

## Healing Through the Fruit of the Spirit Part 1 Exercise Introduction

### Intro Note

Mat 22:37 Jesus said unto him, Thou shalt love the Lord thy God with all thy \_\_\_\_\_, and with all thy \_\_\_\_\_, and with all thy \_\_\_\_\_.

1Th 5:23 And the very God of peace sanctify you wholly; and [I pray God] your whole \_\_\_\_\_ and \_\_\_\_\_ and \_\_\_\_\_ be preserved blameless unto the coming of our Lord Jesus Christ.

### (1) Spirit and Body

#### (2) Heart

Rom 5:5 And hope maketh not ashamed; because the \_\_\_\_\_ of God is shed abroad in our \_\_\_\_\_ by the Holy Ghost which is given unto us.

Pro 17:22 A merry \_\_\_\_\_ doeth good [like] a \_\_\_\_\_: but a broken spirit drieth the \_\_\_\_\_.

Neh 8:10 Then he said unto them, Go your way, eat the fat, and drink the sweet, and send portions unto them for whom nothing is prepared: for [this] day [is] holy unto our Lord: neither be ye sorry; for the \_\_\_\_\_ of the LORD is your \_\_\_\_\_.

Phi 4:6 Be careful for nothing; but in \_\_\_\_\_ by prayer and supplication with thanksgiving let your \_\_\_\_\_ be made known unto God.

Phi 4:7 And the \_\_\_\_\_ of God, which passeth all understanding, shall keep your \_\_\_\_\_ and \_\_\_\_\_ through Christ Jesus.

#### (3) Soul

Luk 21:18 But there shall not an hair of your head \_\_\_\_\_.

Luk 21:19 In your \_\_\_\_\_ possess ye your \_\_\_\_\_.

2Ti 2:24 And the servant of the Lord must not strive; but be \_\_\_\_\_ unto all [men], apt to teach, \_\_\_\_\_,

Psa 107:9 For he satisfieth the longing \_\_\_\_\_, and filleth the hungry soul with \_\_\_\_\_.

Pro 11:17 The \_\_\_\_\_ man doeth good to his own soul: but [he that is] cruel troubleth his own flesh.

#### (4) Mind

Eph 6:16 Above all, taking the \_\_\_\_\_ of \_\_\_\_\_, wherewith ye shall be able to quench all the fiery \_\_\_\_\_ of the wicked.

Phi 2:8 And being found in fashion as a man, he \_\_\_\_\_ himself, and became obedient unto death, even the death of the cross.

Rom 6:11 Likewise reckon ye also yourselves to be \_\_\_\_\_ indeed unto sin, but \_\_\_\_\_ unto God through **Jesus Christ our Lord.**

Gal 2:20 I am \_\_\_\_\_ with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the \_\_\_\_\_ I live by the faith of the Son of God, who loved me, and gave himself for me.

**Rom 12:1** I beseech you therefore, brethren, by the mercies of God, that ye \_\_\_\_\_ your bodies a \_\_\_\_\_, holy, acceptable unto God, [which is] your reasonable service.

**Rom 12:2** And be not \_\_\_\_\_ to this world: but be ye \_\_\_\_\_ by the renewing of your \_\_\_\_\_, that ye may prove what [is] that good, and acceptable, and perfect, will of God.

**Note:** The word “transformed” is the Greek word “metamorphoo,” from which we get the English word “metamorphosis.” A metamorphosis is the change of one life form to another (e.g., an ugly caterpillar to a beautiful butterfly or an ugly duckling to a majestic swan). We are being changed into new creations, inhabited by God with His glory in us and all around us, so that we can start walking in the beauty of holiness and start using His authority and power.

### E. Virtuous Cycle

1. A virtuous cycle is the opposite of a vicious cycle. It pulls you up, not down.
2. If you increase the part of the Fruit which is at the top (i.e., love) and at the bottom (i.e., discipline) then, like an escalator, the cycle of the Fruit of the Spirit will pull you into a closer and more intimate relationship with God.

The top of the Fruit of the Spirit is Love, Joy, Peace & Patience. Write down some practical ways you can increase in these areas of the Fruit. \_\_\_\_\_

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The bottom of the Fruit of the Spirit is Self Control, also translated as discipline or temperance. Write down some practical ways you can be more disciplined in your life regarding spiritual things. \_\_\_\_\_

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