

## ARMED AND STRONG IN THE LORD

### 4. Holy Spirit

#### \*A concise explanation from the Lord:

You need Holy Spirit anointing more than ever before, for it will both cool and refresh you as you walk through the fires; and it will give air for you to stay alive through the floods of iniquity. It will give you fire and light your way, making you both fervent in fulfilling what your Lord calls you to do, as well as show you the way ahead and what exactly you are to do in order to complete the tasks, and reveal the wicked ones that lurk in the shadows trying to trip you up. Holy Spirit gasoline is the only fuel strong enough to power you across this rugged terrain. Gird up and climb up, powered by the Holy Spirit of God.

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#### \*Keys to claim in prayer, to receive empowerment to fight with these new weapons and stop the enemy's attempts to hinder our using them:

As you put Me first, praying, seeking Me, hearing from Me, loving Me, and studying My latest counsel, I will fill you with faith and the power of the Holy Spirit, enabling you to be bold witnesses through the power of the keys.

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#### Some specifics that help explain more:

- Receive the gift of the Holy Spirit; pray for it often.
- Do those things daily that bring His Spirit into our lives, homes, bodies, mind and heart. (For example: Praise and sing to Jesus, do humble things that keep our pride pushed away, give and receive loving affection, lay hands on and pray for each other, hear from the Lord in prophecy, dance before the Lord, tell others about Jesus, read or listen to the Word, claim the Keys of the Kingdom.)
- Jesus sends His Spirit, and often via a Heavenly being who brings to us the joy, love, healing, empowerment, boldness, Words of God, protection, energy, skills, and all that we need. Through asking for, working with, listening to, and yielding to the angels Jesus gives us to coach us to the goal line, we are receiving more of the Holy Spirit—God's Spirit, for that is what they impart and pass onto us.
- Pray for each other to receive the gifts of the Holy Spirit, the special spiritual abilities and means of communicating with the Lord and doing His work of witnessing and feeding other's faith—the gifts given to God's Children, so they can do His work with ease, form their relationship with Him, keep the enemy away from disrupting them, and learn "knowledge of the Holy". (Some gifts might be:

***1 Corinthians 12:4-11**—Now there are diversities of gifts, but the same Spirit. And there are differences of administrations, but the same Lord. And there are diversities of operations, but it is the same God which worketh all in all. But the manifestation of the Spirit is given to every man to profit withal. For to one is given by the Spirit the word of wisdom; to another the word of knowledge by the same Spirit; To another faith by the same Spirit; to another the gifts of healing by the same Spirit; To another the working of miracles; to another prophecy; to another discerning of spirits; to another divers kinds of tongues; to another the interpretation of tongues: But all these worketh that one and the selfsame Spirit, dividing to every man severally as he will.*

- Pray for the fruits of the Holy Spirit to be manifested in our lives. The things that show others that we are letting God's Spirit and thoughts work through us and direct us (and that we are pushing away our natural human tendencies, inclinations, the ways of the world, and our own faulty ways of reacting and thinking) . Some of these fruits might be:

***Galatians 5:22-23,35**—But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law. If we live in the Spirit, let us also walk in the Spirit.*

**2 Peter 1:5-8**—And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge; And to knowledge temperance; and to temperance patience; and to patience godliness; And to godliness brotherly kindness; and to brotherly kindness charity. For if these things be in you, and abound, they make you that ye shall neither be barren nor unfruitful in the knowledge of our Lord Jesus Christ.

**James 3:16-18** For where envying and strife is, there is confusion and every evil work. But the wisdom that is from above is first pure, then peaceable, gentle, and easy to be intreated, full of mercy and good fruits, without partiality, and without hypocrisy. And the fruit of righteousness is sown in peace of them that make peace.

**Philippians 4:4-8**—Rejoice in the Lord always: and again I say, Rejoice. Let your moderation be known unto all men. The Lord is at hand. Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

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**\*True stories of victory, showing these fighting methods in practice:**

**ALL THOSE YEARS WHEN I WAS YOUNG & A TEENAGER I WAS VERY SHY**, but when I was 19 I prayed very earnestly that I would have more of God's Spirit, more of the Spirit of God, & I asked Him to give me the Holy Spirit. Now in Acts 1:8 Jesus said to His disciples, "Wait for My Spirit to come to help you, then ye shall be witnesses unto Me throughout all the Earth!" So it was sort of like the power of God to give you more faith & more courage. When you have more faith, you have more boldness & more courage, more faith to trust God.

