

**THE FRUIT OF THE SPIRIT**

(Faith Leadership Training Centre – November - 2003 - EKB)

**Introduction**

1. By natural human birth we inherit the nature described in the Word as “the flesh”, the “old man”, which is “corrupt according to deceitful lusts”, *Rom 6:6, 8:4-8, Eph 4:22, Col 3:9, Gal 5:16,17, Jer 17:9, Eph 2:1-3.*
2. God did not create man with a sinful, self-centred nature, but man became that way as a result of the Fall, *Gen 3:1-24, Rom 5:19,12.* Fallen man is self-centred, self-willed, self pleasing, independent from God and lives in pride, lust and rebellion against God, *Rom 3:10-18, Rom 1:28-31.*

<b>In Creation</b> <i>Gen 1:26,27, Heb 2:6-8</i>	<b>In the “Fall”</b> <i>Gen 3:1-6</i>	<b>In Christ</b> <i>2Cor 5:17</i>
<b>God made man</b>	<b>man became</b>	<b>we became</b>
righteous	unrighteous <i>Rom 3:10</i>	righteous <i>Rom 5:9, 1Jn 1:9, 2Cor 5:21</i>
In fellowship with God <i>Gen 3:8</i>	lost fellowship <i>Gen 3:23,24</i>	God’s children in fellowship with Him – <i>Jn 1:12, 2Cor 6:18</i>
to live and not die	under death <i>Gen 2:17, Rom 5:17</i>	eternal life <i>Jn 3:16, Jn 5:24</i>
to love and serve God	sinful in his heart <i>Jer 17:9, Rom 5:19</i>	a new heart to love and obey God <i>Heb 8:10, Jer 31:31-34</i>
under God’s rule	under satan’s rule <i>1Jn 5:19, Eph 2:2</i>	under Christ’s rule <i>Col 1:13</i>

- In the Fall man became independent of God and self-willed.
  - In the Fall man became self-seeking and lived to benefit self.
  - In the Fall man became autonomous and self-sufficient, living as an island unto himself.
- These are seen in the life of Cain, *Gen 4:3,5,9.*

3. **Man’s No 1** need is to be “**born again**” by the Holy Spirit and God’s Word, *Jn 3:3-8, 1Pet 1:23.*  
**The steps of the new birth are:**
  - a. **Acknowledgement** of sin, confession and repentance, *Rom 3:23, Ac 2:38, Ac 3:19, Pro 28:13.*
  - b. **Believing** in Jesus Christ and **receiving** Him as Lord and Saviour, *Mk 1:15, Eph 2:8, Ac 16:31, Jn 1:12, Rom 3:22.*
  - c. **Confessing Christ** before other people and **being baptised in water**, *Mat 10:32. Ac 2:38,41, Mat 28:19, Rom 10:9,10, Ac 10:48.*
4. The “New Birth” results in the “**New Man**” being formed in the heart of the believer. The “New Man” is the nature and character of Christ, *Eph 4:24, Col 3:10, 2Cor 5:17, Gal 3:27, Rom 7:22, Eph 3:16.*
5. The “old nature” has been **dealt a death blow** at the Cross, as is described in *Rom 6:1-14*, and freedom from the “flesh”, and the power of sin, is by faith in the truth of the Word and the power of the Holy Spirit, *Jn 8:31-36, Rom 8:1-4, 2Cor 7:1, Gal 5:16,17, 2Pet 1:3,4,9.*

6. The **main evidence** of the “new birth” in a believer’s life is the “fruit” of the Holy Spirit, which is the character of Christ. *Gal 5:22,23, Eph 5:9, Jn 15:5,7,8, Rom 6:22, Mat 3:8,10, Mat21:43, Gal 4:19.* Note in *Gal 5:22*, “fruit”(Gk kapos) is in the singular. There is one overall fruit with many aspects like the colours of a rainbow.
7. **The life of Christ** within the believer is expressed through the **9 fruit of the Spirit**, and the **9 gifts of the Spirit**, which are the character and works of Christ. Both fruit and gifts are necessary for a balanced Christian life. Fruit takes time to grow and develop, but gifts can be received quickly by faith, *1Cor 12:8-10.* Someone said a dove has 9 flight feathers on each wing for balanced flight.
8. **Ministry is tested** by the evidence of the fruit of the Spirit not the gifts, *Mat 7:15-23.* The fruit reveals the inward heart and character of the tree, of what kind it is. In the final days of this age the “antichrist” will be revealed “with all power, signs and lying wonders,” *2Thes 2:9*, but without the fruit of the Holy Spirit.

