

Rate Yourself in The Fruit of The Spirit – Part 5

Introduction

1. We are going to grade ourselves based on words and attitudes expressed in each scenario.
A+ = Extraordinary
A = Excellent
B+ = Very Good
B = Good
C = Fair
D = Do Better
F = Fell Short
2. The purpose of this exercise is to see where you are NOW spiritually, compared to where you WERE and where you WANT to be.
3. Be honest with yourself about the level that truly reflects your current responses.
4. LET'S HAVE FUN!

A. New Scenarios – Rejection, Self-Rejection

1. **Question:** If you or another person were in this scenario: You went for lunch with two friends. One friend begins discussing vacation plans with the other friend but does not include you. You start wondering “why am I not invited?” and you feel rejected and excluded. You excuse yourself to the restroom, CRRB being offended and feeling rejected, KOG and forgive both your friends. You walk back to the table and you're attacked with regurgitating thoughts of offense. It's a battle in your mind but you're taking the negative thoughts captive and casting them down. You continue to fellowship and by the end of the lunch you're able to sincerely hug your friend's goodbye and let it go. Based on this experience, what grade would you give yourself or the other person?

Answer #1: B = Learning to Reject Thoughts Immediately

- 1) You used wisdom to not say anything and walked away to go to the restroom to do spiritual warfare.
- 2) You did a good job of casting down the thoughts of rejection while walking back to the table to avoid taking the bait again.

- 3) Sincerely hugging your friends meant that you truly forgave them.
- 4) You did well to maintain a godly demeanor so your friends had no idea the of the emotions you were battling in your thoughts.
- 5) Because you did take the bait of feeling offended and rejected is the reason why this was graded a B.
- 6) However, it would have been an A if you had immediately rejected those thoughts of rejection and offense.
- 7) This shows you that you need to break more curses on rejection.
- 8) Feeling rejected is rooted in offense. The devil's goal is to cause you to be offended when you feel rejected. As a result, that may cause you to reject someone and become offensive.
- 9) This can lead to isolation. The devil likes to attack a lone sheep. This strategy happens often in many churches.
- 10) 2 Corinthians 10:5 NKJV: "Casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,"
- 11) Ephesians 3:2 NKJV: "If indeed you have heard of the dispensation of the grace of God which was given to me for you."
- 12) Jesus was rejected by His disciples and friends at the cross. So, we don't have to feel rejected. He nailed rejection to the cross and buried it.
- 13) Every time rejection tries to attack you, see yourself in Christ Jesus.

2. **Question:** If you or another person are in this scenario: You send a text to your best friend. However, it's been days and he/she have not responded. You call and it only goes to voicemail. All these thoughts come to your mind "Why is he/she not answering?" and "Is he/she mad at me?" and "Did I do something to offend him/her?"

Rejection begins to set in, but you don't recognize that you're feeling rejected. He/she texts you back and you ignore it because you're mad at him/her. You want to make him/her wait because you had to wait on him/her. You come to find discover through another friend that he/she wasd in the hospital! Suddenly, you feel guilty that you assumed that he/she was rejecting you. Based on this response, what grade would you give yourself or the other person?

Answer #2: F = An Opportunity for Spiritual Growth

- 1) Don't assume someone is rejecting you just because you don't hear from him/her.

- 2) Love is NOT giving someone payback revenge. Maturity is extending grace and let the offense go!
- 3) The reason this was an F is because, in this scenario. the person did not recognize what the sin was and did not repent, nor asked the Holy Spirit about it. You drew your own conclusion and took offense based on an assumption.
- 4) Assumption is the act of taking something for granted or supposing. Supposition is guesswork, not factual, and it's a dangerous sin because it's sneaky.
- 5) Colossians 3:13 NKJV: "Bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do."
- 6) It could have become an A if you did not make an assumption and jump to a false conclusion by casting down thoughts of rejection and offense. In addition, if you had prayed for your friend and kept praying for him/her would have been a higher grade. Furthermore, it would have been excellent if you would have continued patiently reaching out to him/her until you got a reply to find out the real reason why he/she had taken a long time to respond.

3. **Question:** If you or another person are in this scenario: You get dressed up for a special event. A member of your family compliments you on how nice you look. However, you're challenged not to believe that compliment and replied, "Thank you. but I don't think so." The entire time at the party, you're self-conscience, but the Holy Spirit reveals to you that you were putting yourself down. So, you quietly CRRB, KOG, and choose to change your thoughts and think positively about your appearance. Based on this response, what grade would you give yourself or the other person?

