

1. **FRUIT OF THE SPIRIT** [evidence of His work and/or presence]

- The gifts can be **imitated** while the fruit can't be.
 - Signs and wonders can be imitated. But fruit of the Spirit is only from above and cannot be imitated or duplicated.
 - Fruit reveals what kind of spirit is within the character of the person ... what he is!!
 - The fruit of the Spirit is far more valuable, practical and revealing of God's presence than the gifts.
 - Churches are divided by people appearing spiritual, but are actually hated by God! Proverbs 6:19
 - A more accurate indicator of one's level of spiritual maturity is the extent to which a person has truly **died to self** and allowed the Holy Spirit to express His nature through him. John 12:24
- Key Verses: Matthew 7:16-20; Galatians 5:22-23 lists nine different fruit.

LOVE

- Please understand, the Spirit's love is NOT the same as being a 'people pleaser', co-dependent, or compliant really nice guy. That is all a soul based thing, often very twisted.
- 1 John 3:10 (NLT)** *"So now we can tell who are children of God and who are children of the devil. Anyone who does not live righteously and does not love other believers does not belong to God."*
- Spirit love endures even the more obnoxious believers.

JOY

- God is so full of joy, and He is most glorified when we experience His joy.
- Psalms 16:11 (NKJV)** *"In Your presence is fullness of joy; At Your right hand are pleasures forevermore."*
- A believer needs to personify a joy-filled, enthusiastic heart. That happens as we shift from being so self-centered to becoming more Christ-centered.

Peace
Patience
Kindness
Goodness
Faithfulness (Faith)

MEEKNESS

- Biblical meekness is **NOT** being weak or a doormat.
- Biblical meekness is like a very powerful, well-trained race horse that has chosen to totally submit to the trainer.
- Meekness is the opposite of independence.

TEMPERANCE (self-control)

- There is a difference between disciplining yourself to say "No" to your desires and allowing God's Spirit to reshape your desires.

2. **HOW TO HEAR THE HOLY SPIRIT...** so we can know to let Him use us with the spiritual gifts.

- The biggest problem among humans is that we don't know the **difference** between the voice of our spirit and that of our soul.
 - **spirit** – communion, *intuition, conscience;
 - **soul** – will (stubbornness), mind, emotions;
 - **body** – blood, flesh, bone

Think of a time when you had an unspoken argument with yourself—between your conscience or intuition and your mind or emotions. What awareness represented your soul and what represented your spirit? Now mark that in your memory book!

- God is a **spirit** so He speaks to our spirit. God intends for you to become more like Him than for Him to become more like you. So He insists we live by faith -- not soul faith, but that of our spirit.
- God insists we listen to His voice in our spirit and not try to force Him to speak through our circumstances or soul.
- Satan communicates through our soul while God communicates to our spirit. So, if you insist on listening with your soul, you can expect to be deceived.
- We must learn to be led by the Spirit.

3. HOW TO ALLOW THE HOLY SPIRIT **TO FLOW** HIS POWER GIFTS **THROUGH** YOU

- When God wants to flow through you, you will sense that intuitively in your spirit—not in your body with goose bumps!
- You need to understand, you will never be 100% sure it is the Spirit's voice. That is why it's called "walking by faith".
- You need to evaluate whether or not you feel you are being pushed (it's urgent, you do it right now) or being invited by Christ to speak His heart.

1 Corinthians 14:32 *"the spirit of the prophet is subject to the prophet."*

- The Spirit is a **gentleman** while Satan is not—he is pushy.

This is important: You will always have **control** in what you do.

- You can also evaluate it by whether or not it is consistent with what you know the role of the Holy Spirit serves—does it bring *attention and honor* **to God or to man**? Will it lead those involved to worship God more?
- You can then evaluate what you are sensing by whether or not it is consistent with what you know the Bible teaches on the issue at hand. Do you sense an intuitive peace that it is? If not, it's your soul and not God's voice.
- Everything needs to be done decently and in order; you can evaluate to see if it fits in with what is going on.
- You need to check your motives and your attitude.
- When you sense someone needs prayer for a special need, it is best if you get several with kindred "leading" to pray for that individual.
- Do not attempt to **manufacture** the work of the Holy Spirit.

The potential results:

Matthew 7:21-23 NLT *"Not everyone who calls out to me, 'Lord! Lord!' will enter the Kingdom of Heaven. Only those who actually do the will of my Father in heaven will enter. On judgment day many will say to me, 'Lord! Lord! We prophesied in your name and cast out demons in your name and performed many miracles in your name.' But I will reply, 'I never knew you. Get away from me, you who break God's laws.'*

Matthew 12:39 *"A wicked and adulterous generation asks for a miraculous sign!"*

- As wonderful as signs and wonders are, they are never to become the object or proof of spirituality. The Hebrews saw many signs and wonders coming out of Egypt but never served God with all their heart.