**FROM THAT TIME ON, AFTER I WAS 19, I BECAME SO BOLD & SO COURAGEOUS**, the timid little shy little boy who had been so shy & so timid, I was not afraid to stand up in a crowd on the street corner or at the Fair & preach to thousands of people where you were not supposed to preach! Or sometimes in the churches when the preacher said something wrong against the Bible I would stand up & challenge it! I've been thrown out of many churches for this!

**I COULDN'T STAND TO HEAR THEM LYING FROM THE PULPIT AGAINST THE SCRIPTURE!** I would stand up & say, "Now wait, look here! In the Bible it says this! What are you saying!" Two ushers picked me up & carried me out! So I became very bold, very unafraid! I didn't care what they would do then, I didn't care if they killed me, I was telling them the truth!

**I WAS THROWN OUT OF MANY CHURCHES FOR THIS.** I didn't go in there deliberately to do anything, but I would sit & listen & then they would say things that were not true & were contradictory to the Bible. I knew the Bible very very well & a Scripture would come to me that was against what they were saying & I knew that it was not true. I would try to do it very nicely & say, "Excuse me, Sir, but perhaps you haven't read this particular Scripture, maybe you don't know that that's not so." Whew!

**I NEVER FOUND ONE PREACHER YET WHO APPRECIATED MY CORRECTING THEM!** They all either told me to sit down & shut up or get out or they sent a couple of men of carry me out! Sometimes they called the police! I'm a pretty mild little boy now, I'm a pretty good boy, I haven't caused any trouble for a long time! Ha! But my writings sometimes cause a little trouble because I tell the truth, & a lot of people don't like the truth.

**BUT YOU SEE, IT WAS THE POWER OF GOD WHICH DID IT IN MY HEART THAT CHANGED ME** from being very shy, very bashful, very fearful, inferiority complex, worried about what people thought, wanted to be always alone, it was the Spirit of God really which changed me! (ML 1032)

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At age 21, I found myself living in Laguna Beach, California, selling drugs coast to coast, getting up every day at 4 P.M. to watch the sunset & staying drunk & drugged the rest of the night in a desperate search for some real

meaning in life. One Sunday I was miraculously up early & went to the beach in search of a friend so he could make a drug-deal, but something was different this day. There was a group of 40 or 50 people in a circle singing & doing skits with a multitude gathered around them. As I was making my way through the circle to my friend, people in the circle disbanded & started personally witnessing about Jesus to individuals in the crowd. After having Salvation explained to me by a dedicated brother, I prayed with him on the beach to receive Jesus into my heart. I was instantly set free in spirit, mind & body as 2Cor.5:17 promises, "If any man be in Christ, he is a new creature, old things are passed away, behold all things are become new." I then received the Holy Spirit & took up the challenge to "follow Jesus" & "preach the Gospel to every creature". I left with them that day & have been telling others about Jesus ever since.

For the first seven years or so, I had no problems with drinking, I was busy for the Lord serving Him, first in the States, then in Mexico, Ecuador, Peru, Bolivia & later Uruguay where I made a very unwise decision, & that was to return to North America. I had my reasons, but the truth of the matter was that I was forsaking the job that the Lord had given me as a missionary in Uruguay.

*A quote says, "If we do not obey & stay in God's Will & continually give Him the glory for our healing & continue to trust Him for it, He may let the illness or affliction come back, because of our ingratitude & disobedience. Of course if we repent, He can forgive & heal us again, 'For His mercy endureth forever'--Psalm 136."*

Upon returning to North America, I really started going downhill, drinking more & more, until I literally became a raving alcoholic again, & worse than before. I would weep & cry out to the Lord & try to stop, but never had any lasting victory or solution because of my disobedience & unyieldedness. It would take a book to go through the whole ordeal, but suffice it to say that I went through a lot of heartache & pain. I knew I had to get back to the field & get back on where I got off. So by the mercy of God I made it back to Ecuador & then to Peru, where I've been serving Him for the last seven years.

