THE 9 FRUIT OF THE SPIRIT

BOOK 31

AM I BEARING THE FRUIT OF THE SPIRIT?



Love • Joy • Peace • Longsuffering • Gentleness
Goodness • Faith • Meekness • Temperance

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Book Introduction

Am I truly bearing the fruit of the Spirit, or am I merely professing to be a Christian?

This is the central question of this book.

Every Christian is called to bear the fruit of the Spirit. But how can I know whether the nine qualities of this one fruit are actually manifested in my daily life? Is my Christian profession reflected in my thoughts, words, actions, attitudes, and treatment of others?

This book invites every believer to undertake an honest and personal examination of their Christian life in the light of Scripture. Through its nine chapters, the book examines each quality of the fruit of the Spirit, seeking to answer six important questions:

1. **What is the meaning of each quality of the fruit of the Spirit?**
2. **How should I manifest it in my daily Christian life?**
3. **How can I know when it is absent?**
4. **When it is absent, what takes its place?**
5. **How can it be restored when its absent in my life?**
6. **Am I truly bearing it? An honest personal self-assessment.**

The purpose of this book is not merely to increase our knowledge of the fruit of the Spirit, but to help us discover whether we are actually bearing it.

As you read each chapter, examine yourself honestly. Do not think primarily of someone else whose life needs correction. Let the Scriptures speak to your own heart. For ultimately, the question is not whether I can name or explain the nine qualities of the fruit of the Spirit, but whether they are truly manifested in my life.

AM I TRULY BEARING THE FRUIT OF THE SPIRIT?

THE FORGOTTEN PILLAR

— THE FAITH OF JESUS —

The Bible identifies God's faithful people in the last days, just before the second coming of Jesus Christ, as possessing three distinguishing pillars:

1. **They keep the commandments of God** — Revelation 12:17; 14:12.
2. **They have the testimony of Jesus Christ** — Revelation 12:17.
3. **They have the faith of Jesus** — Revelation 14:12.

Many professed believers today recognize the importance of keeping God's commandments and holding the testimony of Jesus Christ (the first 2 pillars). They earnestly defend biblical truth, reject false doctrines and understand biblical prophecy. For the bible defines the testimony of Jesus as the spirit of prophecy (Rev 19:10). Yet the third pillar, **"the faith of Jesus,"** is often insufficiently understood by the majority and thus deserves equally serious attention.

What exactly is the faith of Jesus? Is it merely believing in Christ, possessing correct biblical doctrines, or faithfully observing God's commandments? Or does it involve something deeper that must be manifested in our daily thoughts, words, attitudes, and conduct?

The apostle Paul declared:

> "I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me..." — Galatians 2:20.

And again:

> "Examine yourselves, whether ye be in the faith; prove your own selves..." — 2 Corinthians 13:5.

These declarations direct our attention from what we profess to what we actually experience in our relationship with Jesus Christ. It is possible to be deeply concerned about the errors of other churches, the fulfilment of prophecy, and the signs of Christ's approaching return, yet neglect the personal preparation required to meet Him. Knowing the truth is essential, but our lives must also bear witness to the truth we profess.

This book, together with others to follow, seeks to examine the practical Christian life in relation to the faith of Jesus. In this particular book, we investigate **the fruit of the Spirit**, its nine qualities, how they should be manifested, and how believers can recognize their absence through honest biblical self-examination.

We may keep all the commandments and understand all the prophecies of the bible, but when Christ returns, will our lives also testify that Christ truly lived in us?

THE FAITH OF JESUS

What Is the Faith of Jesus? (Revelation 14:12)

The faith of Jesus is the unwavering faith, complete trust, and absolute dependence upon God the Father that Jesus Himself demonstrated throughout His earthly life. It is the faith by which Jesus lived, obeyed, endured temptation, suffered, and remained faithful even unto death (Hebrews 12:2; Philippians 2:8). To have the faith of Jesus is to possess and exercise that same living faith in God through Christ dwelling in us (Galatians 2:20), enabling us to trust, obey, and remain faithful to God under all circumstances.

Throughout His earthly ministry, Jesus demonstrated what it means to live entirely by faith in His Father. He declared, “I can of mine own self do nothing” (John 5:30), and “the Father that dwelleth in me, he doeth the works” (John 14:10). Even when facing suffering, rejection, temptation, and death, Jesus never abandoned His confidence in His Father. His faith was not dependent upon favourable circumstances, visible evidence, or immediate deliverance. He trusted His Father completely, surrendering His own will and declaring, “nevertheless not my will, but thine, be done” (Luke 22:42).

How Can We Have the Faith of Jesus?

The faith of Jesus is therefore more than merely believing that Jesus Christ exists or acknowledging Him as the Saviour. It involves allowing Christ to live His life in us through faith. The apostle Paul testified, “I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God” (Galatians 2:20). This faith produces loving obedience, patient endurance, victory over temptation, and steadfast confidence in God's promises. It is not a faith manufactured by human strength, but one exercised through a living union with Jesus Christ.

This is why Revelation 14:12 identifies God's faithful people as those who “keep the commandments of God, and the faith of Jesus.” The commandments reveal the standard of righteousness, while the faith of Jesus enables believers to walk in obedience through dependence upon Christ. Such believers do not merely profess the truth; they live by it. Even when circumstances become unbearable, prayers appear unanswered, or obedience demands great sacrifice, they continue trusting God as Jesus did.

To have the faith of Jesus is to trust the Father as Jesus trusted Him, obey as Jesus obeyed, and remain faithful as Jesus remained faithful, because Christ Himself lives in us.

THE ONE FRUIT OF THE SPIRIT

and Its Nine Qualities

One fruit, not fruits

Galatians 5:22–23 declares:

> 🕮 "But **the fruit** of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law."

Notice that Scripture says **"the fruit** of the Spirit" **(singular)**, not "the fruits of the Spirit" (plural).

The Bible identifies **one fruit of the Spirit, described by nine distinct qualities:** love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, and temperance.

These are not presented as nine separate fruits from which a Christian may choose. Rather, they are nine qualities of the one fruit produced by the Spirit in the believer's life. Why? Because the nine qualities of the fruit of the spirit reflect the character of one Christ living in the believer.

Galatians 2:20
🕮 "I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me..."

This distinction is important. A Christian should not be satisfied with manifesting love while neglecting temperance, or demonstrating gentleness while harbouring hatred, bitterness, or resentment. Every quality matters, and none should be deliberately neglected.

For this reason, this book examines each of the nine qualities individually, explaining how it should be manifested in daily life, how to recognize its absence, what may take its place, and how it may be restored through a living relationship with Jesus Christ.

The fruit of the Spirit is one, its qualities are nine, for they are manifestations of the character of one person —Christ, and every believer is called to manifest His character in daily life.

TO WHICH SPIRIT DOES THE FRUIT BELONG?

The 'Spirit of Christ' or 'God the Holy Spirit'?

Whose Spirit produces the nine qualities of the fruit?

The Holy Scriptures clearly identify the Spirit by which Jesus Christ dwells in the believer. The apostle Paul declares, **"Now if any man have not the Spirit of Christ, he is none of his"** (Romans 8:9). He continues, "And if Christ be in you, the body is dead because of sin; but the Spirit is life because of righteousness" (Romans 8:10). Notice how Paul connects having the Spirit of Christ with Christ Himself dwelling in the believer. He does not introduce another divine being called "God the Holy Spirit," but speaks of the Spirit of God, the Spirit of Christ, and Christ dwelling in us.

Jesus Himself explained this wonderful truth when He promised His disciples the Comforter. He declared, **"I will not leave you comfortless: I will come to you"** (John 14:18). He further promised, "At that day ye shall know that I am in my Father, and ye in me, and I in you" (John 14:20). Although Jesus would no longer be physically present with His disciples, He promised to dwell in them. This agrees with His declaration, "If a man love me, he will keep my words: and my Father will love him, and we will come unto him, and make our abode with him" (John 14:23).

The apostle Paul confirms this identification in Galatians 4:6: **"God hath sent forth the Spirit of his Son into your hearts, crying, Abba, Father."** Likewise, Philippians 1:19 speaks of "the Spirit of Jesus Christ," while Colossians 1:27 declares, "Christ in you, the hope of glory." These passages identify the Spirit by His relationship to the Father and the Son and establish that Christ truly dwells in His people.

Therefore, the believer's spiritual life is not merely an imitation of Jesus through human effort, but a living fellowship with Christ through His Spirit. Scripture explicitly calls this the **Spirit of Christ**, the **Spirit of God's Son**, and the **Spirit of Jesus Christ**.

The expression **"God the Holy Spirit"** stated in the trinity doctrine does not occur in the Bible. Thus, when considering how believers may possess the faith of Jesus, the central biblical testimony is unmistakable: **"Christ liveth in me"** (Galatians 2:20).

CHAPTER 1

LOVE

Am I Truly Loving As Christ Commanded?

LOVE

AM I TRULY LOVING AS CHRIST COMMANDED?

Love is the first quality of the fruit of the Spirit.

📖 Galatians 5:22

> "But the fruit of the Spirit is **Love**, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance:"

But what does it mean to possess this love? How should it be manifested in our daily lives? And how can we recognize when it is absent?

A person may profess to love God, attend worship, pray regularly, and possess considerable knowledge of Scripture, yet fail to manifest love in daily conduct.

The apostle John declares:

> 📖 "He that loveth not knoweth not God; for God is love." 1 John 4:8

This makes love a solemn matter of personal examination.

1. WHAT IS LOVE ACCORDING TO SCRIPTURE?

The Bible does not leave us to define love according to our feelings or personal opinions.

📖 1 Corinthians 13:4–7

> "**Charity** suffereth long, and is kind; charity envieth not; charity vaunteth not itself, is not puffed up,
> Doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil;
> Rejoiceth not in iniquity, but rejoiceth in the truth;
> Beareth all things, believeth all things, hopeth all things, endureth all things."

These words reveal how love behaves. Love is patient, kind, humble, unselfish, and truthful. It does not delight in another person's suffering or wrongdoing. It is not easily provoked and does not seek revenge.

Love is therefore more than an emotion. It must be manifested in our actions, words, attitudes, and treatment of others.

HOW SHOULD I MANIFEST LOVE?

2. HOW SHOULD I MANIFEST LOVE TOWARD GOD?

Jesus declared:

> 📖 "If ye love me, keep my commandments." John 14:15

And again:

> 📖 "For this is the love of God, that we keep his commandments: and his commandments are not grievous." 1 John 5:3

Love toward God is manifested through willing obedience to His commandments.
Examine yourself:

- Do I willingly obey God's commandments?
- Do I love His truth even when it challenges my cherished beliefs?
- Do I place God's will above my personal desires?
- Do I obey God only when obedience is convenient?

A person cannot claim to love God while deliberately refusing to obey His revealed will.

3. HOW SHOULD I MANIFEST LOVE TOWARD OTHERS?

Jesus commanded:

> 📖 "A new commandment I give unto you, That ye love one another; as I have loved you, that ye also love one another." John 13:34

Notice the standard: **"as I have loved you."** This love must be manifested toward family members, neighbours, fellow believers, strangers, and even enemies.

Jesus declared:

> 📖 "But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you;" Matt 5:44

Therefore, love is not limited to those who treat us kindly.

Examine yourself:

Do I show kindness to those who disagree with me?
Do I help others without expecting something in return?
Do I pray for those who offend or mistreat me?
Do I rejoice when others succeed?
Do I forgive those who have wronged me?
Do I speak respectfully to my spouse, children, relatives, and neighbours?

4. HOW CAN I KNOW WHEN LOVE IS ABSENT IN MY LIFE?

Scripture identifies several attitudes and behaviours that reveal the absence of love.

First: When I harbour hatred toward another person.

> 📖 "If a man say, I love God, and hateth his brother, he is a liar: for he that loveth not his brother whom he hath seen, how can he love God whom he hath not seen?" 1 John 4:20

Second: When I am envious of another person's success.

> 📖 "Charity suffereth long, and is kind; charity envieth not; charity vaunteth not itself, is not puffed up," 1 Corinthians 13:4

Third: When I am easily provoked and continually resentful.

> 📖 "Doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil;" 1 Corinthians 13:5

Fourth: When I refuse to forgive those who offend me.

> 📖 "Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye." Colossians 3:13

Fifth: When I ignore the suffering and needs of others.

> 📖 "But whoso hath this world's good, and seeth his brother have need, and shutteth up his bowels of compassion from him, how dwelleth the love of God in him?" 1 John 3:17

These passages provide a searching examination of our hearts.

A believer should ask: **Do any of these attitudes exist in me?**

5. WHEN LOVE IS ABSENT, WHAT TAKES ITS PLACE?

The Bible gives a solemn answer.

Where love does not govern our conduct, the works of the flesh may become evident.

Galatians 5:19–21

> 📖 “Now the works of the flesh are manifest, which are these; Adultery, fornication, uncleanness, lasciviousness, Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies, Envyings, murders, drunkenness, revellings, and such like…”

Notice particularly the following:

- Hatred replaces love with hostility.
- Envy replaces love with jealousy over another person's blessings.
- Wrath replaces love with uncontrolled anger.
- Strife replaces love with quarrelling and conflict.
- Malice replaces love with the desire to harm others.
- Bitterness replaces love with enduring resentment.

Scripture warns:

> 📖“Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice:” Ephesians 4:31

The absence of love is therefore not a small spiritual deficiency. It creates room for attitudes and behaviours contrary to the Spirit of Christ.

6. HOW CAN LOVE BE RESTORED IN MY LIFE?

We cannot produce the love of God through human determination alone.

Scripture declares:

> 📖 “And hope maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us.” Romans 5:5

Love comes from God.

Jesus commands us to abide in Him.

> 📖 “As the Father hath loved me, so have I loved you: continue ye in my love.” John 15:9

And Scripture instructs:

> 📖 “And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.” Ephesians 4:32

Therefore, when I recognize hatred, bitterness, envy, or unforgiveness in my life, I must acknowledge my sin, repent, seek God's forgiveness, and submit myself to His will.

> 📖 “If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.” 1 John 1:9

Through abiding in Christ, the love of God can be manifested in our lives.

7. PERSONAL SELF-ASSESSMENT: AM I BEARING LOVE?

Examine yourself honestly before God.

No.	Question	Yes	No
1	Do I willingly obey God's commandments?	☐	☐
2	Do I genuinely love those who disagree with me?	☐	☐
3	Do I forgive those who have offended me?	☐	☐
4	Do I pray for those who mistreat me?	☐	☐
5	Do I rejoice in the success of others without envy?	☐	☐
6	Do I avoid harbouring hatred, malice, or bitterness?	☐	☐
7	Do I treat my family members with kindness and respect?	☐	☐
8	Do I help those in need when I am able?	☐	☐
9	Do I control my words when provoked?	☐	☐
10	Do my actions demonstrate love rather than merely my words?	☐	☐

What do my answers reveal about me?

These questions are not a numerical test of salvation. They are an invitation to examine our lives honestly in the light of Scripture.

If my answers reveal hatred, envy, selfishness, bitterness, or an unforgiving spirit, I must not excuse these things simply because I profess to be a Christian.