### LOVE (Greek: Agape)

1. **God’s nature is agape love** and all He does expresses His nature of love, *1Jn 4:7-11.* **Agape love means to actively choose, and seek for, the highest good of another.** God is loving us when He forgives us, heals, saves, guides, blesses, chastens, reproves, and fills us with His Holy Spirit.
2. **God acts in love** in all He does, but never for His benefit at our expense. His love acts towards His “friends” and His “enemies”, *Rom 5:5,8,10, 1Jn 4:9,10, Jn 3:16,17, 1Jn 3:1, Lk 10:30-37, Rev 3:19, Heb 12:5,6.*
3. The Holy Spirit led those He inspired to write the New Testament, to choose an obscure Greek word to convey this special meaning of God’s love.
 

“agape”	love is a will choice to seek the highest good of another, <i>1Jn 4:7-10, Jn 3:16, Rom 5:5, Mat 22:37,39, Jn 13:34, 2Tim 1:7.</i> (agape - noun - 113x agapao - verb - 135x)
“phileo”	is also translated “love” in the New Testament(22x) and means brotherly affection, <i>Jn 5:20, 11:3,36, Mat 10:37, Rom 12:10, 1Thes 4:9, Heb 13:1, 2Pet 1:7.</i>
“eros”	is another Greek word for “love” which indicates physical attraction between a man and a woman.

Natural human love, as between a mother and a child, depends upon some special relationship, some merit or worthiness in the recipient.
4. **God’s agape love is given to us** through our receiving Christ and the Holy Spirit, *Rom 5:5, Gal 5:22.* This is the impartation of God’s own nature to us, *1Cor 6:19, Col 1:27, 1Jn 4:7-17, 2Cor 5:14.*
5. **The Command of Christ** is the Law of Love, *Mk 12:29-34*, firstly to God and then to our neighbour. *Jn 13:34,35.* His love between us is to be the sign to the world that we belong to Him. It is the basis of Christian unity, *Jn 17:21,23*, and it is the **fulfilling of all law**, *Rom 13:8,10, Gal 5:6,13,14.*
6. **Love validates our ministry**, sacrifice and service. It is to be the motive for our actions as believers, *1Cor 13:1-3.*
7. **The nature of love** is described in *1Cor 13:4-8.* In the place of the word “love” we may say “Christ”, and the mature Christian can, according to *Gal 2:20*, say his own name. Love acts towards husband, wife, children, parents, boss, relations, friends, neighbours, enemies, the lost, the unlovely, despised and foreigners, *Mat 5:43-48, Lk 10:25-37.*

**Love is not “soft”.** It is truthful and honest, *Eph 4:15, Tit 2:15, Mal 2:17.* Love does not approve evil nor does it “turn a blind eye” towards wrong. Love is going to a brother who is falling away. It chastens and reproves, *Rev 3:19, Heb 12:5,6.*
8. **Love is the motive** of Christian ministry and service, *Heb 6:10, Gal 5:13, 2Cor 12:15, Gal 5:6, 2Cor 5:14.*
9. Our love to God is expressed by **obedience to His will**, *Jn 14:15,21, Jn 15:10,12,14,17, Lk 6:46, Lk 9:23.*

10. **Love forgives**, releases from judgment, hands the problem over to God to resolve and prays and blesses those who offend, *Mk 11:25,26, Mat 6:14,15, Lk 6:27-35, Mat 18:21-35, Mat 5:44, Ps 55:22, 1Pet 5:7.*
11. *1Jn 4:18* – “**There is no fear in love**; but perfect love casts out fear”.  
The fulness of God’s love in us casts out fear.  
The full revelation of how much God loves us will drive out fear. There is no fear in God. Fear comes from the old life not from God’s life in us. *2Tim 1:6,7, Heb 13:6, Ac 18:9,10, Josh 1:9, Is 41:10.*  
The motivation and authority of love is greater than the power of fear.

### **JOY** (Greek chara).

Joy is love expressed by rejoicing in God’s Word and God’s Spirit for all His goodness to us.

