



*Bethel East  
Church-Wide  
Fast Guide*

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*October 8 - October 28*



# 21 Days of Fasting

21 days of fasting

Beginning October 8, we are committing to fasting for 21 days. Fasting should be a response to the prompting of the Holy-Spirit and a desire to align yourself with God's will in submission and obedience, and this fast has been God-inspired and God-ordained. 21 days of fasting will begin on October 8 and will end on October 28 at 11:59pm. During these 21 days, Pastor Herrod will be leading a special/guided time of prayer and meditation on Saturdays from 7-8am at the church. I want to challenge you to make this time of prayer and meditation a weekly priority.

Please see the guidelines for fasting from food or other things and the types of fast before participating in this fast. If you do not participate in this fast for health reasons, or any other reasons, please still join the guided prayer/meditations on Saturdays from 7-8am, and take part in the personal devotion initiatives.

For health questions, please contact the Health and Wellness Ministry director who will advise you, and/or redirect you to another health and wellness ministry leader.

Health & Wellness Ministry Director: Sis. Tonya Davis-Kennedy  
contact:office@betheleast.org



# Choosing A Fast

There are several types of fasting. The one you choose is between you and God. Please keep in mind your health and medical condition before choosing. Furthermore, please give up something that is a sacrifice.

Option 1- Full Fast. Drink only liquids for 21 days.

Option 2- The Daniel Fast. Eat no meat, sweets, or bread. Drink water and juice. Eat fruit and vegetables for 21 days.

Option 3- Partial Fast.

-Fast for part of the day (7am-3pm)

or

-Give up at least one item or food that is pleasurable to you for 21 days (ex: meat, sweets, social media, television)

or

-Give up one meal daily and during that period of time, pray, study, and spend time with the Lord.

Option 4- Hindrance Fast. Following Hebrews 12:1-3, which states we should lay aside that which so easily hinders us, you may want to pick several activities to abstain from and use that time to seek God. Even good activities can distract us from the best. You can consider a time away from television, social media, leisure reading, sports, shopping, or anything else you find taking up time in your schedule, and use that time in prayer

NOTE: No matter which fast you choose, limiting leisure activities and spending more time in prayer, devotion, and study should be included with each of the aforementioned fasting options.



# *Fasting Guidelines*

“When you practice some appetite-denying discipline to better concentrate on God, don’t make a production out of it. It might turn you into a small-time celebrity but it won’t make you a saint. If you ‘go into training’ inwardly, act normal outwardly. Shampoo and comb your hair, brush your teeth, wash your face. God doesn’t require attention-getting devices. He won’t overlook what you are doing; he’ll reward you well.” -Matthew 6:16-18 (MSG)

- Pray about the type of fast you should engage in during this period
- Don’t fast from food when you are sick, traveling, pregnant, or nursing.
- People with diabetes, gout, liver disease, kidney disease, ulcers, hypoglycemia, cancer, and blood disorders or any other health should probably not fast, and should consult with a doctor/medical expert for direction.
- If you are not fasting from food, consider another alternative that is pleasurable and takes up your time such as watching tv, social media, leisure reading, sports, shopping, or anything else you find taking up time in your schedule, and use that time in prayer, study, devotion, and things of God. Or, you can consider fasting from something specific in the context of food such as “fried foods”, desserts, or something that you frequently have and are pleasurable to you.
- Fasting is not magic. It should not be used to get immediate results regarding some decision.
- Stay hydrated. Always drink plenty of water and fluids, if you are fasting from food.
- Spend time with God you would normally be eating, watching tv, or on social media. You can consider a time away from television, social media, leisure reading, sports, shopping, or anything else you find taking up time in your schedule and use that time in prayer.



It is important to note that prayer and fasting goes together. Prayer is about spending time with God and uniting our hearts with His. It is our love for God and a desire to know Him more that leads us to pray. Fasting reminds us that we care about the things that God cares about. We care about the church. We care about the world. We care about doing God's will. And since we care, we are going to set our hearts and mind on it more during this period of time. Fasting is needed in our personal lives, our families, our church, and the society in which we live in. God-centered fasting has been a practice by God's people throughout history.