Answer #3: C = Could of Recognized it Sooner

- 1) You were made in the image of Christ Jesus.
- 2) The reason this was a C is because you put yourself down instead of recognizing it was a sin. If you would have nipped it in the bud and recognized the attack you could have enjoyed your night.
- 3) Psalms 139:14 NKJV: "I will praise You, for I am fearfully and wonderfully made; marvelous are Your works, and that my soul knows very well."

- 4) This scripture depicts what God thinks of you. You are accepted as God's beloved.
- 5) Ephesians 1:6 NKJV: "To the praise of the glory of His grace, by which He made us accepted in the Beloved."
- 6) Rejecting yourself and not accepting who you are in Christ Jesus is rejecting what our Maker thinks of you.
- 7) This would have been an A if you immediately cast down those thoughts of self-rejection by thanking the person for the compliment. Then believe it and enjoy the rest of your time at the event.
- 8) Notice how to get an A, starts with attacking self-rejection and rejection in your thought life.

4. **Question:** If you or another person are in this scenario: You have a blood sugar challenge and will be out all day long. You know you need to eat frequently to keep your glucose level stable. However, you don't pack any snacks or lunch, thinking that you can pick up whatever you need while you're out and about. There is only junk food, so you eat that instead. As a result, your insulin level is challenged to spike. You realize that you sinned against your body, so you CRRB self-rejection and self-hatred, KOG and pray for your blood sugar level to become stable using the Prayer of Faith. Based on this response, what grade would you give yourself or the other person?

Answer #4: D = A Teachable Moment

- 1) Knowing you have a blood sugar challenge, you didn't prepare, and didn't ask the Holy Spirit what to do. You assumed that you would be able to get whatever you needed while out.
- 2) Again, you didn't ask the Holy Spirit what to eat when there was only junk food.
- 3) The reason this was a D instead of an F is because you turned it around by recognizing the sins of self-rejection and self-hatred, doing a CRRB, KOG and praying the Prayer of Faith helped you to get back on track.
- 4) Next time you can do better by being better prepared and love yourself enough have asked the Holy Spirit how best to prepare. Then it would have been an A if you had taken everything you needed with you.
- 5) I Corinthians 3:16 NKJV: "Do you not know that you are the temple of God and that the Spirit of God dwells in you?"

- 6) You are supposed to be a good steward of your temple and not neglect your needs. Rejecting your needs is a form of self-hatred.
- 7) In order to get your turnaround in your body, you need take care of yourself spiritually, mentally, emotionally and physically.
- 8) Speaking healing affirmations over yourself is not enough.
- 9) You need to not reject what your body's needs while receiving healing and do your part. If you are in need of healing of blood sugar challenges, eat a well - balanced diet with the proper amount of carbs and protein every 3 hours to maintain stable glucose levels.

5. **Question:** If you or another person are in this scenario: A family member or spouse ask you to attend a dinner party on a Wednesday night. You know you need to attend the service to be in the anointing so you can hear what the Lord wants to teach you so you can get stronger in your walk with God. You make boundaries in a loving way with your family member or spouse by saying, "I'm sorry, I wish I could attend but I have church service on Wednesday night. Can we reschedule for a night when I am free?" You attend church service and receive exactly what you needed! You are blessed and receive your breakthrough! Based on this response, what grade would you give yourself or the other person?

Answer #5: A = Good Discernment

- 1) You chose to seek first the Kingdom of God, according to Matthew 6:33; and all things were added unto you such as your spiritual breakthrough.
- 2) You diplomatically drew your boundaries in a loving way with your family member or spouse and recommended another solution to reschedule.
- 3) This was an excellent decision so that is why you got an A because your got your breakthrough by being obedient to God to seek first His Kingdom!
- 4) To get a higher grade to elevate to A+ would be to invite the family member or spouse to watch our ABC church service too.
- 5) Matthew 6:33 NKJV: "But seek first the kingdom of God and His righteousness, and all these things shall be added to you."
- 6) You were taught in Healing School to be in the anointing attend church service at least two times a week to be an Overcomer.
- 7) Awake 6:33 a.m. is for your morning prayer session. But church service is your appointment time with the King of the Universe to learn and be schooled as sheep by the Shepherd who pastors our church.