I must bring them before God.

A FINAL QUESTION

> 🕮 "And though I have the gift of prophecy, and understand all mysteries, and all knowledge; and though I have all faith, so that I could remove mountains, and have not charity, I am nothing." 1 Corinthians 13:2

I may possess considerable biblical knowledge, preach eloquently, defend the truth, and engage in religious activities.

But if I have not love, what am I? Scripture answers: **"I am nothing."**

CHAPTER 2

JOY

Do I Possess the Joy of Christ?



JOY

Do I Possess The Joy of Christ?

Joy is the second quality of the fruit of the Spirit.

Galatians 5:22

> 📖 "But the fruit of the Spirit is love, **Joy**, peace, longsuffering, gentleness, goodness, faith, meekness, temperance:"

But what is biblical joy? Is it merely happiness when everything goes well? Can a Christian experience joy amid suffering, disappointment, sickness, poverty, or persecution?

Jesus declared:

> 📖 "These things have I spoken unto you, that my joy might remain in you, and that your joy might be full." John 15:11

Notice whose joy Christ desires us to possess: **"my joy."**

The question is therefore deeply personal: Do I possess the joy of Christ, or does my joy depend entirely upon favourable circumstances?

1. WHAT IS JOY ACCORDING TO SCRIPTURE?

The Bible connects joy with God's presence, salvation, and the believer's relationship with Him.

> 📖 "Thou wilt shew me the path of life: **in thy presence** is fulness of joy; at thy right hand there are pleasures for evermore." Psalm 16:11

> 📖 "And not only so, but we also joy in God through our Lord Jesus Christ, by whom we have now received the atonement." Romans 5:11

Biblical joy is therefore not merely excitement arising from material possessions, personal achievements, or favourable circumstances.

It is joy in God through Jesus Christ.

> 📖 "Rejoice in the Lord alway: and again I say, Rejoice." Philippians 4:4

Notice that Scripture commands us to rejoice **in the Lord**, not merely in favourable circumstances.

2. HOW SHOULD JOY BE MANIFESTED IN MY LIFE?

First: By rejoicing in God's salvation.

> 📖 "Notwithstanding in this rejoice not, that the spirits are subject unto you; but rather rejoice, because your names are written in heaven." Luke 10:20
>
> Our greatest joy should arise from belonging to God and possessing the hope of salvation.

Second: By giving thanks to God.

> 📖 "Rejoice evermore. Pray without ceasing. In every thing give thanks: for this is the will of God in Christ Jesus concerning you." 1 Thessalonians 5:16–18
>
> A joyful believer learns to give thanks even when circumstances are difficult.

Third: By rejoicing when others rejoice.

> 📖 "Rejoice with them that do rejoice, and weep with them that weep." Romans 12:15
>
> True joy does not envy another person's blessings. It rejoices in their happiness.

Fourth: By rejoicing in the truth.

> 📖 "Rejoiceth not in iniquity, but rejoiceth in the truth;" 1 Corinthians 13:6
>
> We should rejoice when God's truth prevails, even when it corrects our cherished beliefs.

Fifth: By rejoicing in the hope of Christ's promises.

> "Rejoicing in hope; patient in tribulation; continuing instant in prayer;" Romans 12:12

Christian joy is sustained by hope in God's promises.

3. CAN I POSSESS JOY WHILE SUFFERING?

Yes. Scripture teaches that joy can remain present even amid suffering.

Jesus declared:

> 📖 "These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world." John 16:33

The apostles themselves demonstrated this joy.

> 📖 "And they departed from the presence of the council, rejoicing that they were counted worthy to suffer shame for his name." Acts 5:41

Paul and Silas, having been beaten and imprisoned, prayed and sang praises unto God.

> 📖 "And at midnight Paul and Silas prayed, and sang praises unto God: and the prisoners heard them." Acts 16:25

Their circumstances were painful, but their relationship with God remained their source of joy.

> 📖 "My brethren, count it all joy when ye fall into divers temptations; Knowing this, that the trying of your faith worketh patience." James 1:2–3

This does not mean that Christians never experience sadness, grief, or tears.

Jesus Himself wept.

> 📖 "Jesus wept." John 11:35

And Scripture commands believers to weep with those who weep. Therefore, **the presence of sorrow does not necessarily mean the absence of spiritual joy.** The important question is whether, amid sorrow, we continue to trust God and rejoice in the hope He has given us.

4. HOW CAN I KNOW WHEN JOY IS ABSENT IN MY LIFE?

The absence of spiritual joy may be revealed through certain attitudes and behaviours.

First: When I find no delight in God's Word.

> 📖 "I rejoice at thy word, as one that findeth great spoil." Psalm 119:162
>
> Do I delight in reading and obeying God's Word, or do I regard it merely as a burdensome obligation?

Second: When I find no joy in knowing and serving God.

> 📖 "I was glad when they said unto me, Let us go into the house of the LORD." Psalm 122:1
>
> Has worship become an empty routine rather than a joyful privilege?

Third: When I continually complain rather than give thanks.

> 📖 "Do all things without murmurings and disputings:" Philippians 2:14
>
> Do I continually murmur against God because circumstances have not unfolded according to my wishes?

Fourth: When I envy the blessings of others.

> 📖 "Rejoice with them that do rejoice, and weep with them that weep." Can I genuinely rejoice when another person receives something I desire? Romans 12:15

Fifth: When worldly pleasures become my principal source of happiness.

> 📖"Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him." 1 John 2:15

Do I seek lasting satisfaction in worldly pleasures while neglecting my relationship with God? These are questions for careful self-examination. However, temporary sadness, emotional exhaustion, grief, or suffering should not automatically be interpreted as evidence that the Spirit's joy is absent.

5. WHEN JOY IS ABSENT, WHAT MAY TAKE ITS PLACE?

Scripture reveals several conditions that may arise when our hearts cease to find their joy in God.

First: Murmuring and complaining.

> 📖 "Neither murmur ye, as some of them also murmured, and were destroyed of the destroyer." 1 Corinthians 10:10
>
> Instead of thanksgiving, the heart may become occupied with complaints and dissatisfaction.

Second: Envy and discontentment.

> 📖 "A sound heart is the life of the flesh: but envy the rottenness of the bones." Proverbs 14:30
>
> Rather than rejoicing in God's blessings, we may become dissatisfied because others appear more prosperous.

Third: The pursuit of worldly pleasures.

> 📖 "Traitors, heady, highminded, lovers of pleasures more than lovers of God;" 2 Timothy 3:4
>
> When joy in God is neglected, worldly pleasures may become more attractive than fellowship with Him.

Fourth: Unbelief and distrust of God's promises.

> 📖 "Take heed, brethren, lest there be in any of you an evil heart of unbelief, in departing from the living God." Hebrews 3:12
>
> Unbelief may weaken our confidence in God's promises and our rejoicing in Him.

Fifth: Spiritual dissatisfaction arising from cherished sin.

David prayed:

> 📖 "Restore unto me the joy of thy salvation; and uphold me with thy free spirit." Psalm 51:12
>
> David's prayer demonstrates that sin can disturb the believer's experience of the joy of salvation.

6. HOW CAN THE JOY OF CHRIST BE RESTORED?

First: Abide in Christ.

> 📖 "If ye keep my commandments, ye shall abide in my love; even as I have kept my Father's commandments, and abide in his love." These things have I spoken unto you, that my joy might remain in you, and that your joy might be full." John 15:10–11

Christ connects the fullness of joy with abiding in His love.

Second: Confess and forsake known sin.

> 📖 "Create in me a clean heart, O God; and renew a right spirit within me. Cast me not away from thy presence; and take not thy holy spirit from me. Restore unto me the joy of thy salvation; and uphold me with thy free spirit." Psalm 51:10–12

Third: Continue in prayer and thanksgiving.

> 📖 "Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God." Philippians 4:6

Fourth: Remember God's promises.

> 📖 "Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost." Romans 15:13

Joy is not something we manufacture through outward excitement. It is experienced through **faith, abiding in Christ, and the working of God's Spirit**.

7. PERSONAL SELF-ASSESSMENT:

AM I BEARING JOY?

Examine yourself honestly before God.

No.	Question	Yes	No
1	Do I rejoice in knowing God and belonging to Christ?	☐	☐
2	Do I find delight in reading and obeying God's Word?	☐	☐
3	Do I give thanks to God even during difficult circumstances?	☐	☐
4	Do I rejoice sincerely when others receive blessings?	☐	☐
5	Do I continue trusting God's promises during suffering?	☐	☐
6	Do I resist murmuring and continually complaining?	☐	☐
7	Is my joy rooted in Christ rather than worldly possessions?	☐	☐
8	Do I find joy in doing God's will?	☐	☐
9	Do I seek God in prayer when discouraged?	☐	☐
10	Do I look forward with joy to the fulfilment of God's promises?	☐	☐

What do my answers reveal?

If I possess material comforts but have no delight in God, I must examine my spiritual condition. If I continually envy others, murmur against God, or seek satisfaction primarily in worldly pleasures, I must ask whether I am truly abiding in Christ. But if I am grieving, suffering, or passing through a painful trial, I must remember that even Jesus wept.

My tears alone do not prove that the joy of the Spirit is absent.

A FINAL QUESTION

The prophet Habakkuk declared:

> 📖 "Although the fig tree shall not blossom, neither shall fruit be in the vines; the labour of the olive shall fail, and the fields shall yield no meat; the flock shall be cut off from the fold, and there shall be no herd in the stalls: Yet I will rejoice in the LORD, I will joy in the God of my salvation." Habakkuk 3:17–18

Here is joy that does not depend upon prosperity, abundance, or favourable circumstances.

If everything upon which I depend were taken away, would I still rejoice in the LORD?

CHAPTER 3

PEACE

Do I Have the Peace of Christ?

PEACE

DO I HAVE THE PEACE OF CHRIST?

Peace is the third quality of the fruit of the Spirit.

> 🕮 "But the fruit of the Spirit is love, joy, **Peace**, longsuffering, gentleness, goodness, faith, meekness, temperance:" Galatians 5:22

But what does it mean to possess peace? Is it merely the absence of quarrels, troubles, and difficulties? Can a believer have peace when surrounded by conflict, persecution, uncertainty, or suffering?

Jesus declared:

> 🕮 "Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid." John 14:27

Notice that Jesus promised **"my peace."** The peace of Christ is therefore different from the peace offered by the world. The question is deeply personal: **Do I possess the peace of Christ, and is that peace manifested in my relationships and daily conduct?**

1. WHAT IS PEACE ACCORDING TO SCRIPTURE?

The Bible reveals three important dimensions of peace in the Christian life.

First: Peace with God.

> 🕮"Therefore being justified by faith, we have peace with God through our Lord Jesus Christ:" Romans 5:1

Peace with God comes through Jesus Christ. Sin separates humanity from God, but through Christ we may be reconciled to Him.

Second: Peace in the heart.

> 🕮 "And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus." Philippians 4:7

This peace guards the believer's heart and mind, even when circumstances are difficult.

Third: Peace with others.

> 🕮 "If it be possible, as much as lieth in you, live peaceably with all men." Romans 12:18

Peace must also be manifested in our relationships with family members, neighbours, fellow believers, and others.

Thus, biblical peace is not merely freedom from outward conflict. It involves reconciliation with God, inward confidence in Him, and a disposition to live peaceably with others.

2. HOW SHOULD I MANIFEST PEACE IN MY DAILY LIFE?

First: By trusting God instead of surrendering to fear.

📖 "Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee." Isaiah 26:3

When confronted by uncertainty, do I trust God's promises, or do I allow fear to govern my decisions?

Second: By refusing to promote quarrels and divisions.

📖 "A soft answer turneth away wrath: but grievous words stir up anger." Proverbs 15:1

When someone speaks harshly to me, do I respond gently, or do I return insult for insult?

Third: By seeking reconciliation when relationships are broken.

📖 "Therefore if thou bring thy gift to the altar, and there rememberest that thy brother hath ought against thee; Leave there thy gift before the altar, and go thy way; first be reconciled to thy brother, and then come and offer thy gift." Matthew 5:23–24

A peaceful Christian should not deliberately prolong unnecessary conflict.

Fourth: By refusing to seek revenge.

📖 "Dearly beloved, avenge not yourselves, but rather give place unto wrath: for it is written, Vengeance is mine; I will repay, saith the Lord." Romans 12:19

When wronged, do I seek revenge, or do I commit the matter to God?

Fifth: By pursuing peace without compromising God's truth.

📖 "But the wisdom that is from above is first pure, then peaceable, gentle, and easy to be intreated, full of mercy and good fruits, without partiality, and without hypocrisy." James 3:17

Notice that heavenly wisdom is **"first pure, then peaceable."**

True peace must never require disobedience to God or compromise with sin.

3. CAN I HAVE PEACE WHEN SURROUNDED BY TROUBLE?

Yes.

The peace of Christ does not depend upon the absence of difficulties.

Jesus declared:

> 📖 "These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world." John 16:33

Notice that Christ promised peace while acknowledging that His followers would experience tribulation.

The apostle Paul wrote:

> 📖 "We are troubled on every side, yet not distressed; we are perplexed, but not in despair; Persecuted, but not forsaken; cast down, but not destroyed;" 2 Corinthians 4:8–9

The believer may experience trouble without losing confidence in God.

However, possessing the peace of Christ does not mean that a Christian will never experience fear, grief, anxiety, or emotional distress.

Even Jesus declared:

> 📖 "Then saith he unto them, My soul is exceeding sorrowful, even unto death: tarry ye here, and watch with me." Matthew 26:38

Therefore, we must not condemn every troubled or sorrowful believer as lacking the fruit of the Spirit. The important question is whether we continue seeking and trusting God amid our troubles.

4. HOW CAN I KNOW WHEN PEACE IS ABSENT IN MY LIFE?

Scripture provides searching tests of our conduct.

First: When I continually provoke quarrels.

> 🕮 "An angry man stirreth up strife, and a furious man aboundeth in transgression." Proverbs 29:22
>
> Am I frequently responsible for unnecessary arguments in my home, workplace, or church?

Second: When I refuse to forgive and seek reconciliation.

> 🕮 "And when ye stand praying, forgive, if ye have ought against any: that your Father also which is in heaven may forgive you your trespasses." Mark 11:25
>
> Do I deliberately nurture grievances against others?

Third: When I repay evil with evil.

> 🕮 "Recompense to no man evil for evil. Provide things honest in the sight of all men." Romans 12:17
>
> Do I deliberately hurt those who have hurt me?

Fourth: When I sow discord among others.

> 🕮 "These six things doth the LORD hate: yea, seven are an abomination unto him:"
>
> 🕮 "A false witness that speaketh lies, and he that soweth discord among brethren." Proverbs 6:16, 19
>
> Do my words unite people in truth, or do I secretly create divisions?

Fifth: When I refuse to trust God and allow unbelief to govern my conduct.

> 🕮 "Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee." Isaiah 26:3
>
> Am I relying upon God, or have I deliberately turned away from His promises?

These questions concern the attitudes and choices that govern our lives. Temporary distress or anxiety must not automatically be mistaken for spiritual rebellion.

