

## Fruit of the Spirit

### Definition:

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

### Overview:

The FOS is a wonderful and a most important part of your Salvation Package. It is the Holy Spirit working with you to develop mature Christian character, which is the best way to get your five parts to be in alignment with God and His Word.

Joh 14:26 But the Comforter, [which is] the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you.

### A. Spirit and Body

1. The Holy Spirit dwells in your spirit; 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 hearts. 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 interaction 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. Reckon yourself dead to sin (Rom 6:11) and die to self. Gal 2:20
5. Present your bodies ... transformed by renewing your mind. Rom 12:1-2