But the story doesn't end here.--The first time I was delivered by grace (2Cor.5:17), but this last time, it hasn't been easy, it's been a fight! I was trying to serve Him, but every time some crisis would come up, & sometimes it wouldn't have to be much of a crisis, I'd turn to the bottle. I'd cry & pray & be sorry but I just couldn't get the victory. Sometimes I'd do okay for awhile, but then I'd fall again.

During all of this time I was trying to serve the Lord, but plagued by this terrible spirit of drink. Then during a shepherds' meeting here in Peru I had the opportunity to confess my sins & ask for prayer from my shepherds & brothers & sisters. The Lord gave me the verse, "Speak the Word only & thy servant shall be healed", so I knew that was it & when everyone prayed for me I felt freed from that spirit of drink!--Just like that, I was healed after so many years of struggling!--The Lord did the work in one split second! PTL! TYJ! (FSM 113/FN 222)

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After he received the Holy Spirit, Mr. D. sat quietly for a few minutes and then asked us why he felt like he had been drinking! John read to him from the Book of Acts, explaining how the early disciples had been accused of being drunk, almost two thousand years before. Often as we were reading the *Living Waters* together, Mr. D. would pause to reflect on some truth and then he'd comment how he hadn't understood these things all his life and now his eyes were opened. He would apply the Word, too, and several times caught himself when he was saying something that was contradicting the Word he'd just read.

He commented how he couldn't understand how the thoughts we would share with him just flowed so smoothly like they had been written. When we explained that the Lord gives us the thoughts and words to explain things, he nodded and said, "Yes, I thought so!" (Hope 71)

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I met two brothers who were on a road trip to my town. They needed food and a place to stay, which I helped them with. Then they witnessed a lot to me. I felt the conviction of their words, most of which were shown to me straight out of the Bible. After two days I received the Lord. On the third day I received the Holy Spirit and dropped out for Jesus, and I've been serving Him ever since in His wonderful Family.

In making that decision, I had to look at Jesus, when all my colleagues, professors, my landlady, and the president of the university told me I was making a big mistake in my life. I didn't stand on what people said or hearsay; I got down on my knees and went straight to the Lord and asked Him! It was scary, because everyone around me was pulling on me *not* to serve the Lord, but Jesus was very gentle and sweet, and asked me if I was willing to leave all that behind to follow Him. After making the decision, it didn't matter any more what others said or did, because I had my eyes on Jesus. (GV 166)

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*A letter received from Manuela, a 17-year-old sheep in Romania. Sent in by Joy Praise.*

My life has radically changed, because Jesus came into my heart and I received the Holy Ghost! I have had two major experiences that showed me that Jesus loves me, and that I have to have faith in Him!

I had been very happy and laughing all the time, so much so that everybody asked if I was crazy. They knew me as always being serious and sad, so they couldn't explain the change in me. All of a sudden I felt that something

was going to happen. I felt sick. So I went to the hospital to find out what was wrong with me. The doctor who examined me told me to lie down, as I'd had a heart attack, and that I'd probably die within 5-10 minutes. (This was my third heart attack.)

I lay down on the bed and closed my eyes, but I remember feeling very happy. I felt like I was moving upwards, but my body was still on the bed. I was looking around at the doctor and the nurses. They were talking about me, saying that I was dead, and that they had to put me with the other dead bodies. Then my spirit left the room and went into a dark tunnel. At the end of that tunnel I saw a very powerful light, and I was going into that light.

But at that moment I heard a very sweet voice telling me to go back and do what I had to do. As I came back, someone was guiding me. It was like a friend or a person whom I trusted very much. Then the doctor and the nurses realized that I wasn't dead anymore. I was alive.-Very much alive!

When I went home, I thought a lot about this experience, but didn't tell anybody about it, because I knew they would think I was even crazier.

Then two weeks later, I was with my friend and her boyfriend in his jeep. I was in the back seat of the car and my girlfriend was in the front. All of a sudden I started to feel very dizzy, so I asked if I could please sit up front. Only five minutes later, the jeep crashed. My girlfriend was badly hurt and unconscious, and we didn't know what to do with her. There were no houses, no cars, and no one around. The only thing that came to my mind was to pray for her and ask for God's help. I think I was praying for 10 or 15 minutes. Her boyfriend was crying and telling me that it was no good, and that it wouldn't help. But I had faith and said, "If Jesus helps me when I have difficult moments in my life, He can help her too!"