5. WHEN PEACE IS ABSENT, WHAT MAY TAKE ITS PLACE?

The Bible identifies several attitudes and behaviours contrary to peace.

First: Strife.

> 📖 "Now the works of the flesh are manifest, which are these; Adultery, fornication, uncleanness, lasciviousness, Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies," Galatians 5:19–20
>
> Where peace is rejected, quarrelling, hostility, and unnecessary conflict may flourish.

Second: Wrath and uncontrolled anger.

> 📖 "For the wrath of man worketh not the righteousness of God." James 1:20

Third: Bitterness and resentment.

> 📖 "Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble you, and thereby many be defiled;" Hebrews 12:15
>
> Bitterness can disturb not only our own hearts but also our relationships with others.

Fourth: Envy and division.

> 📖 "For where envying and strife is, there is confusion and every evil work." James 3:16

Fifth: Revenge and hostility.

> 📖 "Not rendering evil for evil, or railing for railing: but contrariwise blessing; knowing that ye are thereunto called, that ye should inherit a blessing." 1 Peter 3:9
>
> When peace no longer governs our conduct, we may become quarrelsome, bitter, revengeful, or divisive.

However, **not every conflict proves that a believer lacks peace**. A Christian may suffer opposition precisely because of obedience to God.

> 📖 "Yea, and all that will live godly in Christ Jesus shall suffer persecution." 2 Timothy 3:12

The biblical test is not whether everyone agrees with me, but whether I am living faithfully, truthfully, and peaceably as far as it lies within my power.

6. HOW CAN THE PEACE OF CHRIST BE RESTORED?

First: Return to God through Jesus Christ.

> 📖 "Therefore being justified by faith, we have peace with God through our Lord Jesus Christ:" Romans 5:1

True peace begins with reconciliation to God.

Second: Bring your troubles to God in prayer.

> 📖 "Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus." Philippians 4:6–7

Third: Put away bitterness, anger, and malice.

> 📖 "Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice: And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you." Ephesians 4:31–32

Fourth: Actively pursue peace.

> 📖 "Depart from evil, and do good; seek peace, and pursue it." Psalm 34:14

Peace is not merely something we desire; Scripture commands us to pursue it.

Fifth: Allow the peace of God to rule in your heart.

> 📖 "And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful." Colossians 3:15

The peace of Christ is received and maintained through a living relationship with Him.

7. PERSONAL SELF-ASSESSMENT:

AM I BEARING PEACE?

Examine yourself honestly before God.

No.	Question	Yes	No
1	Have I sought reconciliation with God through Jesus Christ?	☐	☐
2	Do I trust God amid uncertainty and difficulties?	☐	☐
3	Do I seek to live peaceably with others?	☐	☐
4	Do I avoid provoking unnecessary arguments?	☐	☐
5	Do I respond gently when others speak harshly to me?	☐	☐
6	Do I willingly forgive those who offend me?	☐	☐
7	Do I seek reconciliation when relationships are broken?	☐	☐
8	Do I refuse to spread gossip or sow discord?	☐	☐
9	Do I reject revenge and leave judgment to God?	☐	☐
10	Do I pursue peace without compromising God's truth?	☐	☐

What do my answers reveal?

If I continually quarrel, nurture bitterness, seek revenge, or deliberately create divisions, I must examine whether the peace of Christ is governing my conduct.

If I am experiencing difficulties, persecution, grief, or anxiety, I should not automatically conclude that I lack the Spirit of God. Instead, I must seek Christ, trust His promises, and commit my troubles to Him. These questions are not a numerical measure of salvation but an invitation to honest spiritual examination.

A FINAL QUESTION

Jesus declared:

> 📖 "Blessed are the peacemakers: for they shall be called the children of God." Matthew 5:9

Notice that Jesus did not merely say, *Blessed are those who enjoy peace.*

He said: **"Blessed are the peacemakers."**

A peacemaker actively seeks reconciliation, refuses unnecessary conflict, and promotes peace without abandoning truth. Therefore, I must ask myself:

When I enter my home, workplace, church, or community, do I promote peace, or do I bring quarrels, hostility, and division?

CHAPTER 4

LONGSUFFERING

How Do I Respond When my Patience is Tested?



LONGSUFFERING

How do I Respond When my Patience is Tested?

Longsuffering is the fourth quality named in the fruit of the Spirit.

> 🕮 "But the fruit of the Spirit is love, joy, peace, **longsuffering**, gentleness, goodness, faith, Meekness, temperance: against such there is no law." Galatians 5:22–23

But what does it mean to be longsuffering? How long should a Christian endure provocation, offences, disappointment, and mistreatment without becoming angry, bitter, or revengeful?

Many believers consider themselves patient until someone repeatedly offends them. We may remain calm when everything goes according to our wishes, yet become angry when contradicted, delayed, criticized, or treated unfairly. But longsuffering is revealed especially when our patience is tested. The apostle Paul declares:

> 🕮 "With all lowliness and meekness, with longsuffering, forbearing one another in love;" Ephesians 4:2

The question is therefore deeply personal: When others repeatedly test my patience, do I manifest the longsuffering of Christ?

1. WHAT IS LONGSUFFERING ACCORDING TO SCRIPTURE?

The Bible reveals longsuffering through God's patience, mercy, and restraint toward those who offend Him.

> 🕮 "And the LORD passed by before him, and proclaimed, The LORD, The LORD God, merciful and gracious, longsuffering, and abundant in goodness and truth," Exodus 34:6

God describes Himself as longsuffering.

> 🕮 "But thou, O Lord, art a God full of compassion, and gracious, longsuffering, and plenteous in mercy and truth." Psalm 86:15

God's longsuffering is demonstrated through His patience toward sinful humanity.

> 🕮 "The Lord is not slack concerning his promise, as some men count slackness; but is longsuffering to us-ward, not willing that any should perish, but that all should come to repentance." 2 Peter 3:9

These passages show that longsuffering involves patience, mercy, and restraint, even when there are reasons for displeasure.

2. HOW DID JESUS CHRIST MANIFEST LONGSUFFERING?

Jesus Christ is our example.

> "Howbeit for this cause I obtained mercy, that in me first Jesus Christ might shew forth all longsuffering, for a pattern to them which should hereafter believe on him to life everlasting." 1 Timothy 1:16

Christ's longsuffering is presented as a pattern for those who believe in Him.

Consider His response to suffering and mistreatment.

> "Who, when he was reviled, reviled not again; when he suffered, he threatened not; but committed himself to him that judgeth righteously:" 1 Peter 2:23

Jesus did not return insult for insult. When He suffered, He did not threaten those who mistreated Him.

Even while suffering upon the cross, He prayed:

> "Then said Jesus, Father, forgive them; for they know not what they do. And they parted his raiment, and cast lots." Luke 23:34

Here is longsuffering manifested under extreme provocation and suffering.

If Christ is my example, how do I respond when someone insults, contradicts, or mistreats me?

3. HOW SHOULD I MANIFEST LONGSUFFERING IN MY DAILY LIFE?

First: By being slow to anger.

> 📖 "Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath:" James 1:19

When someone offends me, do I listen patiently, or do I immediately react in anger?

Second: By bearing patiently with the weaknesses of others.

> 📖 "Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering; Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye." Colossians 3:12–13

Longsuffering requires us to bear with others and forgive their offences.

Third: By refusing to retaliate when mistreated.

> 📖 "See that none render evil for evil unto any man; but ever follow that which is good, both among yourselves, and to all men." 1 Thessalonians 5:15

When wronged, do I seek revenge, or do I continue to do what is right?

Fourth: By exercising patience within my family.

> 📖 "And, ye fathers, provoke not your children to wrath: but bring them up in the nurture and admonition of the Lord." Ephesians 6:4

A Christian parent should not continually provoke children through harshness or unreasonable treatment.

Likewise, Scripture commands husbands:

> 📖 "Husbands, love your wives, and be not bitter against them." Colossians 3:19

Longsuffering must be manifested first in our everyday relationships, including those within our homes.

Fifth: By patiently enduring difficulties.

> 📖 "Take, my brethren, the prophets, who have spoken in the name of the Lord, for an example of suffering affliction, and of patience. Behold, we count them happy which endure. Ye have heard of the patience of Job, and have seen the end of the Lord; that the Lord is very pitiful, and of tender mercy." James 5:10–11

Job's example reminds us that faithfulness to God may require patient endurance through severe trials.

4. DOES LONGSUFFERING MEAN ACCEPTING EVERY WRONG WITHOUT CORRECTION?

No.

Biblical longsuffering does not mean approving sin, abandoning truth, or refusing to correct wrongdoing.

Scripture declares:

> 📖 "Preach the word; be instant in season, out of season; reprove, rebuke, exhort with all longsuffering and doctrine." 2 Timothy 4:2

Notice that Scripture commands both correction and longsuffering. A believer may firmly oppose wrongdoing while maintaining patience, humility, and self-control.

Longsuffering also does not require a person to remain in danger or submit indefinitely to abuse. Jesus Himself instructed His disciples:

> 📖 "But when they persecute you in this city, flee ye into another:" Matthew 10:23

Thus, patience does not forbid taking appropriate steps to escape danger or seek protection.

The question is not whether I must tolerate every harmful action, but whether I respond to wrongdoing in a manner consistent with the character and commandments of Christ.

5. HOW CAN I KNOW WHEN LONGSUFFERING IS ABSENT IN MY LIFE?

Scripture identifies several signs.

First: When I am quick to anger.

> 📖 "He that is slow to wrath is of great understanding: but he that is hasty of spirit exalteth folly." Proverbs 14:29
>
> Do I become angry whenever someone challenges my opinions or frustrates my expectations?

Second: When I react harshly to correction.

> 📖 "Whoso loveth instruction loveth knowledge: but he that hateth reproof is brutish." Proverbs 12:1
>
> Can I receive correction patiently, or do I immediately become defensive and offended?

Third: When I repay offences with offences.

> 📖 "Recompense to no man evil for evil. Provide things honest in the sight of all men." Romans 12:17
>
> Do I deliberately hurt those who have hurt me?

Fourth: When I refuse to bear with the weaknesses of others.

> 📖 "We then that are strong ought to bear the infirmities of the weak, and not to please ourselves." Romans 15:1
>
> Am I considerate toward those who are weak, slow to learn, or struggling spiritually?

Fifth: When I quickly give up during difficulties.

> 📖 "And let us not be weary in well doing: for in due season we shall reap, if we faint not." Galatians 6:9
>
> Do I abandon what is right simply because obedience becomes difficult?

These passages invite us to examine whether patience and endurance are truly manifested in our conduct.

6. WHEN LONGSUFFERING IS ABSENT, WHAT TAKES ITS PLACE?

The Bible identifies several attitudes contrary to longsuffering.

First: Wrath.

> 🕮 "Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies," Galatians 5:20
>
> Instead of exercising patience, a person may become easily angered.

Second: Strife.

> 🕮 "A wrathful man stirreth up strife: but he that is slow to anger appeaseth strife." Proverbs 15:18
>
> The absence of patience may lead to unnecessary quarrels and conflict.

Third: Bitterness.

> 🕮 "Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice:" Ephesians 4:31
>
> Repeated offences may develop into bitterness when the heart continually nurtures resentment.

Fourth: Revenge.

> 🕮 "Say not thou, I will recompense evil; but wait on the LORD, and he shall save thee." Proverbs 20:22
>
> When longsuffering is absent, a person may become determined to retaliate.

Fifth: Hastiness and foolish reactions.

> 🕮 "He that is soon angry dealeth foolishly: and a man of wicked devices is hated." Proverbs 14:17
>
> Hasty anger may lead to words and actions that dishonour God and injure others.

Therefore, where longsuffering is absent**, wrath, strife, bitterness, revenge, and hasty conduct** may take its place.

7. HOW CAN LONGSUFFERING BE DEVELOPED IN MY LIFE?

First: Abide in Christ.

📖 “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.” John 15:5

The fruit of the Spirit comes through abiding in Christ.

Second: Remember God's longsuffering toward you.

📖“Or despisest thou the riches of his goodness and forbearance and longsuffering; not knowing that the goodness of God leadeth thee to repentance?” Romans 2:4

When tempted to become impatient with others, remember how patiently God has dealt with you.

Third: Learn to endure trials faithfully.

📖 “And not only so, but we glory in tribulations also: knowing that tribulation worketh patience; And patience, experience; and experience, hope:” Romans 5:3–4

Trials may become opportunities for spiritual growth.

Fourth: Pray for God's help.

📖 “Strengthened with all might, according to his glorious power, unto all patience and longsuffering with joyfulness;” Colossians 1:11

Longsuffering is sustained by God's power.

Fifth: Put away wrath and choose forgiveness.

📖 “And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.” Ephesians 4:32

When offended, we must choose obedience to God's Word rather than surrendering to sinful anger.

8. PERSONAL SELF-ASSESSMENT:
AM I BEARING LONGSUFFERING?

Examine yourself honestly before God.

No.	Question	Yes	No
1	Am I slow to anger when someone provokes me?	☐	☐
2	Do I remain patient when others make repeated mistakes?	☐	☐
3	Do I receive correction without becoming hostile?	☐	☐
4	Do I forgive those who repeatedly offend me?	☐	☐
5	Do I avoid retaliating when someone mistreats me?	☐	☐
6	Do I exercise patience with my spouse, children, and family members?	☐	☐
7	Do I avoid speaking harshly when frustrated?	☐	☐
8	Do I remain faithful to God during prolonged difficulties?	☐	☐
9	Do I refuse to nurture bitterness and resentment?	☐	☐
10	Do I patiently correct others without hatred or unnecessary harshness?	☐	☐

What do my answers reveal?

If I am constantly angry, easily offended, impatient with others, or determined to retaliate whenever I am wronged, I must examine whether the longsuffering of Christ is manifested in my life. If I have suffered repeated injustice, I must not confuse longsuffering with accepting abuse or abandoning rightful protection. The biblical question is whether my responses remain governed by God's Word.

A FINAL QUESTION

1 Corinthians 13:4

> 🕮 "Charity suffereth long, and is kind; charity envieth not; charity vaunteth not itself, is not puffed up,"

Notice that love **"suffereth long."**

Longsuffering is not merely remaining silent while resentment grows within the heart. It is patience accompanied by love, kindness, forgiveness, and restraint.

Consider your daily relationships.

When others repeatedly offend, disappoint, contradict, or mistreat me, what do they see in my response? Do they see the patience of Christ? Or do they see anger, bitterness, quarrelling, and revenge?

CHAPTER 5

GENTLENESS

Am I Kind and Considerate in My Treatment of Others?

GENTLENESS

Am I Kind and Considerate in My Treatment of Others?

Gentleness is the fifth quality named in the fruit of the Spirit

> 🕮 "But the fruit of the Spirit is love, joy, peace, longsuffering, **gentleness**, goodness, faith, Meekness, temperance: against such there is no law." Galatians 5:22–23

But what does it mean to be gentle? Is gentleness merely speaking softly, smiling at others, or avoiding harsh words? Can a person appear gentle in public while being harsh, impatient, and unkind toward those closest to him?

