

Vital Signs: Physical signs that indicate a person is alive (heart beat, breathing rate, temperature, blood pressure)

- ◇ There are vital signs for physical life, and vital signs for spiritual life.
 1. It's possible to be 'alive' physically, and dead spiritually. Jesus said *"I have come that you might have life and have it abundantly (Jn 10:10)."*
 2. We will be studying about spiritual life and growth, and the evidences of it in our lives.

1. Eternal Life

1. Eternal life has to do with both quality (relationship with God) and quantity (forever)
2. Eternal life is a free gift of God, available only thru faith in Jesus Christ.
 1. *He who believes in the Son has everlasting life; and he who does not believe the Son shall not see life, but the wrath of God abides on him. (John 3:36)*
3. From 'death' to 'life' -
 1. *And you He made alive, who were dead in trespasses and sins, in which you once walked according to the course of this world, according to the prince of the power of the air, the spirit who now works in the sons of disobedience, among whom also we all once conducted ourselves in the lusts of our flesh, fulfilling the desires of the flesh and of the mind, and were by nature children of wrath, just as the others. But God, who is rich in mercy, because of His great love with which He loved us, even when we were dead in trespasses, made us alive together with Christ (by grace you have been saved), (Eph 2:1-5)*
 2. Things that are alive grow... and a major evidence of growing in our spiritual life is 'fruit'

2. Fruit of the Holy Spirit - *But the **fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control.** (Gal 5:22-23)*

1. The fruit of the Spirit affect all areas of our lives; in our relationship with God, with others, and self.
2. The 'fruit of the Spirit' is not to be confused with the 'gifts of the Spirit'

Gifts of the Spirit (Rom 12; 1Cor 12&14)

1. Capabilities
2. Result of Holy Spirit baptism
3. Received instantly
4. Does not necessarily reflect on depth of one's spiritual life/maturity

Fruit of the Spirit (Gal 5:22-23)

1. Spiritual character
2. Result of new birth & abiding in Christ
3. Develops gradually
4. Evidence of growth & development of spiritual life & character

3. Both are to be desired, it's not 'either/or' – God makes provision for both and desires both for our lives and ministry/service

3. Understanding Fruit-bearing

1. Called to fruitfulness: *You did not choose Me, but I chose you and appointed you that you should go and bear fruit, and that your fruit should remain, that whatever you ask the Father in My name He may give you. (Jn 15:16)*
2. Pruning: *Every branch in Me that does not bear fruit He takes away; and every branch that bears fruit He prunes, that it may bear more fruit... (Jn 15:2)*
3. Necessity of Abiding in Christ: *Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me... (John 15:4)*
4. Fruit-bearing is beyond man's ability to 'make it happen.'