continue to make Godly choices our brain wires making it easier to take our emotions, whatever they are, and apply Godly wisdom.**

**The ability to understand our emotions and use them to make Godly choices, is called Emotional Intelligence (EQ). “Of all people we’ve studied at work, we have found that 90% of high performers are high in EQ. No matter whether people measure high or low in EQ, they can work to improve it.”<sup>6</sup> Learning to control our emotions and use Godly wisdom has proven to help us be successful in our work, and helps us to be successful in relationships, especially with our family.**

## ***Summary***

**The Holy Spirit is what God gives us to cleanse our soul so he can see us sinless. The Spirit changes our heart and molds us to the mind of Christ, guides us through life, and gives us the comfort and confidence we need to endure this world. The Holy Spirit makes us one with God.**

**The longer we walk with the Lord the more we experience the fruit of the Holy Spirit and the more comfort the Spirit gives us as our faith in the Lord continues to increase. The apostle Paul lived in the comfort and security of the Spirit when he said “I have learned the secret of being content in any all circumstances;” (Philippians 4:12). The Spirit fills us with the perfect love of God, thereby reducing our fear. It’s fear that Satan uses to steal our peace, joy, and security in life.**

**There is no fear in love. But perfect love drives out fear, (1 John 4:18)**

**Pray, read the Word, commune with God praising him and thanking him, fellowship with Christian brothers and sisters, and let the fruit of the Spirit fill your soul with love, peace, and joy, as you walk through life with confidence, wisdom, and security in Christ.**

## Notes

1. Timothy Jennings, MD, *The God Shaped Brain* (Chattanooga, Tn: Lenox Publishing, 2012) 27.
2. Ibid 24
3. Rick Warren, *The Definition of Joy*, Accessed August 17, 2016 from <http://rickwarren.org/devotional/english/the-definition-of-joy>
4. Dr. Michael Youseff, *Experiencing God's Power Through Praise*, Accessed August 17, 2016 from <http://www.oneplace.com/ministries/leading-the-way/read/articles/experiencing-gods-power-through-praise-8902.html>
5. Timothy Jennings, MD, *Could It Be This Simple?* (Chattanooga, Tn: Lenox Publishing, 2012) 24
6. Travis Bradberry & Jean Greaves, *Emotional Intelligence* (San Diego, Ca: TalentSmart, 2009)21