

## “How Does Manifesting the Fruit of the Spirit Change Me?”

Many of us know how to recite the list of the Fruit of the Spirit (Gal. 5:22-23). Too many, however, are not certain how these dramatically affect our everyday lives. As an example, we will examine how manifesting each of the fruit of the indwelling Holy Spirit produces true and lasting peace in our lives, especially as we deal with anger and conflict.

**Jim Cecy** is a regular speaker at the European Leadership Forum. He serves as Senior Pastor-Teacher of Campus Bible Church in Fresno, California. Jim is also founder and President of JARON Ministries International, a training ministry for Christian leaders in the U.S. and abroad. He has a Masters of Divinity in Bible Exposition from Talbot Theological Seminary and a Doctorate of Ministry from Western Seminary. He is a conference and seminar speaker for hundreds of churches, schools, seminars, conference centers, Christian groups and denominations in the U.S. and abroad. In addition to other books and materials, he is the author of “The Purity War: A Biblical Guide to Living in an Immoral World” and “Anger: the Worm in My Apple.” Jim has been married for forty-five years and has ten grandchildren. Information about his materials, books and seminars is available at [www.jaron.org](http://www.jaron.org) and [www.puritywar.com](http://www.puritywar.com) and [www.campusbiblechurch.com](http://www.campusbiblechurch.com)

### Putting the Fruit of the Spirit Together in One Basket

Galatians 5:22-23 “But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.”

One of the most common reactions we have heard from our many foster-children usually follows their first look at the basket full of fresh fruit regularly in our kitchen. “Wow! Can I have some?” Our response is, “Of course. They are all there for you to enjoy.” We observe these nine fruit of the Spirit-filled life and we ask, “Lord, can we have some?” and God answers, “Of course.” So we come to His banquet table and look over the abundant choices:

- **The tasty fruit of Spirit-filled *agape* love**—which is the supernatural ability to value myself and others with the worth God places on me and them.

How will this help us deal with anger and conflict?

- **The tasty fruit of Spirit-filled *chara* joy**—which is the supernatural ability to be sincerely grateful to God, regardless of circumstances.

How will this help us deal with anger and conflict?

- **The tasty fruit of Spirit-filled *eirene* peace**—which is the supernatural ability to have a deep-settled confidence that God is in control of the details of my life.

How will this help us deal with anger and conflict?

- **The tasty fruit of Spirit-filled *makrothumia* patience**—which is the supernatural ability to demonstrate a gentle tolerance with exasperating people and frustrating situations.

How will this help us deal with anger and conflict?

- **The tasty fruit of Spirit-filled *chrestotes* kindness**—which is the supernatural ability to shrink from inflicting pain and deal with people with grace and mercy.

How will this help us deal with anger and conflict?

- **The tasty fruit of Spirit-filled *agathosune* goodness**—which is the supernatural ability to stand up for what is right in the eyes of God and, if necessary, expose and confront sin.

How will this help us deal with anger and conflict?

- **The tasty fruit of Spirit-filled *pistis* faithfulness**—which is the supernatural ability to take God at His Word and, as a result, become trustworthy and taken at our word.

How will this help us deal with anger and conflict?

- **The tasty fruit of Spirit-filled *prautes* gentleness**—which is the supernatural ability to respond, without over-reacting, with a strength that is under divine control.

How will this help us deal with anger and conflict?

- **The tasty fruit of Spirit-filled *enkrateia* self-control**—which is the supernatural ability to master our desires and subdue our cravings before things get out of control.

How will this help us deal with anger and conflict?