Consider these examples:

- The people of God prayed and fasted during a national crisis. Esther called for this fast and it preceded her making a pivotal decision (Esther 4:16).
- Religious leader Ezra proclaimed a fast so that they would humble themselves before God and ask him for a safe journey for them, their children, and their possession as they prepared to return to Jerusalem (Ezra 8:21).
- Daniel fasted when the weight of his assignment became heavy (Daniel 10:1-2).
- God called for his people to fast for a time of repentance and revival (Joel 1:14)
- Jesus fasted (Matthew 4:1-11)
- Jesus gave instructions about God-centered fasting (Matthew 6:16-18)
- The early church heard from the Holy Spirit during a period of fasting (Acts 13:2-3).
- The early church leaders prayed and fasted before presenting new leaders (Acts 14:23-26).

Friends, it is merely impossible for us as a church to stay on course if we do not faithfully and regularly unite our hearts and voices in prayer for the guidance of the Holy Spirit in our decisions and our actions. Prayer changes things, but more than that it changes us, and when we pray it aligns us with God's will and brings about God's will in our family, church, and society.

This time of prayer and fasting is going to benefit you individually, and us corporately.



# Results of Fasting

## Results of Fasting

Fasting is not about dieting even though you will most likely experience some benefits from fasting if you abstain from food for a period of time. Fasting will cause us to experience God more through an intense and productive prayer life and devotion beyond the norm.

When God's people fasted and prayed, these were some of the results:

- God gave Ezra direction (Ezra 8:21-23)
- Elijah's negative and emotional habits were broken. (1 Kings 19)
- God's people and Esther were granted power and protection for their task (Esther 4:16).
- Revival for the saved and Salvation for the unsaved (1 Samuel 7: 2-11).

Other results:

- Clarity on a decision you have to make
- More attentive to God and the things of God
- Healing and wholeness
- Deliverance from worldly influences
- God moving powerfully in your life and the life of our church.
- Praying for the needs of the church
- A more disciplined life
- Repenting of self-indulgent, addictive, and immoral behaviors.

Fasting will result in God doing something powerful in our lives. God will also do something powerful in the lives of others, in the life of our church, and in our world. Fasting will allow the Spirit of God to take us from our present state of spiritual awareness and responsiveness and lift us to a higher level.



# *Fruit of the Spirit*

## *Devotional*

October 8, 2023

Read: Galatians 5:19-26, Matthew 7:17-18, Colossians 3:1-2, James 3:17-18, John 15:4-5

### Fruitful Living

Imagine yourself as a fruit tree. The quality of your fruit reflects what you're rooted in. If your life aligns with the teachings of Christ, you'll bear good fruit—love, joy, peace, kindness, patience, gentleness, goodness, faithfulness, and self-control will shine through your actions, even when it is not reciprocated or initiated by others. Conversely, if you're rooted in worldly values, you'll yield bad fruit—hate, despair, strife, selfishness, dishonesty, and cruelty may define your character, leading you to cause harm to others, your faith, and even yourself. Take time today to honestly assess your roots. As needed, replant yourself in the teachings of Christ that are sure to produce ripe, beneficial fruit for both you and others. If you find yourself rooted in both Christ and the world in some ways, producing a mixed harvest, it's time to reestablish your foundation firmly in the teachings of Christ. This is sure to lead you to a virtuous and fulfilling day, and a virtuous and fulfilling life. May love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control be your portion and your character in Christ, through Christ, and by the Spirit of Christ.



# *Fruit of the Spirit*

## *Devotional*

October 9, 2023

Read: Isaiah 43:18-19, Jeremiah 29:4-7, Colossians 2:6-7, 2 Peter 3:19, Romans 8:28, Galatians 6:7-8

Grow where you're planted.

Consider the farmer's wisdom—they can't force a harvest, but they can create an environment where the seeds they have sown may flourish; you should do the same. Begin by grounding yourself firmly in the teachings of Christ. Allow the words of Christ to be the nourishment your soul craves. Cleanse your life of those negative connections, influences, habits, and attitudes. Embrace the reality that spiritual growth is a gradual journey. Place your trust in the divine process that involves planting the seeds, nurturing them, and eventually, harvesting the fruit of the Spirit in your life. You may find yourself confined in environments that seem unyielding, but hear me out: spiritually, growth isn't confined by your surroundings. Your inner spiritual journey is something you can nurture and develop regardless of where you have been planted. Even when external forces are beyond your control, the growth within your heart is yours to nurture. Take heart, because God is at work—God is taking the external factors that are out of your control, and the inner work of nurturing that is in your control, all for your good. Now unto Him who is able to make roses grow from concrete, and to help you flourish exactly where you're planted, as you nurture the seeds that God has placed in your heart. Beloved, blossom where you are planted, and people will see your good works and glorify your father who is in heaven.



