



The fruit of the Holy Spirit is the very essence
of who God is.

And when you are born-again
the Spirit comes to live inside you
with all His fruit fully mature.

It's in our souls that we need to allow the fruit
to grow and ripen.

Find out how to do it
and start to live a more fulfilled life.



Katherine Hilditch has been teaching in local churches for many years. In 2013 she wrote her first booklet and since then has written many more. She created her website to make all the booklets freely available to everyone. They can be read online or printed out. Katherine's threefold purpose is to help people understand more about Jesus and all He has done and won for them, to encourage them to go deeper in their relationship with God and to provide material to help them share their faith with others. To read her story and find all the booklets go to –

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‘Filled with the Fruit of the Spirit’
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Unless otherwise indicated
all Scripture quotations are taken from
the World English Bible British Edition (WEBBE)
(Any words in brackets are not in the original text
but are included to help understanding)

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forgiveness Jesus won for you on the Cross and go forward again. Don't try to do it by your own will-power. Instead, rely on the self-control of God that is in you. That makes all the difference.

Filled with the Fruit of the Spirit

Galatians 5:23 finishes by saying – '*Against such things there is no law.*' This is such a wonderful piece of news. It doesn't matter what anyone says or does or even what law is passed, it is impossible for anyone or any law to remove the fruit of the Spirit from within you. What a privilege it is to have the fullness of the fruit of the Spirit living in us. Choose to live by it and it will be there for you whenever you need it. Do you want a life filled with the fruit of the Spirit? It's yours for the taking. Enjoy!

Being Born-Again

When you accept Jesus as your Lord and Saviour you become born-again. God becomes your Father and you His child, and you can start to enjoy your personal relationship with Him. Romans 10:9 says – '*If you will confess with your mouth that Jesus is Lord, and believe in your heart that God raised him from the dead, you will be saved.*' Say this prayer out loud and believe it in your heart – "Jesus, I declare that You are Lord and that God raised You from the dead to live forevermore. Thank You for dying for me personally. I receive my forgiveness and my salvation now. Thank You Jesus, my Lord and Saviour."

You are now born-again and Jesus has come to live in you. All your sins are forgiven, past, present and future, and you have a new perfect spirit. And after this life is over, you'll live in love, peace and joy with your Father God for ever.

FILLED WITH THE FRUIT OF THE SPIRIT

Before Jesus went back to heaven, He told His disciples that it was better that He went, because only then would He be able to send the Holy Spirit to come and live in them. He explained in John 16:7 – "*I tell you the truth: It is to your advantage that I go away; for if I don't go away, the Counsellor (the Holy Spirit) won't come to you. But if I go, I will send him to you.*" If He had stayed on earth, it would not have been possible for Jesus to live inside them and us. But by returning to heaven, it became possible.

However, the Holy Spirit can only come to you and live in you if you have accepted Jesus as your Lord and Saviour – what the Bible calls being born-again. (To read more about this, go to the end of this booklet.) I am writing this booklet presuming that you are born-again and that the Holy Spirit therefore lives in you.

I'm going to focus on one very important aspect of the Holy Spirit – His fruit. The fruit of the Spirit is the very essence of who He is and of who God the Father and Jesus are. It is their true nature and therefore colours everything they do and say.

Nine-in-One

The fruit of the Spirit is made up of nine parts. Think of it like light. Light is made up of many colours. Each colour becomes distinct when you see it through a prism or in a rainbow, but together they are light. In the same way, the fruit of the Spirit is one whole, but it can be seen in nine distinct parts as listed in Galatians 5:22-23 – '*But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faith,²³ gentleness, and self-control.*'

The Fruit of the Spirit Is Who God Is

The Holy Spirit is the spirit of Jesus. With God the Father they are three-in-one in the same way that the fruit is nine-in-one. So these attributes of the Holy Spirit don't only describe what Jesus is like, but also what God is like. This is really important to realise.

