



Fruit of the Holy Spirit vs. the spirit of death

This comparative chart is intended as inspiration for prayer, not a guide for introspection. After reviewing it, you can bring issues that emerge to God in prayer.

<u>Holy Spirit</u>	<u>spirit of death</u>
Truth	Lies (or the truth distorted)
Worship	Introspection
Freedom, self control	compulsion, bondage
Balanced View	Distorted View
Fruitful, expectations often realized	Unfruitful, expectations cut off
Able to make plans and follow through	Difficulty making and completing plans
Dreams often fulfilled	Dreams often unfulfilled or perceived to be unfulfilled
Able to cope with frustration and disappointment	Expects frustration and disappointment

Embraces life, while aware death exists	Fantasizes about death, dying or suicide, while a vibrant life seems illusive and far off
Able to look health issues objectively and with faith	Talks about, expects and experiences ill health
Hope	Despair, hopelessness
Compassion	Narcissism
Joy	Depression
Wholesome sense of humor	Self-deprecation, cynicism, dark humor
Mind is clear	Thoughts and reality seem foggy and gray
Lives in present, while having objectivity about the past and hope for the future	Lives in past and future, memory is skewed towards negative events
Victorious through Christ and the cross	Victim of fate, others actions
Christ conscious, serving others as God directs	Self absorbed, sometimes codependent
Knows acceptance & worth, valued because of God's love	Feels rejected and worthless, valued because of what one does or has
Experiences a range of emotions from sadness to joy	Experiences more negative emotion, sadness, depression, abandonment, helplessness, hopelessness, self-hatred
Accepts their own failures and others, without condemnation	Perfectionistic and judgemental, finds forgiving themselves and others difficult
Able to maintain intimate relationships	Finds intimacy illusive

Focused on things that are though Christ & community	Helpless
Actively exercising will to rest in Christ	Passive, damaged will
Takes responsibility for mistakes, but doesn't get stuck there	Blames self and others for situations and returns offenses and Disappointments

To learn more about the spirit of death and how to defeat it visit, Embracing Life Ministries at: <https://www.embracinglife.us>.