# *Fruit of the Spirit*

## *Devotional*

October 10, 2023

Read: Psalm 19:14, Psalm 119:105, Matthew 4:4, Philippians 4:8, Ephesians 4:22-24

You are what you eat, Spiritually.

One thing I learned from observing my wife during two pregnancies is that, during pregnancy, she couldn't eat whatever she wanted to, but she had to eat with a baby in mind. Every morsel of food she consumed was not just for her but also for the growing life within her. It was a profound lesson in the importance of nutrition for the baby's development. In the same way, your spiritual well-being requires thoughtful nourishment. Just as a pregnant woman chooses her food to nurture her child, you must be selective about what you feed your soul. Your spiritual growth and producing the fruit of the Spirit in your life depends on it. Your soul is nourished by God's word, prayer, worship, meditation, and fellowship. Conversely, you must exercise caution in your consumption of various media, music, literature, and entertainment, as well as the overall content you engage with in general. Everything you consume shapes your thoughts, beliefs, behaviors, and ultimately, who you become. Therefore, it is essential to ensure that you nourish your soul with the proper spiritual nutrients, so that the Spirit of God who is on the inside of you, can use it to produce the fruit of the Spirit in your life.



# *Fruit of the Spirit*

## *Devotional*

October 11, 2023

Read: 1 Corinthians 3:6-8, Colossians 2:6-7, 2 Peter 3:18

### Growing Season

The growing season for farmers encompasses the period from planting seeds, nurturing crops with care, and facing challenges such as storms. This season is marked by trust. Similarly, your path to spiritual growth mirrors this agricultural process. The space between sowing the seeds of God's word and bearing the fruit of the Spirit in your life is a gradual process. Just as a farmer nurtures their crops, you nurture your faith, tending to the seeds of love, patience, kindness, and other spiritual fruits in your heart by continuously feeding your soul with the right nutrients. Your yearning for spiritual growth might not yield immediate results, much like the farmer's growing season. Yet, over time, as you stay committed to this journey, you will witness a transformation in your character and actions. Challenges and storms will arise—moments of doubt, trials and external pressures will test your faith. However, find encouragement in knowing that, despite the obstacles, God is at work in your life and you will produce the fruit of the spirit in time.



# *Fruit of the Spirit*

## *Devotional*

October 12, 2023

Read: Proverbs 4:23, Proverbs 16:18, Ephesians 6:10-18, 1 Corinthians 15:33, Hebrews 10:24-25, James 1:6-7, James 4:7

### Watch out for Pests

I have an indoor elephant ear plant in my home that began to die because tiny spider mites were eating it alive. I had to treat my plants and remove those spider mites from the plant so that it will live, and watch out for them in the future to avoid harm. Similarly, there are spiritual “pests” that you have to watch out for that can hinder your growth. Lies that satan plants in your mind, evil thoughts that cloud your thinking, demonic influences that seek residence in your body, doubt, distractions, busyness, pride, bitterness, resentment, and unforgiveness are some of the pests that can hinder your spiritual growth, development and well-being. To overcome them, you must first recognize their presence, and build spiritual resilience through faith, prayer, studying the bible, worship, resisting, and seeking fellowship with other believers. You must guard your heart and your soul, protecting the seeds of love, joy, peace, temperance, kindness, goodness, and self-control that is within. You do not automatically get rid of negativity in you or around you, but you must resist. So today I tell you, make it a practice to Resist it, so that it will not destroy you.



# *Fruit of the Spirit*

## *Devotional*

October 13, 2023

Read: Psalm 119:11, John 15:4-5, Proverbs 4:23, Colossians 3:16

### Seedless Fruit

In the produce section at the market, you'll notice a division between fruits with seeds and those without. Seedless fruits have become popular for their convenience, yet they lack the potential for natural growth and diversity. Similarly, in life, there are forms of love, joy, peace, kindness, gentleness, and goodness that are worldly-manufactured, derived from sources like mindfulness, drugs, nature, community, personal relationships, or traveling. However, the most genuine and enduring virtues are organic and sprout from within. They're fruit from the Spirit, not developed externally but nurtured internally. As you let the seeds of God's word take root in your heart through study, prayer, worship, and Christian meditation, you'll yield an organic harvest of these virtues. When you allow the Spirit of God to collaborate with the Word of God within your heart, you'll come to realize that the love, joy, and peace you experience aren't fleeting or momentary. Instead, they become a part of your core, lasting presence. Make a commitment to allow the Spirit to produce fruit that have seeds from God's word, for these fruits will find a home in your heart, continuously nourishing you with these virtues.