Many Christians are courteous toward strangers but speak harshly to their spouses, children, relatives, or fellow believers. Some defend biblical truth yet do so with insulting words, unnecessary severity, or contempt toward those who disagree with them.

But the fruit of the Spirit must be manifested in our everyday conduct, not merely in our outward religious profession. The apostle Paul commands:

> 🕮 "To speak evil of no man, to be no brawlers, but gentle, shewing all meekness unto all men." Titus 3:2

Notice that gentleness must be shown **"unto all men."**

The question is therefore deeply personal: **Am I genuinely gentle in my treatment of others, especially when they disappoint, offend, or disagree with me?**

1. WHAT IS GENTLENESS ACCORDING TO SCRIPTURE?

The Bible associates gentleness with kindness, compassion, mercy, and considerate treatment of others.

> 🕮 "Now I Paul myself beseech you by the meekness and gentleness of Christ, who in presence am base among you, but being absent am bold toward you:" 2 Corinthians 10:1

Here, gentleness is expressly associated with Jesus Christ.

> 🕮 "And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you." Ephesians 4:32

> 🕮 "Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering;" Colossians 3:12

These Scriptures reveal the conduct that accompanies gentleness.

A gentle believer treats others with kindness, compassion, consideration, and mercy. Gentleness is not merely a pleasant manner of speaking. It must be evident in how we respond to the weaknesses, mistakes, difficulties, and needs of others.

2. HOW DID JESUS CHRIST MANIFEST GENTLENESS?

Jesus Christ is our perfect example.

> 📖 "Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls." Matthew 11:29

Consider how Christ treated those who were weak and burdened.

> 📖 "A bruised reed shall he not break, and smoking flax shall he not quench, till he send forth judgment unto victory." Matthew 12:20

Christ did not crush those who were already weak and suffering.

When little children were brought to Him, His disciples attempted to prevent them.

But Jesus declared:

> 📖 "But when Jesus saw it, he was much displeased, and said unto them, Suffer the little children to come unto me, and forbid them not: for of such is the kingdom of God." Mark 10:14

Jesus welcomed those whom others were prepared to dismiss.

His gentleness was manifested through compassion, kindness, and concern for others.

If Christ dwells in me, should not His gentleness also be manifested in my life?

3. HOW SHOULD I MANIFEST GENTLENESS IN MY DAILY LIFE?

First: By speaking kindly and respectfully.

📖 "A soft answer turneth away wrath: but grievous words stir up anger." Prov. 15:1

Our words can soothe a troubled heart or deepen another person's pain.

When someone speaks harshly to me, do I respond gently or return insult for insult?

Second: By treating my family members with kindness.

📖 "Husbands, love your wives, and be not bitter against them." Colossians 3:19

📖 "And, ye fathers, provoke not your children to wrath: but bring them up in the nurture and admonition of the Lord." Ephesians 6:4

Gentleness should be particularly evident within our homes.

It is inconsistent to appear kind before strangers while continually mistreating those closest to us.

Third: By showing compassion toward the weak and suffering.

📖 "Now we exhort you, brethren, warn them that are unruly, comfort the feebleminded, support the weak, be patient toward **all men**." 1 Thessalonians 5:14

Do I show consideration toward those who are struggling, or do I treat them as burdens?

Fourth: By correcting others without unnecessary harshness.

📖 "And the servant of the Lord must not strive; but be gentle unto all men, apt to teach, patient, in meekness instructing those that oppose themselves; if God peradventure will give them repentance to the acknowledging of the truth;" 2 Timothy 2:24–25

A Christian may firmly defend the truth without insulting those who oppose it.

Fifth: By showing kindness even to enemies.

📖 "But love ye your enemies, and do good, and lend, hoping for nothing again; and your reward shall be great, and ye shall be the children of the Highest: for he is kind unto the unthankful and to the evil." Luke 6:35

Notice that God is kind even to the unthankful and evil.

If we belong to Him, should we not manifest kindness even toward those who mistreat us?

4. DOES GENTLENESS MEAN NEVER CORRECTING WRONGDOING?

No.

Gentleness does not mean approving sin, abandoning truth, or refusing to correct wrongdoing.

Jesus Himself rebuked hypocrisy and wickedness.

Matthew 23:27

> 📖 “Woe unto you, scribes and Pharisees, hypocrites! for ye are like unto whited sepulchres, which indeed appear beautiful outward, but are within full of dead men's bones, and of all uncleanness.”

Yet Christ's rebukes were directed against wrongdoing and hypocrisy, not motivated by sinful cruelty.

Scripture commands:

Galatians 6:1

> 📖 “Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of meekness; considering thyself, lest thou also be tempted.”

The purpose of Christian correction should be restoration, not humiliation.

Gentleness does not require us to remain silent about sin. It requires us to correct others in accordance with God's Word, without malice, pride, or unnecessary harshness.

5. HOW CAN I KNOW WHEN GENTLENESS IS ABSENT IN MY LIFE?

Scripture identifies several behaviours that are contrary to gentleness.

First: When my words are harsh and hurtful.

> "There is that speaketh like the piercings of a sword: but the tongue of the wise is health." Proverbs 12:18
>
> Do my words heal or wound?

Second: When I treat others with contempt.

> "Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves." Philippians 2:3
>
> Do I look down upon others because of their weaknesses, poverty, lack of education, or mistakes?

Third: When I lack compassion toward those who suffer.

> "But whoso hath this world's good, and seeth his brother have need, and shutteth up his bowels of compassion from him, how dwelleth the love of God in him?" 1 John 3:17
>
> Am I indifferent to the suffering of others when I have the ability to help?

Fourth: When I am unnecessarily harsh toward those who make mistakes.

> "And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you." Ephesians 4:32
>
> Do I correct others with kindness, or do I deliberately embarrass and humiliate them?

Fifth: When I am courteous in public but harsh at home.

> 📖 "But if any provide not for his own, and specially for those of his own house, he hath denied the faith, and is worse than an infidel." 1 Timothy 5:8
>
> Although this verse directly concerns providing for one's household, it reminds us of the seriousness of our responsibilities toward those closest to us.

Our Christian profession must be reflected in our conduct within our families.

6. WHEN GENTLENESS IS ABSENT, WHAT TAKES ITS PLACE?

The Bible identifies several attitudes and behaviours that are contrary to gentleness.

First: Harsh and grievous speech.

> 🕮 "A soft answer turneth away wrath: but grievous words stir up anger." Proverbs 15:1
>
> Instead of calming others, harsh words provoke anger and conflict.

Second: Wrath and clamour.

> 🕮 "Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice:" Ephesians 4:31
>
> Where gentleness is absent, angry outbursts and abusive speech may become common.

Third: Pride and contempt.

> 🕮 "Pride goeth before destruction, and an haughty spirit before a fall." Proverbs 16:18
>
> Pride may cause us to look down upon others rather than treat them with consideration.

Fourth: Cruelty and lack of compassion.

> 🕮 "A righteous man regardeth the life of his beast: but the tender mercies of the wicked are cruel." Proverbs 12:10
>
> Even our treatment of animals may reveal whether compassion governs our conduct.

Fifth: Malice and evil speaking.

> 🕮 "To speak evil of no man, to be no brawlers, but gentle, shewing all meekness unto all men. For we ourselves also were sometimes foolish, disobedient, deceived, serving divers lusts and pleasures, living in malice and envy, hateful, and hating one another." Titus 3:2–3

These passages contrast the conduct expected of believers with the attitudes that characterized their former lives.

When gentleness is absent, harshness, pride, wrath, cruelty, malice, and contempt may take its place.

7. HOW CAN GENTLENESS BE MANIFESTED IN MY LIFE?

First: Abide in Christ.

> 🕮 "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." John 15:5

Gentleness is a quality of the fruit of the Spirit. It cannot be produced merely through outward politeness.

Second: Follow the example of Christ.

> 🕮 "Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls." Matthew 11:29

We must learn from Christ's character and conduct.

Third: Put away bitterness and evil speaking.

> 🕮 "Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice: And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you." Ephesians 4:31–32

Fourth: Allow kindness to govern your speech.

> 🕮 "Let your speech be alway with grace, seasoned with salt, that ye may know how ye ought to answer every man." Colossians 4:6

Fifth: Remember how mercifully God has treated you.

> 🕮 "But after that the kindness and love of God our Saviour toward man appeared, Not by works of righteousness which we have done, but according to his mercy he saved us, by the washing of regeneration, and renewing of the Holy Ghost;" Titus 3:4–5

God's kindness toward us should lead us to treat others with kindness.

8. PERSONAL SELF-ASSESSMENT: AM I BEARING GENTLENESS?

Examine yourself honestly before God.

No.	Question	Yes	No
1	Do I speak kindly and respectfully to others?	☐	☐
2	Do I remain gentle when someone disagrees with me?	☐	☐
3	Do I treat my spouse, children, and family members with kindness?	☐	☐
4	Do I avoid humiliating others when correcting their mistakes?	☐	☐
5	Do I show compassion toward the weak and suffering?	☐	☐
6	Do I avoid harsh, insulting, or abusive words?	☐	☐
7	Do I treat the poor and less privileged with dignity?	☐	☐
8	Do I show kindness even to those who mistreat me?	☐	☐
9	Do I avoid pride, arrogance, and contempt toward others?	☐	☐
10	Does my conduct at home reflect the gentleness I profess in public?	☐	☐

What do my answers reveal?

If I frequently speak harshly, humiliate others, show contempt toward the weak, or treat my family unkindly, I must examine whether gentleness is truly manifested in my life.

I must not excuse cruelty or harshness by claiming that I am merely defending the truth or correcting wrongdoing. Scripture commands us to be gentle even when correction is necessary. These questions are not a numerical measure of salvation. They are an invitation to examine our conduct honestly before God.

A FINAL QUESTION

The apostle Paul declared:

> 📖 "But we were gentle among you, even as a nurse cherisheth her children:" 1 Thessalonians 2:7

What a tender picture of gentleness!

Paul compares his treatment of believers to the care of a nurse cherishing her children. This should lead every Christian to a solemn examination.

When people interact with me, do they experience kindness, compassion, consideration, and gentleness? Or do they experience harshness, impatience, pride, and unnecessary severity?

CHAPTER 6

GOODNESS

Is My Life Characterized by Doing Good?



GOODNESS:

IS MY LIFE CHARACTERIZED BY DOING GOOD?

Goodness is the sixth quality named in the fruit of the Spirit.

> 🕮 "But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, **goodness**, faith, Meekness, temperance: against such there is no law." Galatians 5:22–23

But what does it mean to be good? Is goodness merely avoiding evil, speaking kindly, attending worship, or maintaining a respectable Christian reputation?

Can a person profess righteousness, possess considerable biblical knowledge, and yet fail to do the good that God requires? The Bible declares:

> 🕮 "Therefore to him that knoweth to do good, and doeth it not, to him it is sin." James 4:17

This is a solemn declaration. God does not merely require us to abstain from evil. He also expects us to do the good that He has revealed. The question is therefore deeply personal: **Is my life truly characterized by goodness, or am I merely satisfied with appearing to be a good Christian?**

1. WHAT IS GOODNESS ACCORDING TO SCRIPTURE?

The Bible reveals that goodness originates with God.

> 🕮 "Thou art good, and doest good; teach me thy statutes." Psalm 119:68

Notice these two expressions: **"Thou art good"** — God's character. **"And doest good"** — God's actions. Goodness therefore concerns both character and conduct.

Jesus declared:

> 🕮 "A good man out of the good treasure of his heart bringeth forth that which is good; and an evil man out of the evil treasure of his heart bringeth forth that which is evil: for of the abundance of the heart his mouth speaketh." Luke 6:45

Goodness must proceed from the heart and be manifested through our words and actions.

The apostle Paul further declares:

> 🕮 "(For the fruit of the Spirit is in all goodness and righteousness and truth;)" Ephesians 5:9

Biblical goodness is therefore inseparable from righteousness and truth.

A person cannot practice dishonesty, injustice, or deliberate wrongdoing and claim that such conduct manifests the goodness of the Spirit.

2. HOW DID JESUS CHRIST MANIFEST GOODNESS?

Jesus Christ is our perfect example.

Acts 10:38

> 🕮 "How God anointed Jesus of Nazareth with the Holy Ghost and with power: who went about doing good, and healing all that were oppressed of the devil; for God was with him."

Notice the words:

"Who went about doing good."

Christ did not merely speak about goodness. His life was characterized by doing good.

He healed the sick, comforted the suffering, fed the hungry, taught the ignorant, forgave sinners, and showed compassion toward those whom society despised.

When the multitude followed Him into the wilderness, He said:

Matthew 15:32

> 🕮 "Then Jesus called his disciples unto him, and said, I have compassion on the multitude, because they continue with me now three days, and have nothing to eat: and I will not send them away fasting, lest they faint in the way."

Christ saw their need and acted.

His goodness was not merely expressed through sympathetic words but through practical help.

If I profess to follow Jesus Christ, I am also going about doing good.

3. HOW SHOULD I MANIFEST GOODNESS IN MY DAILY LIFE?

First: By doing good whenever I have the opportunity.

> 📖 "As we have therefore opportunity, let us do good unto all men, especially unto them who are of the household of faith." Galatians 6:10

Notice that Scripture says **"all men."** Goodness should not be restricted to family members, friends, fellow believers, or those who can reward us.

Second: By helping those in need.

> 📖 "If a brother or sister be naked, and destitute of daily food, And one of you say unto them, Depart in peace, be ye warmed and filled; notwithstanding ye give them not those things which are needful to the body; what doth it profit?" James 2:15–16

Good intentions and sympathetic words are insufficient when we have the ability to provide practical assistance.

Third: By practicing honesty and righteousness.

> 📖 "A false balance is abomination to the LORD: but a just weight is his delight." Proverbs 11:1

Goodness must be manifested in business transactions, employment, financial dealings, and our treatment of others. A Christian should not deceive, exploit, steal, or obtain personal advantage through dishonesty.

Fourth: By doing good even to those who mistreat us.

> 📖 "But I say unto you which hear, Love your enemies, do good to them which hate you," Luke 6:27

Goodness is not merely a response to kindness received. Christ commands us to do good even to enemies.

Fifth: By defending the vulnerable and assisting the oppressed.

> 📖 "Learn to do well; seek judgment, relieve the oppressed, judge the fatherless, plead for the widow." Isaiah 1:17

Biblical goodness includes concern for justice and those who cannot easily defend themselves.

Sixth: By refusing to grow weary in doing good.

> 📖 "But ye, brethren, be not weary in well doing." 2 Thessalonians 3:13

Goodness should not be an occasional act performed when convenient. It should characterize our lives.

4. IS AVOIDING EVIL THE SAME AS DOING GOOD?

No.

Scripture commands both.

> 🕮 "Depart from evil, and do good; seek peace, and pursue it." Psalm 34:14

Notice the two instructions: **"Depart from evil"** and **"do good."**

A person may avoid certain outward sins yet neglect opportunities to help others.

Consider the account of the good Samaritan.

