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# Overcoming Spiritual Anti-Fruit (Are You Taking Your Spirit Probiotics?)

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## The Fruit of the Holy Spirit

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***Sermon: The Fruit of the Holy Spirit: Overcoming Spiritual Anti-Fruit (Are You Taking Your Spirit Probiotics?)***

***New Series Messages: “The Fruit of the Holy Spirit”***

- **How do we know the Holy Spirit is Working?**
- Scripture: Galatians 5: <sup>22</sup> But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, <sup>23</sup> Meekness, temperance: against such there is no law.
- Subject: Where’s the Fruit? (Fill Up or Cover Up)
- Subject: What’s the Fruit? (Good or Evil)
- Subject: The Purpose of the Fruit (Paying the Cost to Win the Lost)
- Subject: Cultivating Your Ground (Producing Much Fruit)
  - The Wayside Ground (Hard Hearts)
  - The Stony Ground (Shallow Hearts)
  - The Thorny Ground (Choked Heart)
  - The Good Ground (Fertile Heart)

***Lesson Text***

Galatians 5:16–23 (AV)<sup>16</sup> *This* I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh. <sup>17</sup> For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would. <sup>18</sup> But if ye be led of the Spirit, ye are not under the law. <sup>19</sup> Now the works of the flesh are manifest, which are *these*; Adultery, fornication, uncleanness, lasciviousness, <sup>20</sup> Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies, <sup>21</sup> 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. <sup>22</sup> But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, <sup>23</sup> Meekness, temperance: against such there is no law.

***Introduction***

When the physical body is attacked by antigens which include aliens and foreign substances such as bacteria and viruses, Antibodies are produced by the immune system. These Antibodies spring into action to stop these foreign invaders and intruders.

When we accept salvation, our flesh looks at the Holy Spirit as a foreign invader and attempts to stop Him from producing the Fruit of the Spirit by using Spiritual Antibodies.

In our study book, “The Complete Guide to Understanding the Holy Spirit”, we call these Spiritual Antibodies, “Anti-Fruit”. Our lesson text calls them the Works of the Flesh.

Galatians 5: <sup>19</sup> Now the works of the flesh are manifest, which are *these*; Adultery, fornication, uncleanness, lasciviousness, <sup>20</sup> Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies, <sup>21</sup> Envyings, murders, drunkenness, revellings, ...

These works of the flesh create Spiritual Antibodies, Sin, Anti-Fruit to work against the Spirit.

Galatians 5: <sup>17</sup> For the flesh lusteth ***against*** the Spirit, and the Spirit ***against*** the flesh: and these are ***contrary*** the one to the other: so that ye cannot do the things that ye would.

The Greek word here is Antikeimai { an-tik'-i-mahee}, which is adversary, contrary, to oppose, set against, opposite, adverse, or withstand. It means Antithesis, Antithetical, or Antagonistic.

Just as Anti-Christ means against Christ, Anti-Fruit means against the Fruit of the Spirit.

Now when it comes to the physical body there are two ways we deal with foreign antigens: Antibiotics or Probiotics.

Biotics means relating to or resulting from life or living things. So, **Antibiotics are against life** and are used to inhibit the growth of or destroys life. Whereas **Probiotics are for life** and are used to stimulate growth with beneficial properties.

**The Spiritual Antibiotics** are the Works of the Flesh. These are the sins that seek to inhibit the growth of or destroy the Life of the Fruit of the Spirit.

**The Spiritual Probiotics** are the Works of the Spirit. They stimulate and promote the growth of or produce the Life of the Fruit of the Spirit.

Our lesson text reveals three types of Sins or Anti-Fruit that want to Kill the Life the Fruit of the Holy Spirit within us:

1. Sins Against the Body; they defile our temple!
2. Sins Against God; they defile our worship!
3. Sins Against Each other; they defile our relationship!

Today we we learn how to overcome these Spiritual Anti-Fruit so that Fruit of the Spirit can be effectively produced in us.