# *Fruit of the Spirit*

## *Devotional*

October 14, 2023

Read: Psalm 1:3, John 6:35, Romans 12:2, Colossians 3:2

### Organic Fruit

In the market's produce section, you encounter two kinds of fruit: organic and non-organic. Organic fruit is often praised as "better" and "healthier" because it's grown with fewer synthetic chemicals, no additives, and a commitment to sustainable farming practices. Naturally, this comes at a higher cost due to meeting stringent organic certification standards. Likewise, there's a parallel in our spiritual lives. The organic fruit of the Holy Spirit - love, joy, peace, kindness, patience, gentleness, goodness, faithfulness, and self-control - is more enriching and beneficial for your souls than the worldly-manufactured versions. While it may demand more from you, it's worth the investment. Don't be lured by the convenience, speed, or cost-effectiveness of worldly offerings. Instead, take the rewarding path of dedicating time to prayer, meditation, worship, and studying God's word. Just like your ancestors found joy in the toughest of circumstances from the Spirit of God that led them to sing "this joy that I have, the world didn't give it and the world can't take it away," you can nurture these organic fruit of the Spirit within you. In this age of artificiality, where virtues can seem manufactured, remember that true love and spiritual well-being are found within, where the Word of God and the Spirit of God cultivate organic fruit. May you not look for love in all the wrong places, but within, where you can truly yield to the Spirit of God to help you nourish your spiritual health and well-being.



# *Fruit of the Spirit*

## *Devotional*

October 15, 2023

Read: Romans 8:8, 2 Corinthians 3:18, Galatians 5:16-26, Ephesians 4:22-24, Colossians 3:9-10

### The Works of the Flesh

"Without God's guidance and transformation, your human nature tends to lead you toward self-centered and sinful behaviors. It's in your nature to lean towards attitudes and actions that don't align with the character of Christ. Furthermore, it's in your nature to lean towards media, music, and entertainment that you know is not edifying or uplifting. It's in your human nature to lean towards lust, hate, jealousy, selfishness, sorcery, witchcraft, quarrels, division, and sinful anger. But here's the good news: through faith in Christ and the presence of the Holy Spirit within you, transformation is possible. Your natural tendencies don't have to determine your destiny. God's Spirit can, and will, shape your life as you allow it to produce the fruit of the Spirit. These qualities stand in stark contrast to the works of the flesh and are far more beneficial. Do you truly desire to please God? Even more than you desire to please yourself? Even more than you desire to please others? If so, yield to Spirit's guidance in your behavior and actions. When you stop working and yield to the Spirit, God will start working and heal.



# *Fruit of the Spirit*

## *Devotional*

October 16, 2023

Read: Galatians 5:22-23, John 15:4-5, Ephesians 5:9

### The “Superfruit” of the Holy Spirit

A “superfood” is a marketing term used to describe foods that are considered exceptionally nutritious and beneficial for one’s health due to their high content of vitamins, minerals, antioxidants, or other bioactive compounds. Lately, I’ve been enjoying goji berries, known as a superfood, for their richness in essential nutrients and dietary fiber. However, it’s crucial to remember that in the natural, superfoods aren’t a magical fix for health issues, and they’re not a complete diet on their own. A balanced diet remains essential. Now, there’s a spiritual “superfood” -- the “fruit of the Holy Spirit.” There are not “fruits” of the Holy Spirit, but there is a “fruit” of the Holy Spirit. Think of the fruit of the Holy Spirit as one fruit with many benefits – love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. These virtues are distinct yet interconnected, forming a complete picture of Christ’s character, and they should manifest together in your life as you grow spiritually. The Holy Spirit isn’t just dwelling within you for the sake of it. It’s there to produce this spiritual “superfruit.” So, do not grieve or quench the Holy Spirit of God by rejecting and resisting the guidance and prompting of the Spirit to follow God’s word that is planted in you, but yield to the Spirit’s guidance. By doing so, you will yield the “Superfruit” of the Spirit of God in your life.