> 🕮 "But a certain Samaritan, as he journeyed, came where he was: and when he saw him, he had compassion on him, And went to him, and bound up his wounds, pouring in oil and wine, and set him on his own beast, and brought him to an inn, and took care of him." Luke 10:33–34

The priest and Levite had passed by the wounded man. The Samaritan acted.

Jesus concluded:

> 🕮 "And he said, He that shewed mercy on him. Then said Jesus unto him, Go, and do thou likewise." Luke 10:37

Notice Christ's command: **"Go, and do thou likewise."**

Goodness is not merely refraining from harming others. It involves actively doing what is right and merciful.

5. CAN I APPEAR GOOD WITHOUT TRULY BEING GOOD?

Yes.

Scripture warns against outward righteousness that conceals inward wickedness.

Jesus declared:

> 📖 "Even so ye also outwardly appear righteous unto men, but within ye are full of hypocrisy and iniquity." Matthew 23:28

A person may appear respectable, charitable, and religious while secretly harbouring dishonest motives.

Jesus also warned:

> 📖 "Take heed that ye do not your alms before men, to be seen of them: otherwise ye have no reward of your Father which is in heaven." Matthew 6:1

Therefore, we must examine not only what we do but also why we do it.

- Do I help others because I genuinely desire their welfare, or because I want praise?
- Do I give generously because I love God and my neighbour, or because I want others to admire me?
- Do I practice righteousness in private as well as in public?

True goodness must proceed from a heart that seeks to please God, not merely impress others.

6. HOW CAN I KNOW WHEN GOODNESS IS ABSENT IN MY LIFE?

Scripture provides several searching tests.

First: When I knowingly neglect to do good.

📖 "Therefore to him that knoweth to do good, and doeth it not, to him it is sin." James 4:17

Do I deliberately ignore opportunities to help others when I have the ability to do so?

Second: When I am dishonest in my dealings.

📖 "Lying lips are abomination to the LORD: but they that deal truly are his delight." Proverbs 12:22

Do I tell lies, deceive others, or conceal the truth for personal advantage?

Third: When I exploit or oppress others.

📖 "He that oppresseth the poor reproacheth his Maker: but he that honoureth him hath mercy on the poor." Proverbs 14:31

Do I take advantage of people because they are poor, weak, or unable to defend themselves?

Fourth: When I practice goodness only to receive praise.

📖 "Therefore when thou doest thine alms, do not sound a trumpet before thee, as the hypocrites do in the synagogues and in the streets, that they may have glory of men. Verily I say unto you, They have their reward." Matthew 6:2

Are my good deeds motivated by love or personal recognition?

Fifth: When I repay evil with evil.

📖 "Be not overcome of evil, but overcome evil with good." Romans 12:21

Do I respond to wrongdoing by deliberately doing wrong myself?

Sixth: When I show favouritism and disregard the poor.

📖 "But if ye have respect to persons, ye commit sin, and are convinced of the law as transgressors." James 2:9

Do I treat wealthy and influential people better than those who are poor or powerless?

7. WHEN GOODNESS IS ABSENT, WHAT TAKES ITS PLACE?

Scripture identifies several attitudes and behaviours contrary to goodness.

First: Wickedness and unrighteousness.

> 🕮 "Let love be without dissimulation. Abhor that which is evil; cleave to that which is good." Romans 12:9
>
> When goodness is rejected, evil may govern our conduct.

Second: Dishonesty and deceit.

> 🕮 "He that walketh uprightly walketh surely: but he that perverteth his ways shall be known." Proverbs 10:9

Third: Selfishness and greed.

> 🕮 "Look not every man on his own things, but every man also on the things of others." Philippians 2:4
>
> When goodness is absent, personal advantage may become more important than the welfare of others.

Fourth: Cruelty and oppression.

> 🕮 "Rob not the poor, because he is poor: neither oppress the afflicted in the gate: For the LORD will plead their cause, and spoil the soul of those that spoiled them." Proverbs 22:22–23

Fifth: Hypocrisy.

> 🕮 "Woe unto you, scribes and Pharisees, hypocrites! for ye are like unto whited sepulchres, which indeed appear beautiful outward, but are within full of dead men's bones, and of all uncleanness." Matthew 23:27

Sixth: Indifference toward the needs of others.

> 🕮 "But whoso hath this world's good, and seeth his brother have need, and shutteth up his bowels of compassion from him, how dwelleth the love of God in him?" 1 John 3:17

Thus, when goodness is absent, **wickedness, dishonesty, selfishness, oppression, hypocrisy, and indifference** may become evident.

A believer must examine not merely whether he avoids wrongdoing but whether he faithfully does the good God requires.

8. HOW CAN GOODNESS BE MANIFESTED IN MY LIFE?

First: Abide in Jesus Christ.

📖 "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." John 15:5

Goodness is a quality of the fruit of the Spirit, not merely an outward display of respectable behaviour.

Second: Allow God's Word to guide your conduct.

📖 "All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: That the man of God may be perfect, throughly furnished unto all good works." 2 Timothy 3:16–17

Third: Follow Christ's example of doing good.

📖 "How God anointed Jesus of Nazareth with the Holy Ghost and with power: who went about doing good, and healing all that were oppressed of the devil; for God was with him." Acts 10:38

Fourth: Be ready to perform good works.

📖 "Put them in mind to be subject to principalities and powers, to obey magistrates, to be ready to every good work," Titus 3:1

Fifth: Remember that good works are the result, not the means, of obtaining salvation.

📖 "For by grace are ye saved through faith; and that not of yourselves: it is the gift of God:

Not of works, lest any man should boast.

For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them." Ephesians 2:8–10

Good works do not purchase salvation. They are the expected manifestation of a life transformed through Jesus Christ.

9. PERSONAL SELF-ASSESSMENT:

AM I BEARING GOODNESS?

Examine yourself honestly before God.

No.	Question	Yes	No
1	Do I actively seek opportunities to do good?	☐	☐
2	Do I help those in need when I have the ability?	☐	☐
3	Am I honest in my words, business, and financial dealings?	☐	☐
4	Do I treat the poor, weak, and vulnerable fairly?	☐	☐
5	Do I do good even to those who mistreat me?	☐	☐
6	Do I avoid doing good merely to receive praise?	☐	☐
7	Do I refuse to exploit others for personal gain?	☐	☐
8	Do I practice righteousness privately as well as publicly?	☐	☐
9	Do I avoid knowingly neglecting opportunities to do good?	☐	☐
10	Does my conduct reflect Christ's example of going about doing good?	☐	☐

What do my answers reveal?

If I am dishonest, selfish, exploitative, indifferent to suffering, or concerned only with appearing righteous, I must examine whether goodness is truly manifested in my life.

If I know what is right but deliberately refuse to do it, Scripture declares that such neglect is sin. These questions are not intended to measure salvation by counting good works. They invite honest examination of whether the life of Christ is being manifested in our daily conduct.

A FINAL QUESTION

Jesus declared:

> 🕮 "Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven." Matthew 5:16

Notice the purpose of our good works: **"And glorify your Father which is in heaven."**

Goodness should not draw attention merely to ourselves but lead others to glorify God. Therefore, I must ask: **Do the people who encounter me experience goodness through my words, actions, decisions, and treatment of others?**

Am I merely avoiding evil, or am I actively doing good? Am I good only when others are watching, or do I practice righteousness even when nobody sees me? **If Jesus Christ examined my daily conduct, would He find goodness manifested in my life?**

CHAPTER 7

FAITH

Do I Truly Believe and Trust God?

FAITH: DO I TRULY BELIEVE AND TRUST GOD?

Faith is the seventh quality named in the fruit of the Spirit.

> 🕮 "But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law." Galatians 5:22–23

But what does it mean to have faith? Is faith merely believing that God exists, accepting the teachings of Scripture, or professing to be a Christian?

Can a person claim to have faith while living in disobedience, doubting God's promises, or abandoning Him when difficulties arise?

The Bible declares:

> 🕮 "But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him." Hebrews 11:6

Faith is therefore essential in our relationship with God. Yet the question is not merely whether I profess to have faith. **Does my daily life demonstrate that I truly believe God, trust His promises, and remain faithful to Him?**

1. WHAT IS FAITH ACCORDING TO SCRIPTURE?

The Bible provides a direct description of faith.

> 🕮 "Now faith is the substance of things hoped for, the evidence of things not seen." Hebrews 11:1

Faith concerns our confidence in what God has revealed, even when its fulfilment is not yet visible.

> 🕮 "So then faith cometh by hearing, and hearing by the word of God." Romans 10:17

Faith must therefore be founded upon God's Word, not merely human opinions, feelings, or expectations. Consider Abraham.

> 🕮 "He staggered not at the promise of God through unbelief; but was strong in faith, giving glory to God; And being fully persuaded that, what he had promised, he was able also to perform." Romans 4:20–21

Abraham believed that God was able to fulfil His promise. Thus, biblical faith includes believing God's Word, trusting His promises, and relying upon His faithfulness.

2. HOW DID JESUS CHRIST MANIFEST FAITH?

Jesus Christ demonstrated complete trust in His Father.

> 📖 "And he that sent me is with me: the Father hath not left me alone; for I do always those things that please him." John 8:29

Christ's life was characterized by obedience to His Father's will.

Even during His suffering in Gethsemane, Jesus prayed:

> 📖 "Saying, Father, if thou be willing, remove this cup from me: nevertheless not my will, but thine, be done." Luke 22:42

Christ submitted His will to His Father.

Upon the cross, He declared:

> 📖 "And when Jesus had cried with a loud voice, he said, Father, into thy hands I commend my spirit: and having said thus, he gave up the ghost." Luke 23:46

These words reveal His continued trust in His Father.

If Christ trusted His Father even unto death, how should I trust God when my circumstances become difficult?

3. HOW SHOULD FAITH BE MANIFESTED IN MY DAILY LIFE?

First: By believing God's Word.

📖 "But these are written, that ye might believe that Jesus is the Christ, the Son of God; and that believing ye might have life through his name." John 20:31

Do I receive what Scripture teaches, even when it challenges my previous beliefs?

Second: By obeying God's commandments.

📖 "By faith Abraham, when he was called to go out into a place which he should after receive for an inheritance, obeyed; and he went out, not knowing whither he went." Hebrews 11:8

Abraham's faith was manifested through obedience.

Third: By trusting God when circumstances are uncertain.

📖 "Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths." Proverbs 3:5–6

When I cannot understand what God is doing, do I continue trusting Him?

Fourth: By remaining faithful during trials.

📖 "Wherein ye greatly rejoice, though now for a season, if need be, ye are in heaviness through manifold temptations: That the trial of your faith, being much more precious than of gold that perisheth, though it be tried with fire, might be found unto praise and honour and glory at the appearing of Jesus Christ:" 1 Peter 1:6–7

Faith must endure testing.

Fifth: By praying and trusting God's will.

📖 "And this is the confidence that we have in him, that, if we ask any thing according to his will, he heareth us:" 1 John 5:14

Faith does not mean demanding that God fulfil every personal desire. It means trusting His will.

Sixth: By remaining faithful in small responsibilities.

📖 "He that is faithful in that which is least is faithful also in much: and he that is unjust in the least is unjust also in much." Luke 16:10

Faithfulness should be manifested in our words, responsibilities, promises, financial dealings, and relationships.

4. CAN I CLAIM TO HAVE FAITH WHILE LIVING IN DISOBEDIENCE?

Scripture gives a solemn warning.

> 📖 "Even so faith, if it hath not works, is dead, being alone." James 2:17

And again:

> 📖 "For as the body without the spirit is dead, so faith without works is dead also." James 2:26

True faith is not merely an outward profession.

James further declares:

> 📖 "Thou believest that there is one God; thou doest well: the devils also believe, and tremble." James 2:19

Merely acknowledging that God exists is insufficient. Faith must be manifested through obedience to God's revealed will.

However, Scripture also teaches that salvation is not earned through human works.

> 📖 "For by grace are ye saved through faith; and that not of yourselves: it is the gift of God: Not of works, lest any man should boast." Ephesians 2:8–9

Therefore, **good works do not purchase salvation, but living faith is manifested through obedience and righteous conduct.**

5. WHAT IF GOD DOES NOT ANSWER MY PRAYERS AS I EXPECT?

This is one of the most searching tests of faith. Many believers trust God when their prayers are answered according to their desires. But what happens when deliverance does not come?

Consider Shadrach, Meshach, and Abednego. When threatened with death for refusing to worship Nebuchadnezzar's image, they declared:

> 📖 "If it be so, our God whom we serve is able to deliver us from the burning fiery furnace, and he will deliver us out of thine hand, O king. But if not, be it known unto thee, O king, that *we will not serve thy gods,* nor worship the golden image which thou hast set up." Daniel 3:17–18

Notice the words: **"But if not."**

Their obedience did not depend upon receiving the deliverance they desired. They believed God was able to save them, yet remained faithful even if He did not deliver them from death.

Consider also the apostle Paul.

> 📖 "For this thing I besought the Lord thrice, that it might depart from me. And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me." 2 Corinthians 12:8–9

Paul prayed for relief, but the answer he received was not the removal of his affliction. Faith does not require God to do everything we desire.

True faith continues trusting God even when His answer differs from our expectations.

6. HOW CAN I KNOW WHEN FAITH IS ABSENT IN MY LIFE?

Scripture identifies several signs.

First: When I deliberately reject God's Word.

> 📖 "He that rejecteth me, and receiveth not my words, hath one that judgeth him: the word that I have spoken, the same shall judge him in the last day." John 12:48
>
> Do I reject clear biblical truth because it conflicts with my personal preferences?

Second: When I refuse to obey God's commandments.

> 📖 "Yea, a man may say, Thou hast faith, and I have works: shew me thy faith without thy works, and I will shew thee my faith by my works." James 2:18
>
> Is my profession of faith supported by obedience?

Third: When I deliberately refuse to trust God's promises.

> 📖 "Take heed, brethren, lest there be in any of you an evil heart of unbelief, in departing from the living God." Hebrews 3:12
>
> Am I allowing unbelief to draw me away from God?

Fourth: When I abandon God during difficulties.

> 📖 "They on the rock are they, which, when they hear, receive the word with joy; and these have no root, which for a while believe, and in time of temptation fall away." Luke 8:13
>
> Does my commitment to God disappear when obedience becomes costly?

Fifth: When I seek human approval instead of pleasing God.

> 📖 "For do I now persuade men, or God? or do I seek to please men? for if I yet pleased men, I should not be the servant of Christ." Galatians 1:10
>
> Do I compromise God's truth because I fear rejection by others?

These questions concern the direction of our trust and obedience.

7. WHEN FAITH IS ABSENT, WHAT TAKES ITS PLACE?

Scripture identifies several conditions contrary to faith.

First: Unbelief.

> 📖 "So we see that they could not enter in because of unbelief." Hebrews 3:19
>
> Unbelief rejects or refuses to rely upon God's Word.

Second: Distrust of God's promises.

> 📖 "And the LORD said unto Moses, How long will this people provoke me? and how long will it be ere they believe me, for all the signs which I have shewed among them?" Numbers 14:11
>
> Despite witnessing God's works, Israel repeatedly failed to trust Him.