Oswald Chambers ~ If we try to reintroduce the rare moments of inspiration, it is a sign that it is not God we want. We are making a fetish of the moments when God did come and speak, and insisting that He must do it again; whereas what God wants us to do is to "walk by faith."

4. HOW TO **NURTURE** YOUR SPIRIT-FILLED LIFE

- The most important way to nurture your spirit is by “being with Christ”, that is by engaging Him as you reflect on Scripture, pray, or go through your day.
- Hearing and purposefully obeying in faith is the daily exercise that builds **relationship** with God, as well as, trains your spirit in being “meek”.

Reflect on Psalm 1:1-5 ~ ***Blessed is the man** who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. ² But his delight is in the law of the LORD, and on his law he meditates day and night. ³ He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers. ⁴ Not so **the wicked!** They are like chaff that the wind blows away. ⁵ Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous.*

- Contrast the “blessed man” and the “wicked” [2 Samuel 22:22; Psalm 18:21].

Matthew 24:4 “Watch out that no one deceives you.”

Matthew 24:24-26 “For false Christs and false prophets will appear and perform great signs and miracles to deceive even the elect—if that were possible. See, I have told you ahead of time. “So if anyone tells you, ‘There he is, out in the desert,’ do not go out; or, ‘Here he is, in the inner rooms,’ do not believe it.

SPIRITUAL DISCIPLINES

- A proven way to maintain your **spirit and passion** for God is to practice spiritual disciplines—not for the purpose of earning God’s attention, but because you simply love Him and want to know Him more intimately.
- Typical spiritual exercises (disciplines) are: Prayer, Bible reading and reflection, sharing your faith, worship, service to others, giving, etc., etc. [see back page]

Exodus 33:13 “If you are pleased with me, teach me your ways so I may know you and continue to find favor with you.”

Mark 16:17 “And these signs will accompany those who believe...”

Key truth: Your capacity is not measured by your intellect, education, natural giftings OR the lack of them. Rather, they are measured only by God’s grace and promises and your humble faith in Him.

IS GOD ABLE TO FULFILL HIS PROMISES?

- Our answer depends on whether we have received the Holy Spirit and will allow Him to do what He knows to do rather than try to tell Him what or how to do it.

MAJOR POINTS TO REMEMBER

- The Holy Spirit is God, just as the Father and Son are God.
- He regenerates us, fills us and gives us the unique incredible privilege of being used as a ‘tool’ in His hand.
- The filling of the Holy Spirit is not about us or speaking in tongues. It is about allowing Him to control our lives in order to fulfill His greater purpose. It is a gift to help us better align our spirit with His.
- We are greatly blessed when we allow the Holy Spirit to fill us. [a side benefit is to be able to communicate with Him in our prayer language when our words are not adequate]
- The spiritual gifts the Holy Spirit gives us are not about us or our glory, but are tools He uses. We are the conduits His power flows through to accomplish His greater purpose bringing Him glory.

- Spiritual Disciplines or Exercises -

... that can truly liberate you and build up your relationship with God

The following is not a legalistic list that must be practiced in order to be spiritual. However, if a person is not practicing several of them, that person will not mature in Christ. We see from Scripture that Jesus practiced many of these spiritual exercises; and if He needed to do so, how much more are they necessary for us to practice on a regular basis.

These are primarily individually practiced. However, they are perhaps more effective if they are done with a partner who you can share with, and who can inspire you to keep exercising when you become discouraged.

