



# Equipping Thursdays Restored to Wholeness

## Exploring God's Design for Our Wholeness.

### Emotional Well-Being

Paul's description of the fruit of the spirit is a much loved and I'd suggest much misunderstood passage. Paul's lists the fruit of the spirit as follows in Galatians 5:22-23:

*But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.*

We misunderstand when we assume that these are emotions that we are responsible to self-generate. Our sinful nature wars against our being filled with love, joy, peace, etc. So, how do we produce this fruit? Consider John 15:5:

*I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.*

We do not produce quality emotional fruit by concentrating extra hard. Rather just as a healthy branch connected to the vine produces good fruit, when we are connected to God our emotional output is healthier.

### Thoughts for Reflection

1. What emotional struggles are you experiencing right now?
2. What emotional triggers can you think of that might be setting off your emotional responses?
3. Write a prayer that you can pray daily this week to ask God for His help in producing healthier emotional fruit in your life?