Third: Disobedience.

> 📖 "And to whom sware he that they should not enter into his rest, but to them that believed not?" Hebrews 3:18
>
> Unbelief may manifest itself through refusal to obey God's instructions.

Fourth: Fear of man.

> 📖 "The fear of man bringeth a snare: but whoso putteth his trust in the LORD shall be safe." Proverbs 29:25
>
> When trust in God is abandoned, fear of human opposition may govern our decisions.

Fifth: Unfaithfulness in responsibilities.

> 📖 "He that is faithful in that which is least is faithful also in much: and he that is unjust in the least is unjust also in much." Luke 16:10
>
> Unfaithfulness may be revealed through dishonesty, broken commitments, and neglect of entrusted responsibilities.

Sixth: Dependence upon human strength rather than God.

> "Thus saith the LORD; Cursed be the man that trusteth in man, and maketh flesh his arm, and whose heart departeth from the LORD." Jeremiah 17:5

Therefore, when faith is absent, **unbelief, distrust, disobedience, fear of man, unfaithfulness, and dependence upon human strength** may take its place.

8. HOW CAN FAITH BE STRENGTHENED IN MY LIFE?

First: Hear and receive God's Word.

📖 "So then faith cometh by hearing, and hearing by the word of God." Romans 10:17

Faith is strengthened through receiving God's Word.

Second: Look unto Jesus Christ.

📖 "Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God." Hebrews 12:2

Christ is the author and finisher of our faith.

Third: Pray for help when faith is weak.

📖 "And the apostles said unto the Lord, Increase our faith." Luke 17:5

Even the apostles recognized their need for greater faith.

Fourth: Exercise faith through obedience.

📖 "Seest thou how faith wrought with his works, and by works was faith made perfect?" James 2:22

Faith is manifested and brought to maturity through obedience.

Fifth: Remember God's faithfulness.

📖 "It is of the LORD'S mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness." Lamentations 3:22–23

Remembering God's mercy and faithfulness encourages us to trust Him.

Sixth: Continue abiding in Christ.

📖 "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." John 15:5

Faith is not sustained by human determination alone. We must remain in Christ.

9. PERSONAL SELF-ASSESSMENT:

AM I BEARING FAITH?

Examine yourself honestly before God.

No.	Question	Yes	No
1	Do I believe and receive God's Word as truth?	☐	☐
2	Do I obey God's commandments even when obedience is difficult?	☐	☐
3	Do I trust God's promises when circumstances are unfavourable?	☐	☐
4	Do I remain faithful when my prayers are not answered as expected?	☐	☐
5	Do I refuse to compromise God's truth to please others?	☐	☐
6	Do I seek God's guidance through prayer and Scripture?	☐	☐
7	Am I faithful in small responsibilities and commitments?	☐	☐
8	Do I continue trusting God during prolonged suffering?	☐	☐
9	Do I turn to Christ for help when my faith is weak?	☐	☐
10	Does my daily conduct demonstrate that I truly believe God?	☐	☐

What do my answers reveal?

If I deliberately reject God's Word, refuse obedience, compromise truth to please others, or abandon God when circumstances become difficult, I must examine whether living faith is manifested in my life. However, struggling with fear, uncertainty, or unanswered questions does not automatically mean that faith is absent.

A FINAL QUESTION

The Bible records a remarkable testimony concerning Abraham.

Romans 4:20–21

> 🕮 "He staggered not at the promise of God through unbelief; but was strong in faith, giving glory to God; And being fully persuaded that, what he had promised, he was able also to perform."

Abraham believed God even when the fulfilment of His promise appeared impossible.

Now examine your own life. **If God does not deliver me from my present difficulty, will I still trust Him?** If following Christ costs me my possessions, reputation, friendships, or worldly opportunities, will I remain faithful? If His promises appear delayed, will I continue believing His Word?

CHAPTER 8

MEEKNESS

Am I Humble, Teachable, and Submissive to God's Will?



MEEKNESS:

AM I HUMBLE, TEACHABLE, AND SUBMISSIVE TO GOD'S WILL?

Meekness is the eighth quality named in the fruit of the Spirit.

> 🕮 "But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, **Meekness**, temperance: against such there is no law." Galatians 5:22–23

But what does it mean to be meek? Is meekness weakness, timidity, or an inability to defend oneself? Does it mean remaining silent when confronted with wrongdoing?

Can a person possess great biblical knowledge, exercise religious authority, or speak boldly in defence of the truth, yet lack meekness?

Jesus declared:

> 🕮 "Blessed are the meek: for they shall inherit the earth." Matthew 5:5

If the meek shall inherit the earth, every Christian should seriously examine whether meekness is manifested in his or her life. The question is deeply personal: **Am I truly meek before God and in my dealings with others, or am I governed by pride, self-importance, and an unwillingness to be corrected?**

1. WHAT IS MEEKNESS ACCORDING TO SCRIPTURE?

The Bible associates meekness with humility, submission to God, willingness to receive instruction, and restraint in dealing with others.

> 🕮 "The meek will he guide in judgment: and the meek will he teach his way." Psalm 25:9

Notice that the meek are willing to be taught by God.

> 🕮 "Wherefore lay apart all filthiness and superfluity of naughtiness, and receive with meekness the engrafted word, which is able to save your souls." James 1:21

Meekness enables a person to receive God's Word without pride or resistance.

> 🕮 "With all lowliness and meekness, with longsuffering, forbearing one another in love;" Ephesians 4:2

Meekness is also manifested in our treatment of others.

Thus, biblical meekness is not weakness. It is a humble disposition that submits to God's authority, receives correction, and treats others without pride or unnecessary harshness.

2. HOW DID JESUS CHRIST MANIFEST MEEKNESS?

Jesus Christ is our perfect example.

> 📖 "Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls." Matthew 11:29

Notice that Jesus described Himself as **"meek and lowly in heart."**

Although He possessed authority, He did not seek worldly honour or exalt Himself through pride. The apostle Paul declares:

📖 **Philippians 2:5–8**

> "Let this mind be in you, which was also in Christ Jesus:
>
> Who, being in the form of God, thought it not robbery to be equal with God:
>
> But made himself of no reputation, and took upon him the form of a servant, and was made in the likeness of men:
>
> And being found in fashion as a man, he humbled himself, and became obedient unto death, even the death of the cross."

Christ humbled Himself and became obedient unto death.

His meekness was also manifested in His response to mistreatment.

> 📖 "Who, when he was reviled, reviled not again; when he suffered, he threatened not; but committed himself to him that judgeth righteously:" 1 Peter 2:23

Jesus did not allow insult, rejection, or suffering to provoke sinful retaliation.

If Christ was meek and lowly in heart, how can I claim to follow Him while remaining proud, arrogant, or unwilling to be corrected?

3. HOW SHOULD I MANIFEST MEEKNESS IN MY DAILY LIFE?

First: By humbly receiving God's Word.

📖 "Wherefore lay apart all filthiness and superfluity of naughtiness, and receive with meekness the engrafted word, which is able to save your souls." James 1:21

When Scripture reveals that my beliefs or conduct are wrong, do I submit to God's Word, or do I defend my previous position out of pride?

Second: By accepting correction.

📖 "The ear that heareth the reproof of life abideth among the wise. He that refuseth instruction despiseth his own soul: but he that heareth reproof getteth understanding." Proverbs 15:31–32

A meek person is willing to acknowledge mistakes and receive correction.

Third: By treating others with humility.

📖 "Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves." Philippians 2:3

Do I regard myself as more important than others because of my education, wealth, position, spiritual knowledge, or responsibilities?

Fourth: By correcting others in the spirit of meekness.

📖"Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of meekness; considering thyself, lest thou also be tempted." Galatians 6:1

When another believer falls into sin, do I seek restoration or humiliation?

Fifth: By responding humbly when opposed.

📖 "And the servant of the Lord must not strive; but be gentle unto all men, apt to teach, patient, In meekness instructing those that oppose themselves; if God peradventure will give them repentance to the acknowledging of the truth;" 2 Timothy 2:24–25

A believer should not allow opposition to produce pride, contempt, or quarrelling.

Sixth: By submitting to God's will.

📖 "Submit yourselves therefore to God. Resist the devil, and he will flee from you." James 4:7

Meekness is demonstrated through submission to God's authority rather than insisting upon our own will.

4. DOES MEEKNESS MEAN WEAKNESS OR SILENCE IN THE FACE OF EVIL?

No.

Jesus was meek, yet He openly rebuked hypocrisy and wrongdoing.

> 📖 "But woe unto you, scribes and Pharisees, hypocrites! for ye shut up the kingdom of heaven against men: for ye neither go in yourselves, neither suffer ye them that are entering to go in." Matthew 23:13

Christ did not compromise truth in order to avoid conflict.

Moses is another remarkable example.

> 📖 "(Now the man Moses was very meek, above all the men which were upon the face of the earth.)" Numbers 12:3

Yet Moses confronted Pharaoh, led Israel, and faithfully delivered God's commands.

Therefore, meekness does not mean inability to exercise authority, correct wrongdoing, or stand firmly for truth.

Scripture commands:

> 📖 "But sanctify the Lord God in your hearts: and be ready always to give an answer to every man that asketh you a reason of the hope that is in you with meekness and fear:" 1 Peter 3:15

Notice that believers must defend their hope **"with meekness and fear."**

We can speak truth boldly without becoming arrogant, insulting, or self-exalting.

5. HOW CAN I KNOW WHEN MEEKNESS IS ABSENT IN MY LIFE?

Scripture identifies several revealing attitudes.

First: When I refuse to accept correction.

📖 "Whoso loveth instruction loveth knowledge: but he that hateth reproof is brutish." Proverbs 12:1

Do I become angry whenever someone points out my mistakes?

Second: When I think too highly of myself.

📖 "For I say, through the grace given unto me, to every man that is among you, not to think of himself more highly than he ought to think; but to think soberly, according as God hath dealt to every man the measure of faith." Romans 12:3

Do I consider my opinions more important than those of others simply because of my position or experience?

Third: When I seek personal praise and recognition.

📖 "And whosoever shall exalt himself shall be abased; and he that shall humble himself shall be exalted." Matthew 23:12

Am I more concerned with receiving honour than serving God faithfully?

Fourth: When I despise those whom I consider inferior.

📖 "The Pharisee stood and prayed thus with himself, God, I thank thee, that I am not as other men are, extortioners, unjust, adulterers, or even as this publican." Luke 18:11

Do I compare myself with others in order to feel spiritually superior?

Fifth: When I refuse to acknowledge my wrongdoing.

📖 "He that covereth his sins shall not prosper: but whoso confesseth and forsaketh them shall have mercy." Proverbs 28:13

Do I admit my faults, or do I continually defend and excuse myself?

Sixth: When I am unwilling to serve others.

📖 "And whosoever of you will be the chiefest, shall be servant of all." Mark 10:44

Am I willing to serve others without demanding recognition or special treatment?

6. WHEN MEEKNESS IS ABSENT, WHAT TAKES ITS PLACE?

Scripture identifies several attitudes contrary to meekness.

First: Pride.

> 📖 "Pride goeth before destruction, and an haughty spirit before a fall." Proverbs 16:18
>
> Pride causes a person to exalt himself and resist correction.

Second: Arrogance and self-exaltation.

> 📖 "The fear of the LORD is to hate evil: pride, and arrogancy, and the evil way, and the froward mouth, do I hate." Proverbs 8:13

Third: Stubbornness and resistance to instruction.

> 📖 "He, that being often reproved hardeneth his neck, shall suddenly be destroyed, and that without remedy." Proverbs 29:1
>
> A stubborn person may repeatedly reject correction even when wrongdoing is clearly revealed.

Fourth: Envy and strife.

> 📖 "But if ye have bitter envying and strife in your hearts, glory not, and lie not against the truth." James 3:14
>
> Where humility is absent, jealousy and quarrelling may flourish.

Fifth: Selfish ambition and vainglory.

> 📖 "Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves." Philippians 2:3

Sixth: Contempt toward others.

> 📖 "And he spake this parable unto certain which trusted in themselves that they were righteous, and despised others:" Luke 18:9

Thus, when meekness is absent, **pride, arrogance, stubbornness, self-exaltation, envy, strife, and contempt** may take its place.

7. HOW CAN MEEKNESS BE MANIFESTED IN MY LIFE?

First: Learn from Jesus Christ.

> 📖 "Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls." Matthew 11:29

Christ is our example of meekness.

Second: Humble yourself before God.

> 📖 "Humble yourselves in the sight of the Lord, and he shall lift you up." James 4:10

Third: Receive correction from Scripture.

> 📖 "All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness:" 2 Timothy 3:16

Fourth: Put away pride and selfish ambition.

> 📖 "Likewise, ye younger, submit yourselves unto the elder. Yea, all of you be subject one to another, and be clothed with humility: for God resisteth the proud, and giveth grace to the humble." 1 Peter 5:5

Fifth: Serve others rather than seeking personal greatness.

> 📖 "If I then, your Lord and Master, have washed your feet; ye also ought to wash one another's feet. For I have given you an example, that ye should do as I have done to you." John 13:14–15

Sixth: Abide in Christ.

> 📖 "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." John 15:5

Meekness is not merely the result of cultivating polite manners. It is a quality of the fruit of the Spirit manifested through abiding in Christ.

8. PERSONAL SELF-ASSESSMENT:

AM I BEARING MEEKNESS?

Examine yourself honestly before God.

No.	Question	Yes	No
1	Do I willingly receive correction from God's Word?	☐	☐
2	Do I acknowledge my mistakes without continually defending myself?	☐	☐
3	Do I remain humble when praised or honoured?	☐	☐
4	Do I avoid considering myself spiritually superior to others?	☐	☐
5	Do I treat those with less education, wealth, or authority with respect?	☐	☐
6	Do I correct others without pride or contempt?	☐	☐
7	Do I submit to God's will when it conflicts with my desires?	☐	☐
8	Am I willing to serve others without expecting recognition?	☐	☐
9	Do I avoid boasting about my knowledge, achievements, or spiritual experiences?	☐	☐
10	Do I defend biblical truth with humility rather than arrogance?	☐	☐

What do my answers reveal?

If I am proud, unwilling to accept correction, contemptuous toward others, or continually seeking personal recognition, I must examine whether meekness is truly manifested in my life.

If I possess biblical knowledge but use it to exalt myself and humiliate others, I must remember that Christ was meek and lowly in heart.

These questions are not a numerical measure of salvation. They are an invitation to examine whether humility and submission to God are evident in our daily conduct.

A FINAL QUESTION

Jesus declared:

> 🕮 "And said, Verily I say unto you, Except ye be converted, and become as little children, ye shall not enter into the kingdom of heaven. Whosoever therefore shall humble himself as this little child, the same is greatest in the kingdom of heaven." Matthew 18:3–4

Jesus did not identify greatness with worldly power, wealth, reputation, or human achievements. **He pointed to humility.**

CHAPTER 9

TEMPERANCE

Do I Exercise Self-control Over my Desires and Conduct?

TEMPERANCE:

DO I EXERCISE SELF-CONTROL OVER MY DESIRES AND CONDUCT?