Prayer	Private and corporate, yet intimate, heartfelt communication with God. Essentially, it is getting in contact with God.
Bible Reading & Study	This is purposeful, repetitive, concentrated, humble and reflective reading of God's Word. It is done in such a manner that through careful observance of its truths our thought processes become more like God's.
Witnessing	While evangelism is a natural overflow of the Christian life, it is also a discipline. It becomes a spiritual discipline when we deliberately put ourselves into a context where we will have more focused opportunities to share our faith.
Worship	It is to experience divine reality, to touch the life of God with our spirit, through the means of various physical expressions suggested in Scripture. Generally, it is to ascribe proper worth to God, to magnify His worthiness of praise, ... to approach and address God as He is worthy.
Service	Acts of assistance to others according to the whispered prompting or divine urging within us, with no selfish motivation, obligation nor out of mere boredom. Its identifying mark would be humility.
Stewardship	The disciplined use of time, talents, energy and finances He has entrusted to us, in a manner according to His direction, not our preference. This is done for the honor and glory of God our Sovereign Master.
Sacrifice	The giving of something of significant worth to you (not necessarily monetary), to a ministry or a person in the name of our Lord.
Confession	Verbalizing in humility and sorrow, if sin is involved, to others both God's grace and mercy in your life as well as your weaknesses, offenses and/or sins. Confession of sin should be done primarily, though not exclusively, to a trusted spiritual accountability partner. It is done in the determination to avoid sinning or failing again.
Fellowship	The sharing with others from one's spirit or inner person what God has made known of Himself.
Chastity	<u>Separated and devoted only to God</u> , including purity of managed thought life and sexual purity.
Submission	This deals mostly with the spirit in which we view other people. It is the giving up of our rights and valuing another person more highly than ourselves as the Bible teaches. It is self-denial without self-hatred.
Celebration	This is central to all spiritual disciplines. It is the joyful spirit that produces energy and enthusiasm that comes from obedience to God's Word to us. We can practice this by making family events into times of celebration and thanksgiving, and by taking advantage of the festivals of our culture to really celebrate, or even use creative imagination in ways to celebrate God's grace and mercy in our lives.
Meditation	Lingering on a Biblical passage or truth and contemplating it so that its spiritual nutritive value can be absorbed into one's very inner being.
Memorization of God's Word	This would be the selecting and committing to memory the verses or chapters of God's Word that may be meaningful to us at that time or on some possible future

	occasion.
Solitude	A state of mind and heart when one purposefully abstains from interaction with other human beings, denying one's self companionship and all that comes from our conscious interaction with others. This is done in order to see and hear more clearly from God. Loneliness is self-focused while solitude is God-focused.
Silence	It is the keeping of distracting noises away so there is almost total quietness. It is even more importantly the controlling of what you say and when you say it. It has more to do with control than simple total silence.
Secrecy	Secrecy is the keeping of a special and uniquely intimate spiritual experience between just you and God.
Simplicity	Finding and practicing the <u>inward</u> reality of contentment with the fewest things you need to maintain healthy service in the name of Christ until it becomes an <u>outward</u> lifestyle. The motivation is because of such an intense desire for God's kingdom and His work.
Frugality	Frugality is the practice of eliminating all unnecessary or wasteful activities and expenses in one's life. It is concerning one's self only with the things that are necessary for us to do what God has 'called' and 'gifted' us to do in a healthy way.
Fasting	Voluntary abstinence from food or any meaningful activity in order to focus more time and thought on intimacy with God.
Guidance	This would refer to the united experience of seeking and receiving divine guidance through corporately confirmed leading of the Holy Spirit.
Journaling	The recording of the work and ways of God in your life. It seems to be best used to record what the Holy Spirit may be impressing upon you in your personal devotional time, and then the results of that as it is put into practice.
Learning	This refers to the heart or quest to learn more of God and His Word. It is the persistence in reading, listening, and studying to know more of spiritual things in contrast to being passive about learning.
Perseverance	This refers to the practice of godliness or spiritual disciplines for years and not just sporadic, brief time periods.

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The potential results:

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4. HOW TO **NURTURE** YOUR SPIRIT-FILLED LIFE

- The most important way to nurture your spirit is by “being with Christ”, that is by engaging Him as you reflect on Scripture, pray, or go through your day.
- Hearing and purposefully obeying in faith is the daily exercise that builds **relationship** with God, as well as, trains your spirit in being “meek”.

Reflect on Psalm 1:1-5 ~ ***Blessed is the man** who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. ² But his delight is in the law of the LORD, and on his law he meditates day and night. ³ He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers. ⁴ Not so **the wicked!** They are like chaff that the wind blows away. ⁵ Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous.*

- Contrast the “blessed man” and the “wicked” [2 Samuel 22:22; Psalm 18:21].

Matthew 24:4 “Watch out that no one deceives you.”

Matthew 24:24-26 “For false Christs and false prophets will appear and perform great signs and miracles to deceive even the elect—if that were possible. See, I have told you ahead of time. “So if anyone tells you, ‘There he is, out in the desert,’ do not go out; or, ‘Here he is, in the inner rooms,’ do not believe it.

SPIRITUAL DISCIPLINES

- A proven way to maintain your **spirit and passion** for God is to practice spiritual disciplines—not for the purpose of earning God’s attention, but because you simply love Him and want to know Him more intimately.
- Typical spiritual exercises (disciplines) are: Prayer, Bible reading and reflection, sharing your faith, worship, service to others, giving, etc., etc. [see back page]

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Mark 16:17 “And these signs will accompany those who believe...”