1. **God’s nature is joyful** and God rejoices in all He does, *Zeph 3:17, Is 65:18,19, Ps 16:11.*  
Heaven rejoices when one turns to Christ and is saved, *Lk 15:5,7,9,10.*  
The Lord rejoices over all He has made, *Is 62:5, Jer 32:41.*
2. **The Lord gives us His joy** by His Spirit and His word within us, *Jn 15:11, Jn 16:24, Eph 5:18,19, Jer 15:16, Col 3:16, Ps 118:24, Gal 5:22, Rom 15:13, 1Pet 1:8, Eccl 9:7.* Joy is the main result of the Baptism with the Holy Spirit, *Jn 15:11, Jude 24, Is 35:10.*
3. **The joy God gives is not dependent on outward circumstances.** It is the joy of the heart. It is inward joy and not the world’s joy. (“The world didn’t give it and the world can’t take it away”). **God’s joy wells up in us and gives us supernatural strength** and power. *Hab 3:17,18, Ac 16:25, Jam 1:2, Phil 4:4, 1Sam 30:6, Ac 5:40,41.*  
God’s joy in us releases His supernatural strength and anointing. Joy and anointing go together.
4. **Joy is expressed** in praise, thanks, song, shouts and dance. *Zeph 3:14,15, Ps 5:11, Ps 149, Ps 150, Lk 19:37, Lk 6:23.*
5. The fruit of joy may be spontaneous from the Spirit, or it may be a will choice and more of a spiritual sacrifice to the Lord. *Is 61:10, Ps 34:1-3, Heb 13:15, Ps 107:22, Ps 27:6, Col 1:24, 2Cor 6:10, 1Pet 4:13, Hab 3:17,18.*
6. The joy of the Lord in our lives produces various results.  
**It is a weapon to defeat the enemy**, *Ps 18:3, Ac 16:25, 2Chr 20:22, 1Sam 30:6, Ps 149.*  
*Neh 8:10* says **the joy of the Lord is our strength**, *Rom 14:17, Hab 3:17,18.*  
Joy brings a **revelation of God’s glory**, *Ps 16:11, Ps 22:3*, and gains access to His presence, *Ps 100:4, Is 60:18.*  
*Ps 89:15-18* mentions many **blessings that would result from the joy of the Lord.**  
With joy we draw water from the wells of salvation, *Is 12:3.*  
Joy is an expression of faith in God and His Word, *Jer 15:16.*
7. If the joy is lost then it is time to seek to restore it, *Ps 51:12,13.*
8. **The joy of salvation**, *Lk 13:17, Lk 2:10,20, Is 61:10, Mat 28:8,9, Ac 8:8, Ac 15:3.*

### **PEACE** (Greek: eirene, Hebrew: shalom)

Peace is love expressed in calmness, wholeness and completeness in the midst of turmoil and opposition.

1. **God’s nature is peace.** *Heb 13:20, Jud 6:23,24, Is 9:6, Rom 16:20, 1Thes 5:23.*  
It is the absence of stress, unrest, turmoil, upheaval, contention and division.  
He speaks peace and He is our peace, *Mk 4:39, Eph 2:14, Ps 46:10.*  
The New Testament word for peace is an extension of the Old Testament word for peace, “shalom”, and means completeness, soundness, well-being, welfare of another, concord, harmony, material prosperity, physical safety and spiritual well-being.
2. Man’s need is to find **peace with God**, *Rom 5:1, Col 1:20.* This is reconciliation, *Rom 5:10*, and justification, *Rom 5:1*, by the Blood of Jesus, *Is 32:17,18.* This is where peace for man starts, *Is 53:5.*

Peace is the result of coming into favour with God, *Ps 118:6, Ps 44:3*. Our covenant with God through Jesus Christ is one of peace, *Is 54:10,13,14*.

3. **God gives us His peace** as He lives in us, *Jn 14:27, Jn 16:33, Gal 5:22*. His peace is ours as we focus on Him and His Word, *Is 26:3, Ps 119:165, Col 3:1,2*.  
The Lord's peace is **calmness and serenity**, freedom from despair, hopelessness, fear, anxiety, and worry, *Is 30:15*. My people shall dwell in a peaceful habitation, *Is 32:18*.
4. **God's peace is inward**, in the heart, and does not depend on outward circumstances. It is the result of believing prayer, *Ps 4:8*. It is unhindered by the world's strife, *Jn 14:27, Jn 16:33*. Steps to peace: Refuse anxiety, pray about it, make request, thank God for the answer and His peace comes, *Phil 4:6,7*.
5. The peace of God is a major factor in **guidance**, *Col 3:15, Is 55:12*. Do not move without God's peace, *Ps 46:10, Eph 6:15*.
6. Peace is evident in God's people making them one, *Eph 2:13-18*.
7. It may be felt in buildings and homes, *Mat 10:13, Lk 10:5,6*, and we can put our peace upon the place we reside in.
8. The believer is to be active in promoting peace within the body of Christ, *Eph 4:3, Heb 12:14, Rom 14:19, 1Cor 14:33*.