Temperance is the ninth quality named in the fruit of the Spirit.

Galatians 5:22–23

> 🕮 "But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, **temperance**: against such there is no law."

But what does temperance mean? Is it merely abstaining from alcoholic drinks, eating moderately, or avoiding certain harmful habits?

Can a person abstain from alcohol yet be unable to control anger? Can someone exercise restraint in eating but fail to control the tongue? Can a believer maintain an outward appearance of righteousness while secretly indulging sinful desires?

The apostle Paul declared:

> 🕮 "And every man that striveth for the mastery is **temperate** in all things. Now they do it to obtain a corruptible crown; but we an incorruptible." 1 Corinthians 9:25

Notice the words: **"Temperate in all things."**

Temperance is therefore not confined to eating, drinking, or bodily appetites. It concerns the government of our entire conduct.

The question is deeply personal:

Do my appetites, emotions, desires, and habits control me, or are they brought into obedience to Jesus Christ?

1. WHAT IS TEMPERANCE ACCORDING TO SCRIPTURE?

The Bible associates temperance with self-control, restraint, and mastery over sinful desires.

📖 1 Corinthians 9:25–27

> "And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible.
>
> I therefore so run, not as uncertainly; so fight I, not as one that beateth the air:
>
> But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway."

Paul recognized the necessity of bringing his body into subjection.

He did not consider himself free to indulge every appetite or desire merely because he professed faith in Christ.

Scripture also declares:

> 📖 "He that hath no rule over his own spirit is like a city that is broken down, and without walls." Proverbs 25:28

A city without walls was exposed to danger.

Likewise, a person who exercises no restraint over his conduct becomes vulnerable to destructive habits, sinful desires, and foolish decisions. Temperance therefore requires self-control in accordance with God's Word.

2. HOW DID JESUS CHRIST MANIFEST TEMPERANCE?

Jesus Christ is our perfect example. When tempted in the wilderness, He refused to satisfy His hunger contrary to His Father's will.

📖 Matthew 4:3–4

> "And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread.
>
> But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God."

Although Jesus was hungry, He would not yield to Satan's temptation. His response was grounded in Scripture: **"It is written."**

Christ also demonstrated submission to His Father's will in Gethsemane.

> 📖 "Saying, Father, if thou be willing, remove this cup from me: nevertheless not my will, but thine, be done." Luke 22:42

His example teaches us that our desires must remain subject to God's will.

If Jesus Christ brought His desires into submission to His Father, how can I claim to follow Him while allowing my appetites and passions to govern my life?

3. HOW SHOULD I MANIFEST TEMPERANCE IN MY DAILY LIFE?

First: By exercising control over my appetite.

> 🕮 "For the drunkard and the glutton shall come to poverty: and drowsiness shall clothe a man with rags." Proverbs 23:21

Scripture warns against gluttony and drunkenness. Eating and drinking should not become occasions for uncontrolled indulgence.

Second: By refusing drunkenness.

> 🕮 "And be not drunk with wine, wherein is excess; but be filled with the Spirit;" Ephesians 5:18

A believer should not surrender control of the mind and conduct through drunkenness.

Third: By controlling my speech.

> 🕮 "If any man among you seem to be religious, and bridleth not his tongue, but deceiveth his own heart, this man's religion is vain." James 1:26

A person may profess religion yet fail to restrain the tongue. Temperance should be manifested in what we say, how we say it, and when we choose to remain silent.

Fourth: By controlling anger.

> 🕮 "He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city." Proverbs 16:32

The ability to govern one's temper is more valuable than great physical strength.

Fifth: By refusing sinful sexual desires and conduct.

📖 1 Thessalonians 4:3–5

> "For this is the will of God, even your sanctification, that ye should abstain from fornication:
>
> That every one of you should know how to possess his vessel in sanctification and honour;
>
> Not in the lust of concupiscence, even as the Gentiles which know not God:"

Temperance requires purity in sexual conduct and restraint over unlawful and sinful desires.

Sixth: By exercising care over what I behold.

📖 "I will set no wicked thing before mine eyes: I hate the work of them that turn aside; it shall not cleave to me." Psalm 101:3

A believer should not deliberately entertain the mind with things that promote sin.

Seventh: By using my time wisely.

📖 "See then that ye walk circumspectly, not as fools, but as wise, redeeming the time, because the days are evil." Ephesians 5:15–16

Temperance also concerns wise stewardship of time. Do I allow unnecessary pleasures and distractions to consume the time I should devote to God, family, work, and responsibilities?

4. DOES TEMPERANCE REQUIRE COMPLETE ABSTINENCE FROM EVERYTHING PLEASURABLE?

No.

Scripture does not teach that every bodily pleasure is sinful.

> 📖 "Charge them that are rich in this world, that they be not highminded, nor trust in uncertain riches, but in the living God, who giveth us richly all things to enjoy;" 1 Timothy 6:17

God has provided legitimate things for our enjoyment. Nevertheless, lawful pleasures must not become masters over us.

> 📖 "All things are lawful unto me, but all things are not expedient: all things are lawful for me, but I will not be brought under the power of any." 1 Corinthians 6:12

Notice Paul's declaration:

"I will not be brought under the power of any." The believer must distinguish between what God permits and what God forbids.

- What Scripture forbids must be rejected, not merely practiced in moderation.
- What Scripture permits must not be allowed to govern us or draw us away from obedience to God.

5. HOW CAN I KNOW WHEN TEMPERANCE IS ABSENT IN MY LIFE?

Scripture provides several searching tests.

First: When I cannot restrain my anger.

> 📖 "A fool uttereth all his mind: but a wise man keepeth it in till afterwards." Proverbs 29:11

Do I express every angry thought without considering the consequences?

Second: When I cannot control my tongue.

> 📖 "But the tongue can no man tame; it is an unruly evil, full of deadly poison." James 3:8

Do I habitually engage in gossip, insults, lying, or unnecessary arguments?

Third: When I allow bodily appetites to govern my decisions.

> 📖 "Whose end is destruction, whose God is their belly, and whose glory is in their shame, who mind earthly things." Philippians 3:19

Have I made the satisfaction of bodily appetites more important than obedience to God?

Fourth: When I repeatedly indulge known sinful desires.

> 📖 "Let not sin therefore reign in your mortal body, that ye should obey it in the lusts thereof." Romans 6:12

Am I knowingly surrendering to desires that Scripture condemns?

Fifth: When I become enslaved by harmful habits.

> 📖 "All things are lawful unto me, but all things are not expedient: all things are lawful for me, but I will not be brought under the power of any." 1 Cor 6:12

Have I allowed a habit to gain such control over my life that I continually neglect my responsibilities or violate God's commands?

Sixth: When I habitually neglect my duties through excessive pleasure or idleness.

> 📖 "He that loveth pleasure shall be a poor man: he that loveth wine and oil shall not be rich." Proverbs 21:17

Do I pursue pleasure at the expense of my responsibilities?

6. WHEN TEMPERANCE IS ABSENT, WHAT TAKES ITS PLACE?

The Bible identifies several attitudes and behaviours contrary to temperance.

First: Drunkenness.

> 📖 "Envyings, murders, drunkenness, revellings, and such like: of the which I tell you before, as I have also told you in time past, that they which do such things shall not inherit the kingdom of God." Galatians 5:21

Second: Uncontrolled lust.

> 📖 "Dearly beloved, I beseech you as strangers and pilgrims, abstain from fleshly lusts, which war against the soul;" 1 Peter 2:11

Third: Wrath and uncontrolled anger.

> 📖 "He that is soon angry dealeth foolishly: and a man of wicked devices is hated." Proverbs 14:17

Fourth: Gluttony and excessive indulgence.

> 📖 "Be not among winebibbers; among riotous eaters of flesh: For the drunkard and the glutton shall come to poverty: and drowsiness shall clothe a man with rags." Proverbs 23:20–21

Fifth: Idleness and neglect of responsibilities.

> 📖 "He also that is slothful in his work is brother to him that is a great waster." Proverbs 18:9

Sixth: Bondage to sinful practices.

> 📖 "Jesus answered them, Verily, verily, I say unto you, Whosoever committeth sin is the servant of sin." John 8:34

When temperance is absent, **uncontrolled appetites, lust, drunkenness, wrath, excessive indulgence, idleness, and bondage to sinful habits** may become evident.

A believer must therefore examine not merely outward religious conduct but also the desires and habits that govern private life.

7. CAN I BE TEMPERATE IN ONE AREA BUT INTEMPERATE IN ANOTHER?

Yes.

A person may abstain from intoxicating drinks yet fail to control anger. Another may exercise restraint in eating but indulge sinful thoughts. Another may avoid sexual immorality yet remain enslaved by pride, excessive entertainment, or uncontrolled speech.

This is why Paul's statement is so important:

> 📖 "And every man that striveth for the mastery is temperate in all things." 1 Corinthians 9:25

Notice again: **"In all things."**

Temperance is not selective obedience. The believer must submit the whole life to God.

> 📖"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." Romans 12:1

Our bodies, minds, desires, and conduct belong to God.

Therefore, I cannot consider myself temperate merely because I have overcome one particular habit while deliberately indulging another practice that God condemns.

8. HOW CAN TEMPERANCE BE MANIFESTED IN MY LIFE?

First: Abide in Christ.

> 📖 "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." John 15:5

Temperance is a quality of the fruit of the Spirit. It cannot be sustained through human determination alone.

Second: Walk in the Spirit.

> 📖 "This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh." Galatians 5:16

The answer to the domination of sinful desires is walking in the Spirit.

Third: Refuse to provide opportunities for sinful lusts.

> 📖 "But put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfil the lusts thereof." Romans 13:14

A believer should not deliberately place himself in circumstances that encourage sinful indulgence.

Fourth: Bring your thoughts into obedience to Christ.

> 📖 "Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;" 2 Corinthians 10:5

Temperance involves the government of our thoughts, not merely outward actions.

Fifth: Exercise diligence in spiritual growth.

> 📖 "And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge; And to knowledge temperance; and to temperance patience; and to patience godliness;" 2 Peter 1:5–6

Scripture commands believers to exercise diligence in developing temperance.

Sixth: Remember that your body belongs to God.

> 📖 "What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's." 1 Corinthians 6:19–20

Our bodies and lives must be governed by the desire to glorify God.

9. PERSONAL SELF-ASSESSMENT:
AM I BEARING TEMPERANCE?

Examine yourself honestly before God.

No.	Question	Yes	No
1	Do I actively seek opportunities to do good?	☐	☐
2	Do I help those in need when I have the ability?	☐	☐
3	Am I honest in my words, business, and financial dealings?	☐	☐
4	Do I treat the poor, weak, and vulnerable fairly?	☐	☐
5	Do I do good even to those who mistreat me?	☐	☐
6	Do I avoid doing good merely to receive praise?	☐	☐
7	Do I refuse to exploit others for personal gain?	☐	☐
8	Do I practice righteousness privately as well as publicly?	☐	☐
9	Do I avoid knowingly neglecting opportunities to do good?	☐	☐
10	Does my conduct reflect Christ's example of going about doing good?	☐	☐

What do my answers reveal?

If I repeatedly surrender to sinful appetites, uncontrolled anger, harmful speech, lust, drunkenness, or destructive habits, I must examine whether temperance is manifested in my life. I must not excuse known wrongdoing merely because I demonstrate restraint in other areas.

However, the presence of temptation does not itself prove that temperance is absent.

Jesus Himself was tempted.

> 🕮 "For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin." Hebrews 4:15

The important distinction is between experiencing temptation and deliberately yielding to sin. Those struggling with entrenched habits should not despair. They should seek God's help, turn away from wrongdoing, and take appropriate practical steps to overcome the habits that have gained control over their lives.

PERSONAL SELF-ASSESSMENT

Examine yourself honestly before God

A FINAL QUESTION

The apostle Paul declared:

> 📖 "But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway." 1 Corinthians 9:27

Consider the solemnity of these words. Paul recognized that even a person who preached to others must exercise discipline over personal conduct. It is possible to teach others about righteousness while privately surrendering to sinful desires. It is possible to condemn drunkenness while failing to control anger. It is possible to speak about holiness while remaining enslaved by habits that dishonour God.

Therefore, I must ask myself: **What governs my life?**

- Is it my appetite?
- My temper?
- My desires?
- My pleasures?
- My habits?

Or is my life governed by the Word of God through Jesus Christ?

CONCLUSION

AM I TRULY BEARING THE FRUIT OF THE SPIRIT?

AM I TRULY BEARING THE FRUIT OF THE SPIRIT?

We have examined the nine qualities of the one fruit of the Spirit: love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, and temperance. But the purpose of this examination was never merely to understand their meanings. It was to discover whether these qualities are truly manifested in our lives.

The apostle Paul declares:

> 📖 "But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law." **Galatians 5:22–23**

These qualities are not merely admirable characteristics. They reveal the work of the Spirit in the life of a believer. Therefore, the question before every professed Christian is deeply personal: **Am I bearing the fruit of the Spirit?**

1. CAN I PROFESS CHRIST WHILE CONTINUING IN THE WORKS OF THE FLESH?

The Bible places the works of the flesh in direct contrast with the fruit of the Spirit.

📖 **Galatians 5:19–21**

> "Now the works of the flesh are manifest, which are these; Adultery, fornication, uncleanness, lasciviousness, Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies, envyings, murders, drunkenness, revellings, and such like: of the which I tell you before, as I have also told you in time past, that they which do such things shall not inherit the kingdom of God."

Notice the solemn warning:

"They which do such things shall not inherit the kingdom of God."

A person may profess Christianity, attend worship, pray, read Scripture, and possess considerable biblical knowledge, yet continue to manifest hatred, envy, wrath, strife, or other works of the flesh. Christian profession alone does not make such conduct acceptable before God.

Jesus declared:

> 📖 "Not every one that saith unto me, Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the will of my Father which is in heaven." **Matthew 7:21**

Therefore, I must not ask merely whether I belong to a Christian denomination, understand biblical doctrines, or participate in religious activities. I must ask whether my life is being brought into obedience to God's will.

2. CAN I PRODUCE THE FRUIT OF THE SPIRIT THROUGH MY OWN STRENGTH?

Jesus Christ gives the answer.

> 📖 "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. 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." **John 15:4–5**

Notice Christ's declaration:

> **"The branch cannot bear fruit of itself."**

A branch does not produce fruit independently of the vine. Likewise, the Christian cannot produce the fruit of the Spirit independently of Christ.

I may attempt to control my anger, behave kindly, speak gently, or appear righteous through personal determination. But outward restraint alone is not the same as the fruit of the Spirit. True spiritual fruit arises from abiding in Christ.

The apostle Paul declares:

> 📖 "I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me." **Galatians 2:20**

The Christian life is therefore not merely an attempt to imitate good behaviour. It is a life in which Christ dwells in the believer.