Key truth: Your capacity is not measured by your intellect, education, natural giftings OR the lack of them. Rather, they are measured only by God’s grace and promises and your humble faith in Him.

IS GOD ABLE TO FULFILL HIS PROMISES?

- Our answer depends on whether we have received the Holy Spirit and will allow Him to do what He knows to do rather than try to tell Him what or how to do it.

MAJOR POINTS TO REMEMBER

- The Holy Spirit is God, just as the Father and Son are God.
- He regenerates us, fills us and gives us the unique incredible privilege of being used as a ‘tool’ in His hand.
- The filling of the Holy Spirit is not about us or speaking in tongues. It is about allowing Him to control our lives in order to fulfill His greater purpose. It is a gift to help us better align our spirit with His.
- We are greatly blessed when we allow the Holy Spirit to fill us. [a side benefit is to be able to communicate with Him in our prayer language when our words are not adequate]
- The spiritual gifts the Holy Spirit gives us are not about us or our glory, but are tools He uses. We are the conduits His power flows through to accomplish His greater purpose bringing Him glory.

- Spiritual Disciplines or Exercises -

... that can truly liberate you and build up your relationship with God

The following is not a legalistic list that must be practiced in order to be spiritual. However, if a person is not practicing several of them, that person will not mature in Christ. We see from Scripture that Jesus practiced many of these spiritual exercises; and if He needed to do so, how much more are they necessary for us to practice on a regular basis.

These are primarily individually practiced. However, they are perhaps more effective if they are done with a partner who you can share with, and who can inspire you to keep exercising when you become discouraged.

Prayer	Private and corporate, yet intimate, heartfelt communication with God. Essentially, it is getting in contact with God.
Bible Reading & Study	This is purposeful, repetitive, concentrated, humble and reflective reading of God's Word. It is done in such a manner that through careful observance of its truths our thought processes become more like God's.
Witnessing	While evangelism is a natural overflow of the Christian life, it is also a discipline. It becomes a spiritual discipline when we deliberately put ourselves into a context where we will have more focused opportunities to share our faith.
Worship	It is to experience divine reality, to touch the life of God with our spirit, through the means of various physical expressions suggested in Scripture. Generally, it is to ascribe proper worth to God, to magnify His worthiness of praise, ... to approach and address God as He is worthy.
Service	Acts of assistance to others according to the whispered prompting or divine urging within us, with no selfish motivation, obligation nor out of mere boredom. Its identifying mark would be humility.
Stewardship	The disciplined use of time, talents, energy and finances He has entrusted to us, in a manner according to His direction, not our preference. This is done for the honor and glory of God our Sovereign Master.
Sacrifice	The giving of something of significant worth to you (not necessarily monetary), to a ministry or a person in the name of our Lord.
Confession	Verbalizing in humility and sorrow, if sin is involved, to others both God's grace and mercy in your life as well as your weaknesses, offenses and/or sins. Confession of sin should be done primarily, though not exclusively, to a trusted spiritual accountability partner. It is done in the determination to avoid sinning or failing again.
Fellowship	The sharing with others from one's spirit or inner person what God has made known of Himself.
Chastity	<u>Separated and devoted only to God</u> , including purity of managed thought life and sexual purity.
Submission	This deals mostly with the spirit in which we view other people. It is the giving up of our rights and valuing another person more highly than ourselves as the Bible teaches. It is self-denial without self-hatred.
Celebration	This is central to all spiritual disciplines. It is the joyful spirit that produces energy and enthusiasm that comes from obedience to God's Word to us. We can practice this by making family events into times of celebration and thanksgiving, and by taking advantage of the festivals of our culture to really celebrate, or even use creative imagination in ways to celebrate God's grace and mercy in our lives.
Meditation	Lingering on a Biblical passage or truth and contemplating it so that its spiritual nutritive value can be absorbed into one's very inner being.
Memorization of God's Word	This would be the selecting and committing to memory the verses or chapters of God's Word that may be meaningful to us at that time or on some possible future