You've Already Got It

1 Corinthians 6:19 says – '*your body is a temple of the Holy Spirit who is in you, whom you have from God.*' Because you have the Holy Spirit living in you, then you automatically have His fruit. He didn't leave His fruit behind when He came to live in you – that would be impossible. So the fruit isn't something that you have to strive for or ask God to give you. It's already yours.

It's Mature

I'm sure, like me, you've heard lots of teaching about how the fruit has to grow and ripen in you over time. But think about it – if the Holy Spirit has come to live in you, do you think He will only have immature fruit with Him? Of course not. The Holy Spirit is who He is and cannot become less when He comes to live in someone. So how come we don't seem to have the full maturity of His fruit and some people seem to have more than others?

When you were born-again, God replaced your old spirit with a brand-new perfect spirit which is just like Jesus. And this is where the Holy Spirit lives in all His fulness and completeness. But our souls weren't changed when we became a Christian, and so we still think and feel and act in ways which don't reflect the fruit of the Holy Spirit. It is in our soul, not our spirit, that the fruit of the Spirit needs to develop and mature.

We have the Faith of God

God gave you the gift of faith as you reached out to Him for salvation. Ephesians 2:8 says – '*for by grace you have been saved through faith, and that not of yourselves; it is the gift of God.*' Then He put His Holy Spirit within your spirit, complete with His very own faith. When you're tempted to doubt, thank God that He's given you His faith. Speak the truth out loud and let it settle in your thinking and in your heart. You will soon be built up again and able to face whatever is going on around you. God is good.

We have the Gentleness of God

In Matthew 11:29 Jesus says – '*Take my yoke upon you and learn from me, for I am gentle and humble in heart; and you will find rest for your souls.*' This doesn't mean that Jesus was a doormat or a pushover. No, He was the exact opposite – totally secure in who He was and what God had called Him to do. But He treats us with gentleness. Let's draw on that and treat others with that same gentleness, even when we disagree with them. The gentleness of God in us can be a powerful witness to the world, showing people who are lost the love of Jesus.

We have the Self-Control of God

James 1:17 says of God – '*with whom can be no variation nor turning shadow.*' God isn't affected by things that are going on. He doesn't blow hot and cold. He steadfastly follows His ways of truth, not turning to the left or the right. We need to do the same. 2 Timothy 1:7 says – '*For God didn't give us a spirit of fear, but of power, love, and self-control.*' We have the same self-control that God has in our spirit. Let's draw on it and determine to live by it. Don't worry if you mess up. Simply receive the

We have the Patience of God

2 Peter 3:9 says – *‘The Lord is ... patient with us, not wishing that anyone should perish, but that all should come to repentance.’* God’s patience isn’t about sitting back passively and hoping for the best. It’s living proactively while we wait, in certain faith that everything God has for us is already ours in our spirit and therefore can be ours in our soul. Take hold of patience and run with it.

We have the Kindness of God

Titus 3:4&6 says – *‘But when the kindness of God our Saviour and his love towards mankind appeared, ... ⁶ whom he poured out on us richly through Jesus Christ our Saviour.’* What a beautiful description of how God’s love caused Him to draw us to Himself and bless us with salvation and a love relationship with Him. We have that same kindness in us. Draw on it today as you meet with friends and family, people you don’t know and even those who are difficult. Be kind with the kindness of God and see what a difference it makes.

We have the Goodness of God

Psalms 34:8 says – *‘Oh taste and see that the LORD is good.’* God is so, so good. The Bible is full of verses that tell us of His goodness which He is actively directing towards us. You have that goodness too. Instead of focusing on the times you mess up, focus on the goodness of God in you. Find some of these verses and speak them out. Write the truth of them on your heart. Start to see yourself as God sees you – filled with His goodness. And let it start to impact how you think, speak and act. Psalms 119:68 says, talking about God – *‘You are good, and do good.’*

This Changes How You Pray

Always remember that you’ve already got the full, mature fruit of the Spirit in your born-again spirit, so you never have to ask God for them. You may have asked God to give you peace or joy or other parts of the fruit in the past. I know I have. But once you get hold of the truth that the fruit is in you and can never leave or be taken away, it totally changes how you pray.