After a few more minutes a car came, and a man got out and asked us if we needed help. He let us use his mobile phone to call the hospital, and soon the ambulance came to get her. The doctors examined her and told us that she should have been dead by that time! "She is in a very serious condition! Her injuries are fatal," they said. I started to pray for her again.

Two days later she was walking again and got out of the hospital! The doctors told me that this was an absolute miracle! Usually people in a condition like hers die within eight hours.

After all this I know for sure that when you have a problem, you can ask Jesus to help you, and He will! And when you ask Jesus into your heart, He will always be with you, wherever you are! (Zine 021)

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When I received the Holy Spirit, I had a wonderful sensation of peace. I came with my inner self feeling beaten up and sad, and now I'm leaving full of love, kindness, hugs, the Spirit of the Lord, and with the great knowledge that I am not alone. (Link 032)

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### **Messages others received on these ways to fight and win in the Spirit**

#### **10. (Jesus:) ...**

**11. Father, this is glorious in My sight, and in Your sight.** We have been the authors of this plan, and We will be the finishers.

**12. One thing remains, and that is for them to be filled with a great measure of Our wonderful Holy Spirit.** I can't be there in flesh and blood to inspire them and to lead the charge. But in My stead I promised to all My faithful disciples the Comforter, the Spirit of Truth, that She would be with them in a very special way (John 14:26, 16:7-15). She is the power that they need in their lives of service for Me.

**13. Their hearts are open and ready, My Father.** They have asked. They have claimed My promises. They have shown their hunger in the spirit. They have made a vacuum, which Our Spirit loves to fill.

**14. This renewed infilling of the Holy Spirit is the step that's needed,** which will make a massive difference in their success in reaping the final harvest that We have appointed them to reap. This is Our doing, Our task, and We would be false to our Word if We didn't provide every ounce of available spirit help for the job that We have placed before them. They stand nearly alone against a world that has turned away from Us, and they are commissioned to spread the fires of devotion and revolution and turn many to righteousness.

**15. To accomplish this they need a renewal of the Holy Spirit--the Spirit that was there on Pentecost,** the Spirit that ignited the hearts of those first disciples of Mine, the Spirit that has given power and conviction and desire to My witnesses ever since. Pour down that Spirit! I command it through the keys of the Kingdom which are Mine, that each heart may be filled with the Spirit of Love, the heavenly love power that will enable them to powerfully reach the world with love, boldness, conviction, fervor, passion, and every gift and fruit and manifestation of that same Spirit.

**16. I, Who can be in all places at once, am laying My hands right now on the head and heart of each person.** One of My strong hands rests on the top of their head, while I place the other on their heart, and I am calling for the Spirit of God to fill them. I pray to You, Father, in the languages of Heaven, those groanings of the spirit that only We in the heavenly realms understand. I am beseeching You with all the devotion of My endless love for these. We Three Who are One send the Spirit mightily.

**17. We must each fill these hearts and minds in Our Own way.** I save their souls and redeem them through My sacrifice, You grant power and the access to Heaven's might, and Our Holy Spirit provides passion, energy, zeal, and motivation in all ways to do Your will.

**18. We commission the Queen of Heaven now to set each Family member free to do what they couldn't do before,** to achieve and to triumph in ways that were off limits in the past, to fill every heart that is open to Her and that desires Her. We unleash the Spirit of Love to set a raging fire within each heart, a fire that can't be quenched and that can only be satisfied by reaching and disciplining the world with My love.

**19. In My Name and in Your Name, My Father, I release a flood of Holy Spirit power into the hearts of each member of the Family as they step forward into the Offensive.** I give My brides a fuller measure, a deeper understanding, a more tangible manifestation of the power of God as manifested by the loving Queen of Heaven, alive and powerfully moving in their hearts. Let there be signs and wonders following (Mark 16:17,18).