***Series and Sermon: The Fruit of the Holy Spirit: Overcoming Spiritual Anti-Fruit (Are You Taking Your Spirit Probiotics?)***

“Overcoming the Sins Against the Body, Sins Against God, and Sins Against Each Other”

### ***I. Overcoming the Sins Against the Body (Defiling Our Temple)***

Galatians 5: <sup>19</sup> Now the works of the flesh are manifest, which are *these*; Adultery, fornication, uncleanness (immoral lusts), lasciviousness (unbridled and out of control lusts),

These are the Anti-Fruit or Sins that work against our own body; defiling the Temple where the Holy Spirit Lives.

1 Corinthians 6: <sup>18</sup> Flee fornication. Every sin that a man doeth is without the body; but he that committeth fornication sinneth against his own body.

These sins affect our soul (mind, will, and emotions), impacting how we think, how we feel, and what we do. This is where the Holy Spirit resides within us.

Revelation 3:<sup>20</sup> Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me.

1 Corinthians 6:<sup>19</sup> 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?

Because these sins invade the temple where He lives, they GRIEVE the Holy Spirit!

Ephesians 4:<sup>30</sup> And grieve not the holy Spirit of God, whereby ye are sealed unto the day of redemption.

**The Spiritual Probiotic that Overcomes the Sins Against the Body is to “FLEE”!**

1 Corinthians 6:<sup>18</sup> Flee fornication.

This Spiritual Probiotic is not about how deep you get spiritually, it's not about 40 days and night of prayer and fasting, it's not falling out or speaking in tongues; it's simply about running.

Galatians 5:<sup>16</sup> *This* I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.

Change the word “Walk” to “Run” and “Run as fast as thy feet shall take thee”!

Proverbs 6:27–28 (AV)<sup>27</sup> Can a man take fire in his bosom, and his clothes not be burned? <sup>28</sup> Can one go upon hot coals, and his feet not be burned?

Just as Joseph ran from Potiphar's wife; we are to flee, run, avoid, shun very appearance of evil.

1 Corinthians 10:12 (AV)<sup>12</sup> Wherefore let him that thinketh he standeth take heed lest he fall.

## ***II. Overcoming the Sins Against God (Defiling Our Worship)***

Galatians 5:<sup>19</sup> Now the works of the flesh are manifest, ... <sup>20</sup> Idolatry, witchcraft,

These are the Anti-Fruit or Sins that work against our God; defiling our Worship to God

These sins prevent us from doing the Will of God; supplanting his position as first in our lives.

Anything we put before God is Idolatry, anyone we place before God Witchcraft.

Exodus 20:2–3 (AV)<sup>2</sup> I *am* the LORD thy God, which have brought thee out of the land of Egypt, out of the house of bondage. <sup>3</sup> Thou shalt have no other gods before me.

These sins disconnect us from the Power of God manifested through His Love, Joy, Peace. ...

Because these sins suppress and subdue the Power of God, they QUENCH the Holy Spirit.

1 Thessalonians 5:19 (AV)<sup>19</sup> Quench not the Spirit.

**The Spiritual Probiotic that Overcomes the Sins Against God is “GOD FIRST”!**

Matthew 6:33 (AV)<sup>33</sup> But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

This Spiritual Probiotic is simple; just keep God First in all that you do, all that you have, all that you love, and all that you desire.

Psalms 37: <sup>4</sup> Delight thyself also in the LORD; and he shall give thee the desires of thine heart.

When we put God first, He gives us Supernatural Power:

- Love: 1 Corint 13: <sup>8</sup> Charity never faileth: ... 1 Peter 4: <sup>8</sup> charity covers s multitude of sins
- Joy: Nehemiah 8: <sup>10</sup> ...neither be ye sorry; for the joy of the LORD is your strength.
- Peace: Philippians 4:7 (AV)<sup>7</sup> And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

### ***III. Overcoming the Sins Against Each Other***

Galatians 5: <sup>19</sup> Now the works of the flesh are manifest, ... hatred, variance, emulations, wrath, strife, seditions, heresies, <sup>21</sup> Envyings, murders, drunkenness, revellings, and such like:

These are the Anti-Fruit or Sins that work against our Brothers and Sisters; defiling our relationships.

