

Fruit of the Spirit
Part 1

Authority over Your Body

Overview: The Fruit of the Spirit is love, joy, peace, patience (longsuffering, endurance, constancy), gentleness (kindness), goodness (virtue), faith, humility (meekness) and self-control (discipline, moderation) Gal 5:22-23.

ABC Definition: Love, joy, peace, patience, gentleness, goodness, faith, humility, self-control.

A. What is the Fruit of the Spirit (FOS)?

1. The FOS is the best measure of your spiritual character (i.e., of your Christian maturity).

2. Spirit and Body

- a) The Holy Spirit dwells in your spirit, so the entire Fruit is present in your spirit.
- b) The spirit does not sin because God lives in your spirit.
- c) The spirit cannot sin because the perfect presence of the Fruit prevents sin.
- d) The body has no will and therefore cannot manifest the Fruit.

3. Heart, Soul and Mind

a) Heart

- 1) The heart is primarily concerned with the spiritual aspects of the Fruit (e.g., love, joy, peace). The focus is on God, who gives you the most help in these areas to create in you a clean heart. Psa 51:10
- 2) The love of God is shed abroad in your heart. Rom 5:5
- 3) The peace of God will keep your heart. Phil 4:7
- 4) A merry (joyful) heart doeth good like a medicine. Pro 17:22

b) Soul

- 1) The soul is primarily concerned with the internal aspects of the Fruit.
- 2) The focus is on the changes which are on the inside of you (e.g., patience, gentleness, goodness). In order to change in these areas, you will need to do enough of the work to meet God half-way.
- 3) An example is that in your patience, you will possess your soul. Luke 21:19

c) Mind

- 1) The mind is primarily concerned with the external aspects of the Fruit.
- 2) The focus is on your interaction with the external world (e.g., faith, humility, control). Here, you will need to do most of the work to achieve the change.
- 3) An example is that the shield of faith quenches the fiery darts. Eph 6:16

B. The Escalator of the Fruit of the Spirit (FOS)

1. Understanding how you change

- a) Jesus came to set us free, all five parts. Luke 4:18
- b) God changes you from the inside out, first your spirit is born again.
- c) You help change ourselves from the outside in, starting with control (i.e., discipline, moderation, temperance).

2. Virtuous Cycle

- a) The FOS is like a virtuous cycle. As you grow in one part, the cycle pulls you into deeper growth in the other parts.
- b) The virtuous cycle of the FOS functions like an escalator, moving you into a closer and closer relationship with God.
- c) Increasing the 1st (or top) part of the FOS (i.e., love) and the 9th (or bottom) part of the FOS (i.e., discipline, control) gets you on the escalator of the virtuous cycle.

3. Using the Escalator of the FOS
 - a) Examples abound in the lives of the great men and women of God.
 - b) Because of loving God (i.e., 1st or top of the Fruit), you make a decision to exercise discipline (i.e., 9th or bottom of the Fruit) over your flesh to do something for God (e.g., Get up 1 hour earlier to pray).
 - c) Praying is an act of obedience to God, which increases your love; which in turn increases control over your flesh; which allows you to spend more time in prayer.

C. Discipline

1. Synonyms are: discipline, temperance, moderation, self-control.
2. Present your bodies as living sacrifices ... and be not conformed to this world but be you transformed by the renewing of your mind. Rom 12:1-2
 - a) **Affirm:** "In the NOJ, I reckon myself dead to sin but alive to God." Rom 6:11
 - b) Let not sin reign in your mortal body, that ye should obey it in the lusts, by confessing sins frequently. Be sure to **RRB** after each known sin. Rom 6:12
 - c) Neither yield ye your members as instruments of unrighteousness unto sin: but yield yourselves unto God, as those that are **alive from the dead**, and your members as instruments of righteousness unto God. Rom 6:13
Rom 6:4
3. Examples of the 9th part of the FOS.
 - a) But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway. 1 Cor 9:27
 - b) Let your moderation be known unto all men. The Lord is at hand. Phil 4:4-8
 - c) For in many things we offend all. If any man offend not in word, the same is a perfect man, and able also to **bridle** (i.e., control) the whole body. James 3:2
Affirm: "In the Name of Jesus (NOJ), God has made the words of my mouth and the meditations of my heart pleasing to Him." Psa 19:14

D. Authority over your Body

1. Speak to your body as you did to nature and circumstances. You have authority over everything that moves upon the earth, which includes your body. Gen 1:28
2. You cannot perfect yourself on your own. **Rely on the Holy Spirit** by praying in tongues a lot. Target 1 dedicated hour of tongues per day plus more during chores. Eph 6:18
 - a) Continue in the Spirit by walking in faith. Gal 3:3 Amp
Are you so foolish ...? Having begun [your new life spiritually] with the [Holy] Spirit, are you now reaching perfection [by dependence] on the flesh?
 - b) Continue in the Word. It will set you free. **Hear. Speak. Do.** John 8:31-32
 - c) **Affirm:** "In the NOJ, I have the mind of Christ." 1 Cor 2:16
3. The blessings of controlling your body 2 Pet 1:2-10
 - a) **Grace and peace** be multiplied unto you through the knowledge of God, and of Jesus our Lord..... Whereby are given unto us **exceeding great and precious promises**: that by these ye might be **partakers of the divine nature** ... 2 Pet 1:2-4
 - b) And beside this, giving all **diligence**,For if these things be in you, and abound, ye shall neither be barren nor unfruitful in the knowledge of our Lord Jesus Christ. 2 Pet 1:5-8
 - c) Wherefore, brethren, give diligence to make your calling and election sure: for if ye do these things, **ye shall never fall.** 2 Pet 1:10