

Healing Through the Fruit of the Spirit Part 1 Introduction

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.

A. Spirit and Body

1. The Holy Spirit dwells in your spirit, so the entire Fruit is present in your spirit.
2. The spirit does not sin because God lives in your spirit.
3. The spirit cannot sin because the perfect presence of the Fruit prevents sin.
4. The body has no will and therefore cannot manifest the Fruit.

B. Heart

1. The heart is primarily concerned with the spiritual aspects of the Fruit. The focus is on God.
2. The love of God is shed abroad in your heart. Rom 5:5
3. A merry (joyful) heart doeth good like a medicine. Pro 17:22
4. The joy of the Lord is your strength. Neh 8:10
5. The peace of God will keep your heart. Phil 4:7

C. Soul

1. The soul is primarily concerned with the internal aspects of the Fruit. The focus is on the changes which are on the inside of you.
2. In your patience you will possess your soul. Luke 21:19
3. The man of God should not strive but be gentle unto all men. 2 Tim 2:24
4. He fills the hungry soul with goodness. Psalm 107:9
5. The merciful man doeth good to his own soul. Prov 11:17

D. Mind

1. The mind is primarily concerned with the external aspects of the Fruit. The focus is on your interactions with the external world.
2. The shield of faith quenches the fiery darts. Eph 6:16
3. He humbled himself and became obedient unto death. Phil 2:8
4. Discipline:
 - a) Reckon yourself dead to sin (Rom 6:11) and die to self. Gal 2:20
 - b) Present your bodies ... transformed by the renewing of your mind. Rom 12:1-2

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.

Suggestion: Decide to spend more time with God. This will result in the increase of your love and the practice of discipline, thereby initiating the virtuous cycle of the Fruit of the Spirit.