

Healing Through the Fruit of the Spirit Part 2 Spiritual Warfare

Overview: The Fruit of the Spirit (FOS) is love, joy, peace, patience, gentleness (kindness), goodness, faith, humility (meekness) and self-control (discipline, moderation) Gal 5:22-23. The nine parts are designed to help you become more conformed to the image of Jesus Christ and to draw you closer to God. As you practice love and self-control, each of the nine parts of the FOS interacts with every other part on an ongoing basis, functioning like an escalator taking you step by step towards God. This process of drawing closer to God is the foundation for successful spiritual warfare.

A. Abide in Me.

1. Joh 15:4 Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in me.
Joh 15:5 I am the vine, ye [are] the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.
2. Joh 15:7 If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you.
3. Joh 15:16 Ye have not chosen me, but I have chosen you, and ordained you, that ye should go and bring forth fruit, and [that] your fruit should remain: that whatsoever ye shall ask of the Father in my name, he may give it you.
4. As you abide in Jesus, you abide in the FOS. As you grow in the FOS, your soul prospers. As your soul prospers, your health prospers.

B. The FOS drives sin out of your life.

1. Sickness is incipient, creeping death.
 - a) The origins of sickness and disease.
Jam 1:13 Let no man say when he is tempted, I am tempted of God: for God cannot be tempted with evil, neither tempteth he any man:
Jam 1:14 But every man is tempted, when he is drawn away of his own lust, and enticed.
Jam 1:15 Then when lust hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death.
 - b) How to avoid the temptations of sickness and disease.
1 John 1:9 Confess your sins frequently.
Let the Fruit of the Spirit overwhelm the temptations to sin.
2. Three categories of sin.
 - a) 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.
 - b) Without the Word of God as a light unto your path, your eyes will determine the desires of your soul, which sets the goals of your life (Mt 16:26, Lk 12:16-21).

3. How the FOS interacts with the parts of man in expelling sin.
 - a) Three decision-making parts of man.
Pentachotomy: Man is a spirit, with a heart, a soul, a mind, and a body.
Decision makers: heart, soul and mind.
Whereas all three decision-making parts have components of emotion and will (i.e., decision making), each of the three part is primarily concerned with a single focus of life.
 - b) The Focus of the three decision-making parts.
The heart is focused primarily on the spiritual for it is the veil separating the Holy Spirit from the rest of the outer man.
The soul is focused primarily on the emotional for it is focused on the goals of life.
The mind is focused primarily on the carnal for it controls the body.
 - c) Three categories of the Fruit of the Spirit.
The nine parts of the FOS may be grouped into three sets or categories.
Spiritual Focus: The first category is more spiritually focused and consists of Love, Joy and Peace. These are primarily developed by our interactions with God.
Inward Focus: The second category consists of Patience, Gentleness and Goodness. These are primarily developed by what occurs on the inside of us.
Outward Focus: The third category consists of Faith, Humility and Self-control. These are primarily developed by how we interact with the world around us.
Whereas all three decision-making parts of man's structure (heart, soul and mind) are affected by each of the nine parts of the FOS, each decision-making part is primarily affected by only one of these three categories of the FOS.
4. Addressing sin with the FOS.
 - a) **Spiritual**: The heart determines success over the pride of life. As you grow in Love, Joy and Peace, you will have more success in overcoming pride, haughtiness and all the chains of sins which cascade from pride, such as giving/receiving offense, unforgiveness, anger, etc.
 - b) **Inward**: The soul determines success over the lust of the eyes, whose primary sin is impatience. Through impatience, it is easy for you to create ungodly goals. As you grow in Patience, Gentleness and Goodness (kindness), you will have more success in overcoming impatience and the sins which cascade from it such as rudeness, haste, greed, stinginess, giving offense, etc.
 - c) **Outward**: The mind determines success over the lust of the flesh (i.e., over carnal sins) whose primary sin is fear. As you grow in Faith, Humility and Self-control (discipline), you will have more success in overcoming the fear of poverty, fear of loss and every other fear, all of which spring from the fear of death.
 - Rom 8:15 For ye have not received the spirit of bondage again to fear; but ye have received the Spirit of adoption, whereby we cry, Abba, Father.
 - Heb 2:15 And deliver them who through fear of death were all their lifetime subject to bondage.
 - All fears spring from the fear of death. All fears trace back to self-preservation, which manifests in the carnal desires of your body. By overcoming these fears, you will be much more successful in presenting your body as a living sacrifice to God for His use.