**20. Provide the energy, provide that rushing mighty wind which will blow them forward with power and authority.** Fill every space, and push out anything that would hold You back, beautiful Spirit of Love. Flow forth in the power of the keys, which is the power of God. Fill these waiting hearts, restore their faith, increase their vision, and renew their love. I claim for them the key of passion--which represents My passion for the lost, and the longing of the lost for Me. This key will give them greater strength and determination to press forward against all obstacles to bring My love and answers to those who are waiting.

**21. Thank You, mighty Father, King of the Universe.** You are the author and finisher of all things. I am created for Your pleasure and for Your glory. My Family of Endtime brides are created for Your pleasure and Your glory. We are all Yours. All things are Yours, and without You there is nothing.

**22. You have answered. The power is flowing.** I can see the miracles that will be, and I know that the time is at hand.

**23. You have done it!** You have answered, and the impact of Your Spirit will resound throughout the last days of Earth. All glory to You! All hail! All majesty and power belongs to You, our mighty God.

(ML 3683)

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**(Jesus: ) are you worried about what it's going to cost you to spend more time on the front lines, or to get deeper with people in your witness?** Are you worried about whether you'll have enough humility or boldness or desire to do the job? Don't worry about it! Open your mouth and I will fill it. Pray for an infilling of the Holy Spirit--She'll give you the power you need to do the job! You do the going, I'll do the winning. You fight, I'll win the battles. You do the best you can, and I'll take that obedience and make you into what you need to be. (ML 3683)

**(A letter said: )**

**105. It's vital that we all stay connected to the Holy Spirit,** that we're malleable in the Lord's hands, that we're changeable, and that we **expect** God to move--and when He does, that we are flexible enough to move with Him.

**106. We need to cultivate spiritual flexibility by constantly tapping in to the power of the Lord.** We need to have the white-hot Spirit of God in our lives. We need to have a passion and a hunger for it. We need a permanent connection with the current of God through the Word, and through receiving His Spirit and loving Him deeply and

fully, by listening to His voice through prophecy, and by committing to follow the Spirit no matter where it leads, no matter how difficult, and no matter what the cost.

**107. Let's stay connected to the Spirit, shall we?** Let's follow the Spirit. Let's be open. Let's be flexible. Let's be moldable, so that we can do the will of God.

**146. We want the new, we want the fire, we want change.** The reason that we want this is because it's how the Lord's Spirit is moving today, and we'd be crazy to stand in the way of what He's trying to accomplish. The purpose of any changes that we make is to allow more room for the Spirit to go to work. The Spirit of God is always moving, always flowing, and we have to be ready to move and change with it (ML 3740)

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#### Quotes from Jesus and Bible verses to memorize:

Nothing will stop My Spirit from shining through as you claim the keys.

**1TH.4:8b-9b** [God] hath also given unto us his holy Spirit... ye yourselves are taught of God to love one another.

**ACT.1:8** Ye shall receive power, after that the Holy Ghost is come upon you: and ye shall be witnesses unto me.

(Holy Spirit speaking: ) If you wish for Me to come, I will come unto you, for I am the Comforter, I am Understanding. As a mother gives unto her children ... so will I come unto you. (ML 3029)

The Spirit is Love! It's God, and God is Love! --It can do miracles! (ML 0677)

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#### How Jesus taught or fought with this Spiritual weapon:

**JOH.14:16** And I will pray the Father, and he shall give you another Comforter, that he may abide with you for ever;

**JOH.14:17** Even the Spirit of truth; whom the world cannot receive, because it seeth him not, neither knoweth him: but ye know him; for he dwelleth with you, and shall be in you.

**JOH.14:18** I will not leave you comfortless: I will come to you.

**JOH.20:21** Then said Jesus to them again, Peace be unto you: as my Father hath sent me, even so send I you.

**JOH.20:22** And when he had said this, he breathed on them, and saith unto them, Receive ye the Holy Ghost:

**JOH.15:26** But when the Comforter is come, whom I will send unto you from the Father, even the Spirit of truth, which proceedeth from the Father, he shall testify of me:

**JOH.15:27** And ye also shall bear witness, because ye have been with me from the beginning.

**JOH.16:7** Nevertheless I tell you the truth; It is expedient for you that I go away: for if I go not away, the Comforter will not come unto you; but if I depart, I will send him unto you.

**ACT.1:8** But ye shall receive power, after that the Holy Ghost is come upon you: and ye shall be witnesses unto me both in Jerusalem, and in all Judaea, and in Samaria, and unto the uttermost part of the earth.