# *Fruit of the Spirit*

## *Devotional*

October 17, 2023

Read: 1 Corinthians 13:4-7, 1 John 4:7, 1 John 4:19

### Love

God is the essence of love, the wellspring from which all genuine love radiates. Every form of love, whether human or divine, finds its origin in God's boundless love. You are capable of love because God first loved you and bestowed upon you the precious gift of love. Agape love, often described as selfless and unconditional, is driven by compassion and the well-being of oneself and others, without any expectation of reciprocation. In practical terms, it means willingly sacrificing your comfort, time, and resources for the benefit of others, offering forgiveness freely just as God forgave you, displaying acts of kindness and generosity, seeking reconciliation and harmony in relationships, and loving without conditions, expectations, or hidden agendas. Ultimately, love serves as the source and wellspring from which all other virtues flow. May you open your heart to allow the Spirit of God to cultivate this love within you.



# *Fruit of the Spirit*

## *Devotional*

October 18, 2023

Read: Psalm 16:11, James 1:2-3, Romans 15:13

### Joy

God is the essence of joy, the wellspring from which all genuine joy radiates. Interestingly, true joy is intricately connected to both God's grace and the hope you find in Him. God's grace not only forgives your sins but also transforms you, assures you of salvation, and fills your heart with gratitude, nurturing a profound and enduring joy that liberates you from worries and fear. Hope is the key element that distinguishes true joy from fleeting worldly happiness. True joy is firmly rooted in the hope we discover in Christ's promises and the reality, yet anticipation of dwelling in God's presence. As you embrace the harmony of grace, hope, and joy, this true joy is a constant companion, even in the midst of trials and tribulations. May you open your heart to allow the Spirit of God to cultivate this joy within you.



# *Fruit of the Spirit*

## *Devotional*

October 19, 2023

Read: Isaiah 26:3, John 14:27, Philippians 4:7

### Peace

God is the essence of peace, the wellspring from which all genuine peace radiates. True peace isn't the absence of conflict or troubles; it goes deeper. It's about feeling whole and good relationships, both with God and with others. We experience "peace with God" through faith in Christ, and the "peace of God" as an unexplainable inner calmness that comes through a deep sense of trust and reliance on God's presence and sovereignty. Just as true joy cannot be measured by the absence of unpleasant circumstances, true peace cannot be defined by the mere absence of conflict or difficulties, but peace is both a state of inner tranquility and a state of right relationships and harmony with God and others regardless of circumstances. May you open your heart to allow the Spirit of God to cultivate this peace within you.



# *Fruit of the Spirit*

## *Devotional*

October 20, 2023

Read: Colossians 3:12, Romans 15:5, 2 Peter 3:9

### Patience

God is the essence of patience, the wellspring from which all genuine patience radiates. Patience isn't just about enduring; it's about handling everything with grace, not easily taking offence, and showing understanding and putting up with other people even when that is not the easy thing to do. Our patient God, who is 'long-suffering,' has shown us incredible patience, and He's able to nurture the same patience within you, benefiting your relationship with yourself and others. May you open your heart to allow the Spirit of God to cultivate this patience within you.



# *Fruit of the Spirit*

## *Devotional*

October 21, 2023

Read: Psalm 145:9, Ephesians 4:32, Colossians 3:12, Romans 2:4, Titus 3:4-5

### Kindness

God is the essence of kindness, the wellspring from which all genuine kindness radiates. God has shown you kindness by forgiving your sins and offering you salvation. God's love and care for you never wavers, even in the face of your imperfections. God's kindness toward you is evident in the guidance, blessings, and the gift of salvation God provides, regardless of whether you feel deserving. True kindness isn't just a pleasant feeling; it's a profound expression of God's love in action. May you open your heart to allow the Spirit of God to cultivate this patience within you.



# *Fruit of the Spirit*

## *Devotional*

October 22, 2023

Read: Psalm 34:8, Psalm 145:9

### Goodness

God is the essence of goodness, the wellspring from which all genuine goodness radiates. God is good, and inherently benevolent and generous in nature. God's goodness is demonstrated through His provision, forgiveness, guidance, and unwavering love, regardless of your flaws. Goodness is more than just doing kind acts; it's about having a generous and benevolent hearts. It's about going the extra mile, not because you have to, but because your heart overflows with love and compassion. May you open your heart to allow the Spirit of God to cultivate this goodness within you.