#### **LONGSUFFERING** (Greek – makrothumia)

Longsuffering is God's love expressed in being unmoved from our purpose by tests and trials.

The Greek word is translated (in KJV): Longsuffering – 14x, Patience – 9x, Patiently – 1x.

1. **Longsuffering is a positive attribute in God** and equates to Divine patience. It means to be unmoved from purpose, vision, goal, by tests, trials and difficulties. It is steadfastness of purpose and a refusal to quit, *2Pet 3:9,15*. It is a pressing through to victory, *Rom 9:22, Rom 2:4, Heb 6:12*.
2. Winston Churchill, at an Eton Prize-giving Speech, said, "Never, never, never give in!" (That was his complete speech!)
3. **Longsuffering undergirds faith** and enables faith to stand, *Heb 6:12, 6:15, Rom 4:20, (1Cor 15:58, 1Cor 16:13, Gal 6:9)*. It has a refusal to retaliate and has determined willingness to continue through trials and hardships.
4. **God is longsuffering toward us** for our salvation, *2Pet 3:9,15*. God's longsuffering waits for us to come to repentance, *Rom 2:4*. God is longsuffering, and this is an aspect of His glory, *Ex 34:6, Ps 86:15, Num 14:18*.
5. In the world, "longsuffering" is often an attitude of inevitable resignation to problems, as though there was no solution.
6. By the Holy Spirit **God gives us His longsuffering**, *Gal 5:22*.  
*1Cor 13:4* Love suffers long  
*Col 1:9-11* Paul prayed for it in the Colossian Christians.  
*Eph 4:2* It is a basis of unity in the church.  
*Col 3:12* The new man in Christ is longsuffering.  
*1Tim 1:16, 2Tim 3:10* – Paul was an example of the Lord's longsuffering.  
*2Tim 4:2* Longsuffering is necessary in ministry.  
*Jam 5:7,7,8,10* Longsuffering is commended as we wait for the Lord's return.  
*2Cor 6:6* It is commended for the ministers of God.  
*1Thes 5:14* urges us to be "patient" with all.
7. Frequently, after we receive the vision of the word of the Lord for our lives, we experience times of test and trial as we wait for the word to be fulfilled, *Mat 13:21*.

*Ps 105:16-22* describes the trials Joseph experienced as he waited for God's word to come to pass. The lives of Moses and David are examples to us also. In these times, the longsuffering which the Holy Spirit brings into our lives, enables us to carry through until the word of God is brought to pass.

### GENTLENESS. (KJV).

(KINDNESS – NKJV)

Gentleness is God's love expressed in the way we treat others.

1.	Greek : chrestotes	gentleness	1x
		kindness	4x
		goodness	4x
	chrestos	kind	2x
		good	2x
	chresteuomai	kind	1x

This relates to how we treat others, and how God treats us.

2. **God's nature is gentle and kind.** He is all powerful but He is kind and gentle. God's power is under control. It is effective and is applied in the right way. God applies His word and power to our lives with gentleness and kindness so we can handle it.  
[Remember: Truth out of place, or before a person is ready for it will do more harm than good.]  
God is not harsh or rash and He has regard to the state of the person. He knows what we can take.

God's gentleness and kindness is referred to in:

<i>Eph 2:6,7</i>	(chrestotes)	"the riches of His grace in His <b>kindness</b> towards us ...."
<i>Lk 6:35</i>	(chrestos)	"God is <b>kind</b> to the unthankful and evil"
<i>Tit 3:3-6</i>	(chrestotes)	"the <b>kindness</b> of God our Saviour toward us"
<i>Mat 12:19,20</i>		"a bruised reed He will not break"
<i>Is 40:10,11</i>		the Lord is a gentle, kind shepherd.
<i>Rom 2:4</i>	(chrestotes, chrestos)	"the riches of His <b>goodness</b> " "the <b>goodness</b> of God leads us to repentance"
<i>Rom 11:22</i>	(3x chrestotes)	"consider the <b>goodness</b> and severity of God".
<i>Ps 103:4</i>		"The Lord crowns us with loving-kindness".
<i>2Tim 2:24-26.</i>		