3. HOW CAN I KNOW WHETHER CHRIST IS DWELLING IN ME?

The apostle Paul asks:

> 📖 "Examine yourselves, whether ye be in the faith; prove your own selves. Know ye not your own selves, how that Jesus Christ is in you, except ye be reprobates?" 2 Corinthians 13:5

The command is clear: **"Examine yourselves."**

Scripture also declares:

> 📖 "But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you. Now if any man have not the Spirit of Christ, he is none of his." Romans 8:9

And again:

> 📖 "And if Christ be in you, the body is dead because of sin; but the Spirit is life because of righteousness." Romans 8:10

Christ dwelling in the believer is not merely a religious expression. His presence must be manifested through a transformed life.

Jesus declared:

> 📖 "Even so every good tree bringeth forth good fruit; but a corrupt tree bringeth forth evil fruit." Matthew 7:17

Therefore, the fruit manifested in our conduct provides an important basis for examining our spiritual condition.

4. WHAT IF I DISCOVER THAT THE FRUIT OF THE SPIRIT IS NOT BEING MANIFESTED IN MY LIFE?

This discovery should lead me neither to excuse my sins nor to despair. Instead, Scripture calls me to repentance, confession, and renewed dependence upon Christ.

First: Acknowledge what God's Word reveals.

📖 "Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting." Psalm 139:23–24

Second: Confess known sin.

📖 "If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness." 1 John 1:9

Third: Repent and turn from wrongdoing.

📖 "Repent ye therefore, and be converted, that your sins may be blotted out, when the times of refreshing shall come from the presence of the Lord;" Acts 3:19

Fourth: Walk in the Spirit rather than fulfilling the lusts of the flesh.

📖 "This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh." Galatians 5:16

Fifth: Continue abiding in Christ.

📖 "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." John 15:5

The discovery of sin should lead us back to Christ, not away from Him.

5. MY FINAL SELF-ASSESSMENT

AM I BEARING THE FRUIT OF THE SPIRIT?

The following examination brings together the nine qualities discussed throughout this book. Read each question carefully. Answer honestly before God, considering not merely what you profess but what is actually manifested in your daily conduct.

Quality	Personal examination	Yes	No
LOVE	Do I love God through obedience and demonstrate genuine love toward others, including those who offend me?	☐	☐
JOY	Do I rejoice in the Lord and continue trusting Him even when circumstances are difficult?	☐	☐
PEACE	Do I seek peace with God and others, avoiding unnecessary quarrels, bitterness, and revenge?	☐	☐
LONGSUFFERING	Do I remain patient and forgiving when repeatedly provoked, offended, or disappointed?	☐	☐
GENTLENESS	Do I treat others, especially those closest to me, with kindness, compassion, and consideration?	☐	☐
GOODNESS	Do I actively do good, practice honesty, help those in need, and avoid knowingly neglecting what is right?	☐	☐
FAITH	Do I believe God's Word, trust His promises, and remain faithful even when obedience is costly?	☐	☐
MEEKNESS	Am I humble, willing to receive correction, and submissive to God's will?	☐	☐
TEMPERANCE	Do I exercise restraint over my appetites, desires, emotions, speech, and conduct?	☐	☐

6. THE FINAL AND MOST SOLEMN QUESTION

Jesus Christ declared:

> 📖 "Herein is my Father glorified, that ye bear much fruit; so shall ye be my disciples." John 15:8

Notice that bearing fruit glorifies the Father. The question is therefore not merely whether I can identify the nine qualities of the fruit of the Spirit. It is whether these qualities are truly manifested in my life.

- **Do I Love as Christ commanded?**
- **Do I possess His Joy?**
- **Do I live Peaceably with others?**
- **Am I Longsuffering when provoked?**
- **Am I Gentle in my treatment of others?**
- **Do I actively do Good?**
- **Do I truly Believe and trust God?**
- **Am I Meek and humble?**
- **Do I exercise Temperance in all things?**

Above all:

- **IS CHRIST TRULY LIVING IN ME?**

The apostle Paul declares:

> "To whom God would make known what is the riches of the glory of this mystery among the Gentiles; which is Christ in you, the hope of glory:" Colossians 1:27

And Jesus Himself gives the final answer:

> "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." John 15:5

The secret of bearing the fruit of the Spirit is abiding in Jesus Christ.

Therefore, let every reader earnestly examine himself and seek to live daily in Christ.

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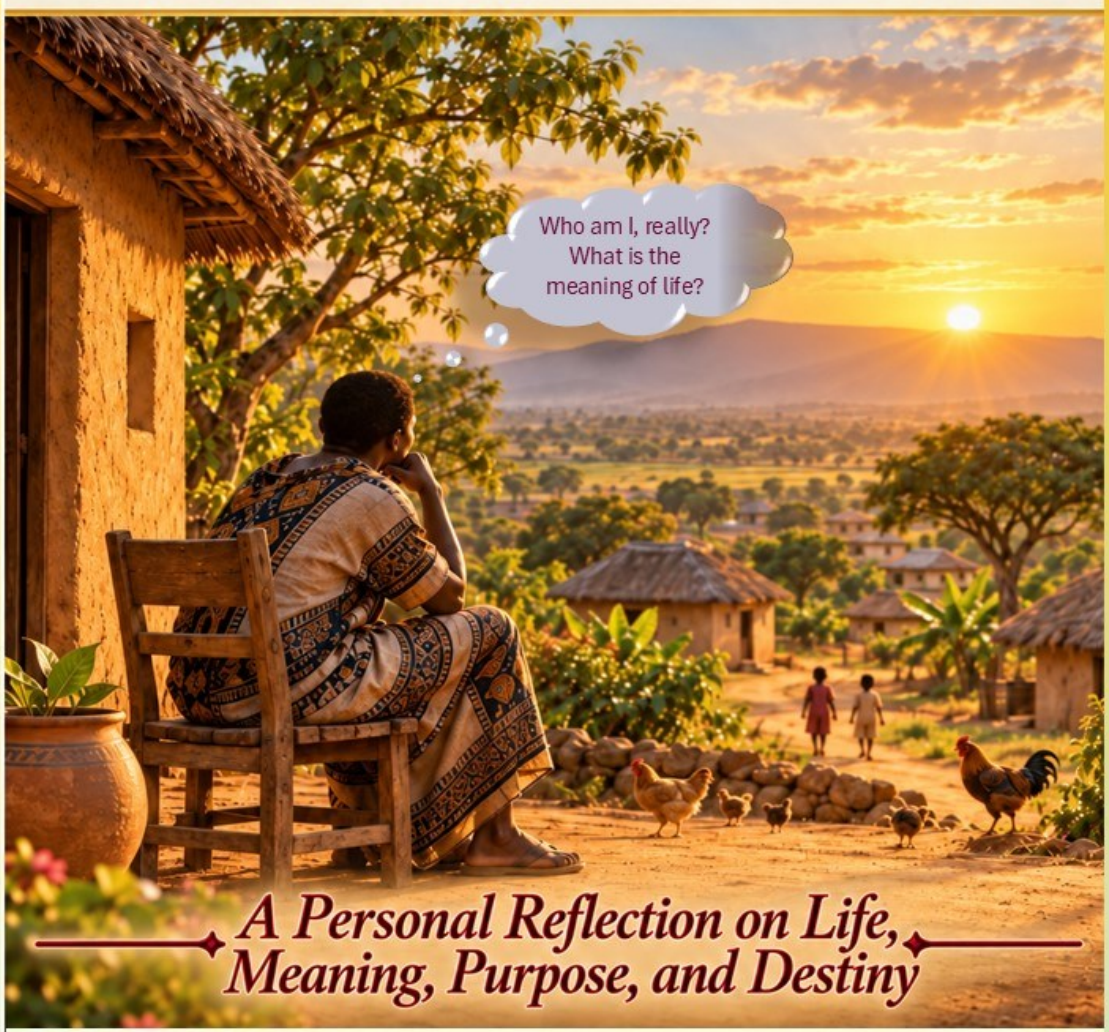
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WHO ARE YOU?

BOOK 30



A Personal Reflection on Life, Meaning, Purpose, and Destiny

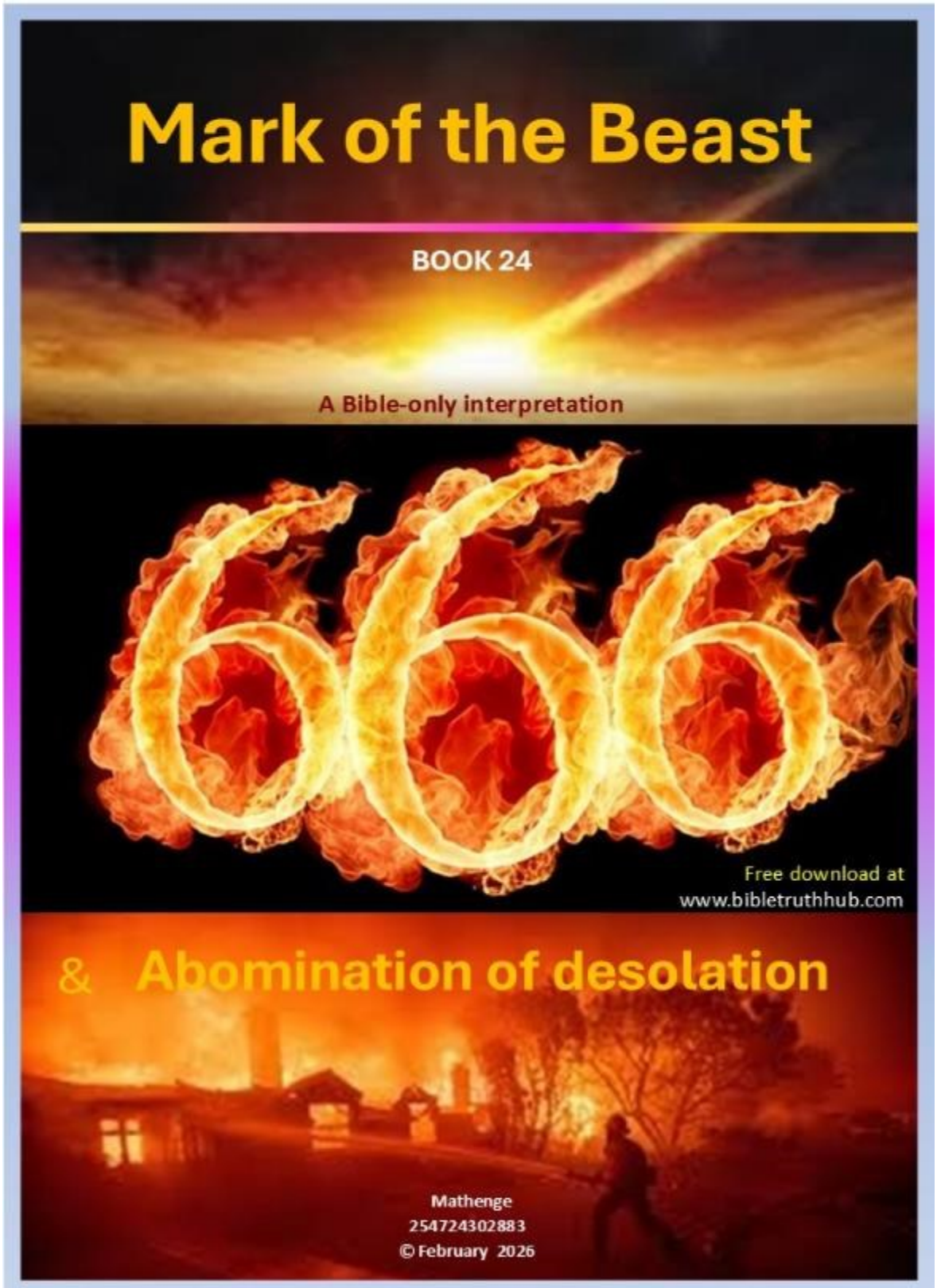
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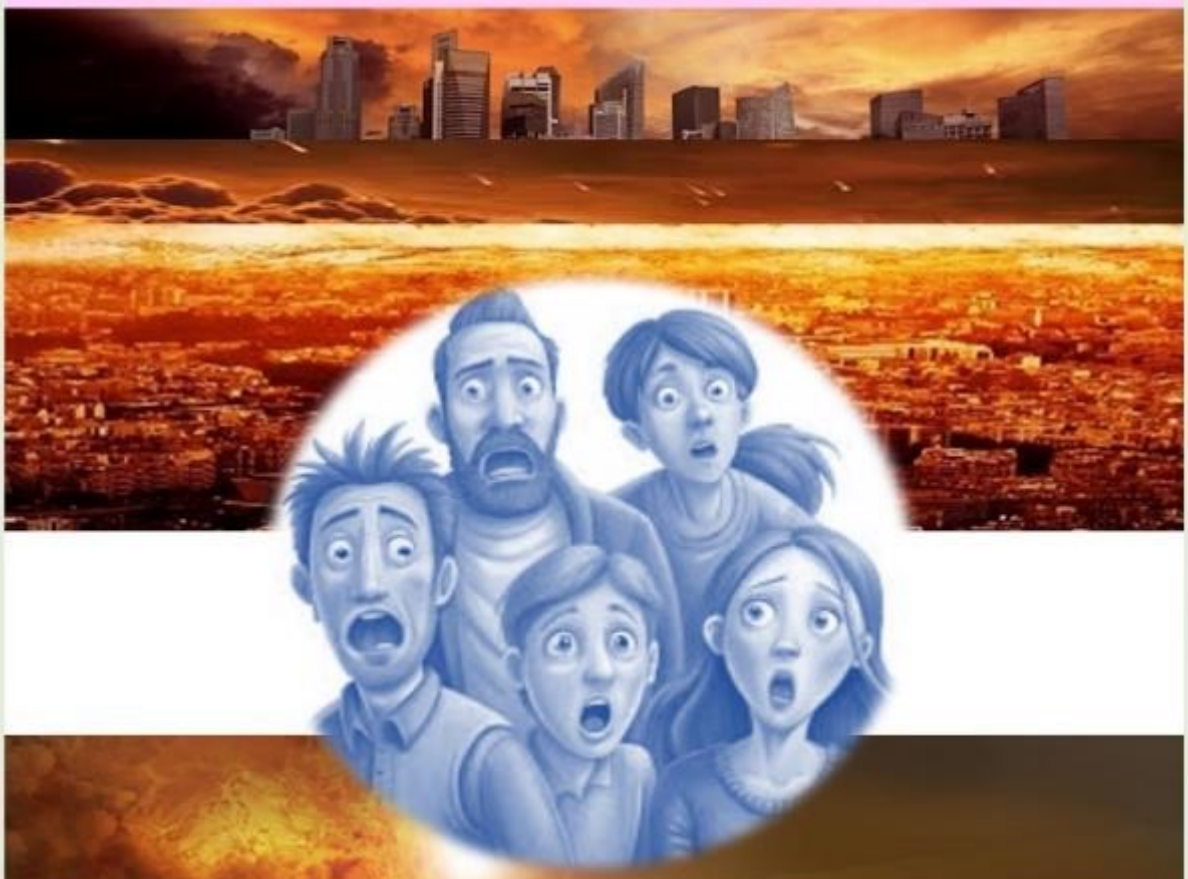


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AN OVERWHELMING SURPRISE

BOOK 26



Final Events of Earth's History

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