These sins cause us to hurt each other (intentionally or unintentionally), preventing us from obtaining the Power from the Unity of the Body of Christ.

### **The Spiritual Probiotics that Overcome the Sins Against Each Other is the Power of Agreement!**

Matthew 18: <sup>19</sup> Again I say unto you, That if two of you shall agree on earth as touching any thing that they shall ask, it shall be done for them of my Father which is in heaven. <sup>20</sup> For where two or three are gathered together in my name, there am I in the midst of them.

This Spiritual Probiotic is about the Exponential Power that comes from the Power of Unity and Agreement

One can chase a thousand, but two can put ten thousand to flight!

Romans 15: <sup>1</sup> We then that are strong ought to bear the infirmities of the weak, ...

Ecclesiastes 4: <sup>9</sup> Two *are* better than one; because they have a good reward for their labour. <sup>10</sup> For if they fall, the one will lift up his fellow: ... <sup>11</sup> Again, if two lie together, then they have heat: ... <sup>12</sup> And if one prevail against him, two shall withstand him; and a threefold cord is not quickly broken.

James 5:16 (AV)<sup>16</sup> Confess *your* faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.

Matthew 18:18 (AV)<sup>18</sup> Verily I say unto you, Whatsoever ye shall bind on earth shall be bound in heaven: and whatsoever ye shall loose on earth shall be loosed in heaven.

# Overcoming Spiritual Anti-Fruit (Are You Taking Your Spirit Probiotics?)

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## Midweek Study Lesson Plan (Sermon: Overcoming Spiritual Anti-Fruit (Are You Taking Your Spirit Probiotics?))

### Study Tools:

- Sermon Video and Notes: <https://victoriouspraise.org/>
- Bibles, Commentaries, and Dictionaries: <https://biblehub.com/tools.htm>
- Book Source: ["The Complete Guide To Understanding The Holy Spirit"](#); Read the Following Chapters:
  - "Part 2: Fruit of the Spirit"
  - "Guarding Against Spiritual Anti-Fruit"
  - "Ignorance is No Excuse of the Law"
  - "Anti-Fruit: Sins Against The Body, Against God, and Against Your Brother"

### Lesson Text

- Galatians 5:16–23

### Sermon Outline

- I. Overcoming the Sins Against the Body (Defiling Your Temple)
- II. Overcoming the Sins Against God (Defiling Your Worship)
- III. Overcoming the Sins Against Each Other (Defiling Your Relationships)

### Questions

#### I. Getting to Know "Me"

1. Would you rather work alone or with a group? Why?
2. Which of the points in the sermon (Sins Against the Body, Sins Against God, or Sins Against each Other) is a challenge for you? Why?

#### II. Into the Bible

1. Paul in his past, [Saul], did NOT display Fruit of the Spirit. You can say, he was against Christ, (anti-Christ, *Acts 8:1-3*). How then is Paul able to say in 2 Corinthians 7:2, "Receive us; we have wronged no man, we have corrupted no man, we have defrauded no man"?
2. We go to church to learn how to live according to God's System [His way of doing things]. We go to school to get educated on how to live in this world's system. Yet, we are taught in Romans 12:1-2, that we are living sacrifices and we're not to be conformed to this world. Explain how mind renewal plays a part in the production of Fruit.

#### III. Life Application

1. What's one principle or insight from this Sunday's sermon found to be most helpful, insightful or challenging? How would you apply it to your life?
2. Choose 1 of the 3 anti-fruit described in Sunday's sermon, explain the practical steps a person should take to guard against that type of anti-fruit.

### Prayer:

- **Prayer Request:**
- **Personal Prayer:**