3. **God gives us His gentleness and kindness.** *Gal 5:22.*  
*Col 3:12* (chrestotes) "put on ... **kindness**, humbleness of mind ..."  
*2Cor 6:6* (chrestotes) "as ministers of God ... by longsuffering, by **kindness**, by the Holy Spirit ..."  
*Eph 4:32* (chrestos) "be **kind** one to another, tender-hearted."  
*1Cor 13:4*(chresteuomai) "love suffers long and is **kind**..."
4. The Holy Spirit guides us in our choice of words and our "body language" so that we speak carefully, not in a legal, harsh, condemning or bitter way. The Holy Spirit leads us to hold back hasty words, thoughts and actions, that would offend, stumble, hurt or discourage. He enables us to encourage, comfort, help and exhort.
5. The Roman world of Jesus' day esteemed strength, power, control, and authority. They knew little of kindness, gentleness. Generally this was despised as weakness.

### GOODNESS. - *Gal 5:22*

Goodness is God's love expressed in meeting the needs of others.

[Note: chrestotes is translated "goodness" 4x in the KJV - 3x in *Rom 11:22* an 1x in *Rom 2:4*. Chrestotes is actually kindness and gentleness.]

1. Greek is agathosune and it occurs 4x in the New Testament.  
*Gal 5:22* "the fruit of the Spirit ... is **goodness**..."  
*2Thes 1:11* "and fulfil all the good pleasure of His **goodness** .."

*Rom 15:14* "I am confident that you are full of **goodness** ..."  
*Eph 5:9* "the fruit of the Spirit is in all **goodness**"

The Greek agathos occurs 100x and is translated "good"  
 agathopoieo occurs 11x and is translated "to do good"

2. **Meaning of "goodness". (Love in action to help people.)**

Goodness is all that is beneficial, helpful and a blessing for man and creation's present and eternal well-being. It includes truth, wisdom, knowledge, love, mercy, forgiveness, righteousness, purity, justice, holiness, authority, power, life, hope and salvation, *Mic 6:8, Ps 89:14, Jer 31:10-14.*

3. **God is good and full of goodness.**

*Ex 33:18,19* Moses requested to see God's glory and the Lord showed Moses the fulness of His glory which includes His **goodness**. *Ex 34:6.*

*2Thes 1:11* Paul prays that God would fulfil all the good pleasure of His **goodness**.

*Nah 1:7* But the Lord is **good**, a stronghold ...

*Ps 107:1,2,8,9,etc* O, give thanks to the Lord, for He is **good** ...

*Ps 100:5* For the Lord is **good** ...

*Ps 119:68* God is **good** and does **good**.

*Ps 34:8* O taste and see that the Lord is **good**...

*Mat 19:17* No-one is **good** but One, that is God.

*Ps 27:13* ..to see the **goodness** of the Lord in the land....

*Jn 10:11* I am the **Good Shepherd**.....

4. **All God does is good.**

*Phil 1:6* He who has begun a **good** work in you.....

*Ac 10:38* God anointed Jesus of Nazareth ...doing **good** .....

*Mat 7:11* how much more will your Heavenly Father give **good** things....

*Ps 84:11* ..no **good** thing will God withhold from those who ...

*Jam 1:17* ..every **good** gift and every perfect gift ...

*Josh 23:14, Ps 23:6, Gen 1:31.*

5. **God gives us His goodness** and enables us to do good works.

*Rom 15:14* I am confident ... that you are full of **goodness**..

*Eph 5:9* ..for the fruit of the Spirit is in **all goodness** ...

*Gal 5:22* ..the fruit of the Spirit is **goodness**..

*Mat 5:16* Let your light .... that they may see your **good works** ...

*Eph 2:10* We are His workmanship ... unto **good works**.

*2Tim 3:17, 2Cor 9:8, Heb 13:20,21.*

6. **Good works** = obedience to God's will, *Lk 9:23.*

*Ac 10:38* God anointed Jesus ... who went about doing **good**.

*Gal 6:10* do **good** to all men.

*Mat 25:35,36* care of the poor and needy.

*Mat 18:21* showing mercy.