	occasion.
Solitude	A state of mind and heart when one purposefully abstains from interaction with other human beings, denying one's self companionship and all that comes from our conscious interaction with others. This is done in order to see and hear more clearly from God. Loneliness is self-focused while solitude is God-focused.
Silence	It is the keeping of distracting noises away so there is almost total quietness. It is even more importantly the controlling of what you say and when you say it. It has more to do with control than simple total silence.
Secrecy	Secrecy is the keeping of a special and uniquely intimate spiritual experience between just you and God.
Simplicity	Finding and practicing the <u>inward</u> reality of contentment with the fewest things you need to maintain healthy service in the name of Christ until it becomes an <u>outward</u> lifestyle. The motivation is because of such an intense desire for God's kingdom and His work.
Frugality	Frugality is the practice of eliminating all unnecessary or wasteful activities and expenses in one's life. It is concerning one's self only with the things that are necessary for us to do what God has 'called' and 'gifted' us to do in a healthy way.
Fasting	Voluntary abstinence from food or any meaningful activity in order to focus more time and thought on intimacy with God.
Guidance	This would refer to the united experience of seeking and receiving divine guidance through corporately confirmed leading of the Holy Spirit.
Journaling	The recording of the work and ways of God in your life. It seems to be best used to record what the Holy Spirit may be impressing upon you in your personal devotional time, and then the results of that as it is put into practice.
Learning	This refers to the heart or quest to learn more of God and His Word. It is the persistence in reading, listening, and studying to know more of spiritual things in contrast to being passive about learning.
Perseverance	This refers to the practice of godliness or spiritual disciplines for years and not just sporadic, brief time periods.

1. **FRUIT OF THE SPIRIT** [evidence of His work and/or presence]

- The gifts can be **imitated** while the fruit can't be.
 - Signs and wonders can be imitated. But fruit of the Spirit is only from above and cannot be imitated or duplicated.
 - Fruit reveals what kind of spirit is within the character of the person ... what he is!!
 - The fruit of the Spirit is far more valuable, practical and revealing of God's presence than the gifts.
 - Churches are divided by people appearing spiritual, but are actually hated by God! Proverbs 6:19
 - A more accurate indicator of one's level of spiritual maturity is the extent to which a person has truly **died to self** and allowed the Holy Spirit to express His nature through him. John 12:24
- Key Verses: Matthew 7:16-20; Galatians 5:22-23 lists nine different fruit.

LOVE

- Please understand, the Spirit's love is NOT the same as being a 'people pleaser', co-dependent, or compliant really nice guy. That is all a soul based thing, often very twisted.
- 1 John 3:10 (NLT)** *"So now we can tell who are children of God and who are children of the devil. Anyone who does not live righteously and does not love other believers does not belong to God."*
- Spirit love endures even the more obnoxious believers.

JOY

- God is so full of joy, and He is most glorified when we experience His joy.
- Psalms 16:11 (NKJV)** *"In Your presence is fullness of joy; At Your right hand are pleasures forevermore."*
- A believer needs to personify a joy-filled, enthusiastic heart. That happens as we shift from being so self-centered to becoming more Christ-centered.

Peace
Patience
Kindness
Goodness
Faithfulness (Faith)

MEEKNESS

- Biblical meekness is **NOT** being weak or a doormat.
- Biblical meekness is like a very powerful, well-trained race horse that has chosen to totally submit to the trainer.
- Meekness is the opposite of independence.

TEMPERANCE (self-control)

- There is a difference between disciplining yourself to say "No" to your desires and allowing God's Spirit to reshape your desires.

2. **HOW TO HEAR THE HOLY SPIRIT...** so we can know to let Him use us with the spiritual gifts.

- The biggest problem among humans is that we don't know the **difference** between the voice of our spirit and that of our soul.
 - **spirit** – communion, *intuition, conscience;
 - **soul** – will (stubbornness), mind, emotions;
 - **body** – blood, flesh, bone

Think of a time when you had an unspoken argument with yourself—between your conscience or intuition and your mind or emotions. What awareness represented your soul and what represented your spirit? Now mark that in your memory book!

- God is a **spirit** so He speaks to our spirit. God intends for you to become more like Him than for Him to become more like you. So He insists we live by faith -- not soul faith, but that of our spirit.
- God insists we listen to His voice in our spirit and not try to force Him to speak through our circumstances or soul.
- Satan communicates through our soul while God communicates to our spirit. So, if you insist on listening with your soul, you can expect to be deceived.
- We must learn to be led by the Spirit.

3. HOW TO ALLOW THE HOLY SPIRIT **TO FLOW** HIS POWER GIFTS **THROUGH** YOU

- When God wants to flow through you, you will sense that intuitively in your spirit—not in your body with goose bumps!
- You need to understand, you will never be 100% sure it is the Spirit's voice. That is why it's called "walking by faith".
- You need to evaluate whether or not you feel you are being pushed (it's urgent, you do it right now) or being invited by Christ to speak His heart.

1 Corinthians 14:32 *"the spirit of the prophet is subject to the prophet."*

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