# *Fruit of the Spirit*

## *Devotional*

October 23, 2023

Read: Lamentations 3:22-23, 1 Corinthians 1:9, 2 Timothy 2:13

### Faithfulness

God is the essence of faithfulness, the wellspring from which all genuine faithfulness radiates. It's about God's unwavering commitment, trustworthiness, and reliability. God consistently keeps God's promises, provides enduring love and support, offers guidance, extends forgiveness and redemption, and stands as a constant help in all times. This divine faithfulness reflects God's unchanging nature and God's dedication to God's creation. True faithfulness means being consistently trustworthy and reliable in relationships and commitments. It's about staying true to word, remaining loyal to others, and being reliable in all aspects of life. It also entails being faithful and steadfast in faith in God, interactions with people, and commitment to following God's path. May you open your heart to allow the Spirit of God to cultivate this faithfulness within you.



# *Fruit of the Spirit*

## *Devotional*

October 24, 2023

Read: Psalm 18:35, Philippians 4:5, Matthew 11:29, James 3:17

### Gentleness

God is the essence of gentleness, the wellspring from which all genuine gentleness radiates. It's a beautiful blend of God's strength and humility. God is patient as we learn and grow, filled with mercy and compassion, gently correcting us and offering loving protection. God invites us to follow Him willingly, without forcefully imposing His will upon us. Gentleness is often misunderstood as weakness, but it's actually a powerful display of strength under control. It involves being humble and considerate towards others, never arrogantly imposing will. It harmonizes convictions with a caring and understanding approach in interactions. It's not devoid of conviction or decisiveness but rather combines these qualities with humility and consideration. May you open your heart to allow the Spirit of God to cultivate this gentleness within you.



# *Fruit of the Spirit*

## *Devotional*

October 25, 2023

Read: Proverbs 16:32, Proverbs 25:28, 2 Timothy 1:7, 1 Corinthians 9:25

### Self-Control

God is the essence of self-control, the wellspring from which all genuine self-control radiates. God exercises God's power with perfect wisdom, patience, and righteousness. God uses God's divine strength while remaining patient and always acting in love, faithfulness, and righteousness. Self-control is the ability to manage desires and passions. It involves restraining self from harmful or sinful behaviors and nurturing discipline and moderation in life. It's a partnership where human efforts combine with divine intervention for enablement for you to make virtuous and righteous choices. May you accept the Holy Spirit's invitation to help you manage what you may struggle to control on your own. May you open your heart to allow the Spirit of God to cultivate this self-control within you.



# *Fruit of the Spirit*

## *Devotional*

October 26, 2023

Read: Romans 5:3-4, James 1:12, 1 Peter 1:6-7

### The Cultivation Process

As God produces the fruit of the Spirit within, you will most likely encounter situations and challenges that seem tailor-made to test your love, joy, peace, patience, kindness, gentleness, faithfulness, goodness, and self-control. This is all part of a divine process, with God actively at work within you. Imagine facing a circumstance that demands patience; in that very moment, it's as if God is nurturing that virtue within you. These trials and tribulations become your classroom, teaching you how to embody the fruit of the Spirit in ways you might not have foreseen. Now, let's keep it real; it's not always going to be a walk in the park. But remember, these experiences have the power to transform you into individuals who are more Christ-like. So, whether today or tomorrow, when life throws a challenging situation your way, see it as an opportunity for God to work within. Embrace these moments as chances for spiritual growth. Trust that God is using each experience to bring you closer to His likeness. May you face your challenges with open hearts, knowing that through them, the Spirit of God is cultivating beautiful virtues within you that will eventually blossom on the outside.



# *Fruit of the Spirit*

## *Devotional*

October 27, 2023

Read: 2 Corinthians 3:17, Galatians 5:1, Galatians 5:13

### *Walking in the Spirit as a Liberatory Practice*

Walking in the Spirit is a liberatory practice, as it empowers believers to break free from the chains of sin, legalism, and fear that once held you. This spiritual journey, guided by the Holy Spirit, results in the development and manifestation of the fruit of the Spirit. These virtues liberate believers to live authentically in Christ's freedom, expressing His character in your character. The fruit of the spirit is the reward for one that is truly free. Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control – they become our way of life. But with the true fruit of the Spirit, we're truly free. We can love deeply, find joy in the simplest moments, and carry peace within us, even in chaos. Remember that old song that says, 'Ain't nothing like the real thing, baby'? Well, in Christ, that's exactly it. Real love, real joy, real peace, and all the rest – they're ours. So, don't go back to a life of bondage. Instead, embrace this freedom and let the Spirit work in you, through you, and for you. It's all about allowing God's Spirit to produce real fruit in your life, bring forth good works, and lead you on the path of sanctification. Are you living in that true freedom today?



*Humbly Declared by,*

*Pastor Stephen Herrod*