*Lk 18:1-8* prayer

*Mat 6:1-4* giving alms.

*Mat 6:33, Ac 1:8, Rom 13:1-7, Gal 5:13,14, Mic 6:8, 2Tim 2:21, Tit 2:14.*

### FAITHFULNESS (*Gal 5:22*)

Faithfulness is God's love expressed by being true to our word to others.

[Greek: Pistos 52x (actually pistis - faith 240x N.T.)]

1. **Meaning:**..totally reliable, steadfast and consistent, a person who keeps His word, fulfils all responsibilities, one who is unmoved by opposition and hardship, and always bold to confess Christ, *Mat 10:32.* Love never fails, *1Cor 13:8.* Jesus Christ, the faithful witness, *Rev 1:5.*

2. **God is faithful**  
*1Cor 1:9* God is **faithful**, by whom you were called.  
*1Thes 5:24* He who called you is **faithful**, who also will do it.  
*1Jn 1:9* If we confess our sins, He is **faithful** and just to forgive..  
*2Thes 3:3* God is **faithful** to establish us and to deliver ....  
*1Cor 10:13* God is **faithful** to keep us from being tempted above what ...  
*Deut 7:9 Lam 3:23, Num 23:19, Josh 23:14, Heb 10:23.*
3. **God gives us His faithfulness, Gal 5:22**  
*1Cor 13:8* Love never fails (does not let you down)  
*Mat 25:21,23* Well done, you good and **faithful** servant ...  
*1Tim 1:12* He counted me **faithful**, putting me into the ministry.  
*Eph 1:1* the faithful in Christ Jesus, *Col 1:2.*  
*Eph 6:21* Tychicus... a **faithful** minister in the Lord, *Col 4:7,8.*  
*Col 1:7* Epaphras.... a **faithful** minister of Christ  
*Heb 6:10*
4. **God requires faithfulness in us** as His servants.  
*1Cor 4:2* it is required of a steward that a man be found **faithful**.  
*Mat 24:45-47* God requires **faithful** fulfilment of our ministry, *Mat 25:21,23.*  
*Lk 16:10* Be **faithful in small things**, then in great things.  
*Lk 16:11* Be **faithful in money matters** first, before being entrusted with true riches.  
*Lk 16:12* Be **faithful to support another' ministry** and then God will give you your own ministry.  
*Rev 2:10* Be **faithful** unto death and you will receive a crown of life.  
*Mat 10:32* Be **faithful** to confess Christ.  
*1Sam 12:23, 2Tim 2:2, Ac 20:27.*
5. If you say you are going to do something, try every way to do it. If you cannot possibly do it, ring or write and apologise. Seek to make it up. Keep your word. Tell the truth. Don't exaggerate.

### MEEKNESS (*Gal 5:23*)

Meekness is God's love expressed in reacting to others in the Spirit and not in the flesh.

<b>Greek:</b>	Praotes	9x (use KJV)
	Prautes	3x
	Praos	1x (meek)
	Pras	3x (meek)

eg Read *Col 3:12, Jam 1:21, Jam 3:13.*

1. **Meaning:** The way we react to others and to situations. It is the God given ability to react in the Spirit and not in the flesh, (of anger, resentment, bitterness, unforgiveness, fear, hate) when attacked, put down, criticised or taught. Meekness casts the burden upon the Lord and leaves it up to Him,  
*Ps 55:22, 1Pet 5:7*

But say "I do not receive that!" "That is not true," if you are unjustly accused.

**Meekness is controlled strength**, in the way we react.

2. **Example of Moses:** *Num 12:3(KJV)* Moses, the meekest man.  
 Moses showed meekness when he cast himself down before God as the people rose up against him.  
*Num 14:1-5* at the return of the spies.  
*Num 16:1-4,(13)* at the rebellion of Korah and others.  
*Num 20:1-6* when there was no water.

**Example of David** before Saul.

David refused to touch the Lord's anointed and waited for God to deal with Saul.

*1Sam 18:11, 19:10* Saul tries to kill David.  
*1Sam 24:4* David refuses to strike Saul.  
*1Sam 26:9,11* David again refuses to strike Saul.

3. **Meekness in God's Nature.**

*Mat 11:29* I am **meek** (KJV - praos) and lowly in heart.  
*Mat 21:5* Your King comes to you **meek** (KJV - praus).