**MAR.3:28** Verily I say unto you, All sins shall be forgiven unto the sons of men, and blasphemies wherewith soever they shall blaspheme:

**MAR.3:29** But he that shall blaspheme against the Holy Ghost hath never forgiveness, but is in danger of eternal damnation.

**MAR.3:30** Because they said, He hath an unclean spirit.

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## **Holy Spirit Empowerment—Gifts and Fruits of the Spirit used**

(Jesus speaking: ) I can help you in all the ways you need it—and one way is through giving you a dose of the Spirit of God, right into your own spirit. It's like the Spirit of God becomes one with yours, and it makes it glow and shine brightly, and empowers you. Your weak spirit can't do much until God's Holy Spirit comes and joins you, lives in you. With your spirit and God's Spirit joined together, you are capable of doing the seemingly impossible. For with God—when you are with God, together as one—nothing is impossible. You can tell when you need more filling of the Spirit of God when problems and troubles seem too big for you, and you feel so incapable of doing anything good at all. Call for the Holy Spirit to fill you to overflowing and empower you to meet any need or tackle any crisis or face any trouble—and come out of it with a victory to praise God for.

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(Jesus speaking: ) It's a birthday! Whose? The one who was just born again! Let's celebrate with gifts! Who do you think invented the idea of birthdays and gifts? Yep, Me, your Lord and Maker. And for a spiritual birth you need the right kind of gifts, that are made in the Spirit, given by the Spirit, used for the Spiritual battles. The gifts I give can help you combat the enemy and bring his strong holds down. My gifts make you powerful as you hold them and use them right. But you have to learn to use them—like a child learns to use their new gadgets, so can you learn to use the gifts and power source from Heaven. And just like each child around the world doesn't get all the same presents on their birthdays, so do My Heavenly Children receive different gifts at different times, according to their ability and desires, and how responsible they will be with the gift, and what they will be called on to do. Take the gifts that I offer you from Heaven. Cherish them, use them wisely and well. And see the difference it makes to you in your life! I love you, My children.

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(Jesus speaking: ) Imagine a bowl of fruit. What fills the fruit bowl of your choice? Perhaps you might be imaging a green kiwi, a golden mango, some red strawberries, and cream coloured custard apple. Just like I made all those different kinds of delightful fruits, so have I made delightful ways of being, Heavenly ways that you can act like and behave like, right now. You may have to wait until later to enjoy the Heavenly fruits from the Tree of Life, but you can have the fruits of the spirit right now. Just as fruits have different appearances inside and out, and different types of seeds, and have different tastes and feels, that's what it's like when you are filled with the Spirit of God. You look and behave differently and seem different in some ways; nice ways that make you great to be around.

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(Jesus speaking: ) In Heaven everyone is enjoyable to be around, even though they each are different in their own way. You can be the special way God made you, but be nice and pleasant, like a ripe and good fruit. When you let the world's ways corrupt you, it's like a fruit that has gotten bruised, or has worms in it, or smells bad and rotten. I can change you and make you all nice again with the fruits of Heaven's way of being and appearing to others. I can give you pleasant words to say, and nice reactions to have, and a lovely look on your face too, like the bright colours of some delicious fruit. I love you and want you to be the best you that you can be. When My Holy Spirit fills you, then good fruits come in your life.

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(Jesus speaking: ) When you try to turn on a battery empowered toy or piece of equipment, and there are no batteries, nothing happens at all. Sure you can move it through the air, spin it around, jump with it, run with it, even juggle it, but it won't turn on. So it is with My Spirit in you, you can do what you were made and created to do. But without My help, you are just going to get all worn out trying. All your effort, though it might really look like you are moving and acting and exerting lots of energy, won't make you able to do what you are trying to achieve. You have to stop, to listen, and to then do what I show you. This will empower you to actually accomplish the task you were designed to do. Keep turned on and working right by asking Me to fill you each day with My spirit, and then listen to what I want to tell you, so you can do the job in the right way, at the best time, and for

the people that I want you to be helping. I love to see you in action, Spirit-filled action. And you'll love it too. I think you won't get as exhausted, as your main energy will be coming from Me and My Spirit.