For example. if you’re not feeling peace, it isn’t because the Holy Spirit has allowed His peace to leave Him – that’s impossible – it’s the very nature of who He is. No, you haven’t lost peace, even if that’s what it feels like. You’ve lost the experience of it in your soul – your mind and emotions. We all know it can happen.

So what do you do? Instead of asking God to give you peace, find a verse about peace to declare out loud and build yourself up in your faith. In this case it could be John 14:27 in which Jesus says to you – *“Peace I leave with you. My peace I give to you; not as the world gives, I give to you. Don’t let your heart be troubled, neither let it be fearful.”* Thank Him that His peace is already in you and that it is eternal peace that doesn’t depend on circumstances. Praise Him that He loves you so much that He wants you to experience His peace. You will soon start to feel it as you focus on the truth that it is in you, and give Him thanks.

How to Experience the Fruit in Your Soul

Romans 12:2 says – *‘Don’t be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what is the good, well-pleasing, and perfect will of God.’* This is the key. If we want our souls transformed, we have to go to God’s Word and allow it to renew our minds. This isn’t

something God will do for you. He's given you free will and He's not going to change the way you think. But as you obey Him in this, He brings about the change that you are wanting. 2 Corinthians 3:18 tells us we are being transformed – *'from glory to glory, even as from the Lord, the Spirit.'*

The only way to transformation is by getting to know the Word and changing your thinking to match it. The more you do it, the easier it will be and the more you will want to do it. Renew your mind in God's truth and He will change you from glory to glory. That's so good! And you will experience more and more of the fruit of the Spirit in your thinking and emotions. This will then lead you to living out of the fruit in what you say and do and how you react to things. Jesus says in Matthew 7:16-17 — *'By their fruits you will know them. Do you gather grapes from thorns or figs from thistles? ¹⁷ Even so, every good tree produces good fruit, but the corrupt tree produces evil fruit.'*

The Fruit of the Spirit

Now let's look at the different parts of the fruit of the Spirit.

We have the Love of God

1 John 4:8 says — *'God is love.'* Love is the very essence of who He is. This is not love as the world uses the word, but love as God defines it in 1 Corinthians 13:4-8 - *'Love is patient and is kind. Love doesn't envy. Love doesn't brag, is not proud, ⁵ doesn't behave itself inappropriately, doesn't seek its own way, is not provoked, takes no account of evil; ⁶ doesn't rejoice in unrighteousness, but rejoices with the truth; ⁷ bears all things, believes all things, hopes all things, and endures all things. ⁸ Love never fails.'*

You may not always feel that you have God's kind of love for others, but you do in your spirit. Choose to allow it to flow into your soul, so it can start to impact your attitude towards others. Jesus says in John 13:34-35 — *"A new commandment I give to you, that you love one another. Just as I have loved you, you also love one another. ³⁵ By this everyone will know that you are my disciples, if you have love for one another."* Just as love defines God, so it should be the hallmark of every Christian. Don't worry if you don't always seem to have God's kind of love for others. Thank Him that you do in fact already have it, and start to make decisions based on that truth.

We have the Joy of God

Joy can't be separated from God. Psalms 16:11 says — *'In your presence is fullness of joy. In your right hand there are pleasures forever more.'* Joy is in you as a part of the fruit of the Holy Spirit whether you feel it or not. Refuse to doubt it even when life is difficult. It's not a happiness that depends on enjoyable circumstances, but a deep underlying joy in all that Jesus has done and won for you, no matter what is going on. Believe it's yours and start to express it. You'll soon be feeling it too.

We have the Peace of God

1 Corinthians 14:33 says — *'for God is not a God of confusion but of peace.'* God will never bring confusion. Instead, He has put His kind of peace in your spirit. It's a peace that goes beyond understanding and it isn't affected by what's going on in you or around you. It is constant. Thank God for it. Speak the truth that you already have it out loud and it will start to flow in your soul. Living from a sure foundation of peace is so much better than living in stress or anxiety or fear.