Vines: Meekness "is a fruit of power." It is controlled power, as when Jesus had infinite resources at hand to prevent His arrest, *Mat 26:53*, but chose rather to fulfil the Father's will. (Vines – "Expository Dictionary of NT Words".)

4. **Meekness is a submissive teachable attitude.**

*Jam 1:21* receive with **meekness** the ingrafted word (KJV).  
*Ps 37:11 + Mat 5:5* the **meek** will inherit the earth - because God can trust them to use their power as He leads and they are teachable.

5. **God imparts meekness (KJV) Gal 5:23**

<i>Col 3:12</i>	put on <b>meekness</b>	(praotes)
<i>Tit 3:2</i>	showing all <b>meekness</b> unto all men	(praotes)
<i>1Pet 3:4</i>	of a <b>meek</b> and a quiet spirit	(praus)
<i>1Pet 3:15</i>	give a defence ... with <b>meekness</b>	(prautes)
<i>Jam 3:13</i>	works done in <b>meekness</b> of wisdom	(prautes)
<i>1Tim 6:11</i>	follow after .... <b>meekness</b>	(praotes)
<i>Gal 6:1</i>	restore .... in a spirit of <b>meekness</b>	(praotes)
<i>2Tim 2:25</i>	<b>in meekness</b> instructing those	(praotes)
<i>Mat 5:5</i>	Blessed are the <b>meek</b>	(praus)
<i>Eph 4:2, 2Cor 10:1, 1Cor 4:21, Ps 25:9, Ps 147:6, Ps 76:9.(KJV)</i>		

## TEMPERANCE - SELF CONTROL

Self control is God's love expressed by directing our whole life to glorify God. It is a lifestyle with boundaries.

**Greek:** enkrateia 4x "temperance"  
 enkrateuomai 2x  
 enkrates 1x  
 From kratos meaning strength - so enkrateia means inward strength.

1. **Meaning:** ability to rule over self, your whole being, so that your life is purposefully directed to glorify God, and His service, and to do His will, *Lk 9:23, 1Cor 10:31, Col 3:17*.

2. **Enkrateia.**

*Gal 5:23* the fruit of the Spirit is **temperance** (KJV), self control.  
*2Pet 1:6* add to your knowledge, **temperance**, and to temperance ...  
*Ac 24:25* Paul reasoned of righteousness, **temperance** ...

3. **Enkrateuomai.**

*1Cor 7:9* if they cannot **contain** let them marry (KJV). i.e. exercise self control over sexual desire.  
*1Cor 9:25* everyone that strives...is **temperate** in all things.  
 i.e. that competes in the Olympics is in strict training.

4. **Enkrates.**

*Tit 1:8* an elder/overseer must be... **temperate** ... (self controlled).

5. **Exercise control over your body.**

*1Cor 9:24-27* discipline your body and bring it into subjection to your spirit.  
*Rom 6:12* do not let sin reign in your mortal body.  
*Gen 4:7* you must rule over sin  
*2Tim 2:22* flee youthful lusts but follow righteousness  
*Gal 5:24* those who are Christ's have crucified the flesh



*Rom 5:17* by grace and righteousness reign in life through Christ.  
*1Pet 2:11* abstain from fleshly lusts that war against the soul.

6. **Rule over your spirit area.**

*Pro 25:28* whoever has no rule over his own spirit...  
*Pro 29:11* a fool vents all his feelings (literally Spirit) ....  
*Pro 16:32* he who is slow to anger ... and he who rules his spirit ...  
*1Cor 14:32* the spirit of the prophets is subject to....

7. **Rule in your soul/mind/thought life.**

*2Cor 10:5* Bring every thought captive to Christ.  
*Phil 4:8* Whatever things are true ... think on these things.  
*1Cor 6:12* All things lawful ... but I will not be brought under the power of any.  
*Col 3:2* Set your mind on things above, not on things on the earth.  
*Jam 3:2-18* (control words, attitudes, reactions).  
*Is 26:3* Set your mind on the Lord.

8. **Be in control** of your reactions *Jam 1:19,20*

your words *Mat 12:36, Mat 5:37*  
 your thoughts *2Cor 10:5, Phil 4:8, Col 3:2*  
 what you look at: TV, videos, magazines, books, *Job 31:1*  
 what you listen to: radio, music, tapes  
 food and drink  
 rest and sleep  
 sexual desires  
 exercise  
 finances, credit card.