C. Healing comes through the Fruit of the Spirit.

1. Overview.
God changes you from the inside out. Your spirit is born again; then He works with you to change your heart, soul, and mind; then finally the body follows along.
2. Your healing comes through your heart.
 - a) James 1:21 The engrafted Word (i.e., the Word in your heart) will deliver your soul. Your health and financial prosperity both depend on the deliverance of your soul.
 - b) Pro 4:20 My son, attend to my words; incline thine ear unto my sayings.
Pro 4:21 Let them not depart from thine eyes; keep them in the midst of thine heart.
Pro 4:22 For they [are] life unto those that find them, and **health** to all their flesh.
Pro 4:23 Keep thy heart with all diligence; for out of it [are] the issues of life.
Pro 4:24 Put away from thee a froward mouth, and perverse lips put far from thee.
3. Your healing comes through your soul.
 - a) 3 John 2 Prosper and be in health even as your soul prospers.
 - b) Gal 5:22, 23 The best measure of the prosperity of the soul is the Fruit of the Spirit.
 - c) Luke 21:19 In your patience you will possess your soul.
4. Your healing comes through your mind.
 - a) Rom 12:1 I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, [which is] your reasonable service.
Rom 12:2 And be not conformed to this world: but be ye transformed by the **renewing of your mind**, that ye may prove what [is] that good, and acceptable, and perfect, will of God.
 - b) 1Pe 2:24 Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were **healed**.

D. Escalator of the Fruit of the Spirit (EFOS).

Getting on the Escalator of the Fruit of the Spirit (EFOS) is the foundation of learning how to resist the devil. In HS Semester 1, you learned how to be submitted to God by believing His promises, by obeying His Word and by affirming His Word. Here in HS Semester 2, you learn to resist the devil by abiding in the Fruit of the Spirit.

Jam 4:7 Submit yourselves therefore to God. Resist the devil, and he will **flee** from you.

Jam 4:8 Draw nigh to God, and he will draw nigh to you. Cleanse [your] hands, [ye] sinners; and purify [your] hearts, [ye] double minded.

1. You get onto the EFOS by acting in love and self-control. Out of your love for God, you desire to do something for Him and then you practice the self-control to do it.
2. To grow in the FOS, you must partner with God on each and every part of the Fruit.
3. God helps you the most at the top of the FOS and the least at the bottom of the FOS.
You are most responsible for the part of the Fruit at the bottom and you are least capable of doing it at the top. For example, God shed His love in your heart but you must exercise discipline over your mind and body to believe that love and to act in it.

4. As God helps you, there is a flow down through the nine parts of the Fruit of the Spirit, as each part increases in measure. As you help yourself, there is a flow upwards in the EFOS as you grow incrementally in each part.
 - a) Going down the Escalator of the Fruit.

God gives you love. You act in love by doing what Jesus commands. So your love grows. As you act in love, you stay more in His presence, so your joy increases. As you are walking in more love and joy, your eyes are stayed on Him and your peace grows. Because you are increasing in love, joy and peace, it is easier to be patient. With more patience, your gentleness grows.
 - b) Going up the Escalator of the Fruit.

You make a decision to accept that God loves you. You exercise discipline to act on that love. Because you are practicing the self-control to act on the Word of love, your humility grows because you are humbling yourself under the Word by obeying the Word. As your humility grows, God teaches you more of His way, so your knowledge and faith increases. (Ps 25:9 says that God will teach His way to the meek.) As you grow in faith, more of God's glory is released through you as goodness.

Suggestion: Because you love God, do something special for Him. Choose an action which you can repeat daily. Exercise the discipline to do it daily for a specified time period.