

A still life photograph featuring three whole oranges and one sliced orange. The oranges are bright orange with green leaves attached. They are arranged on a white ceramic plate, which is placed on a dark teal, textured cloth. A wooden-handled knife with a metal blade lies diagonally across the plate. The background is a dark teal surface, and several green leaves are scattered around the plate. The overall lighting is soft, creating a moody and artistic atmosphere.

# How to Heal the Root when you don't like the Fruit

The key to changing your behavior

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Healing sessions:

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## Step 1

**Determine the Fruit of the Spirit that needs to be fixed.**

Galatians 5:22-23

Love, Joy, Peace, Patience, Kindness,  
Goodness, Gentleness, Faithfulness,  
Self Control

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## Step 2

**Make sure you are not trying to fix it in your own power.**

Study Proverbs 3:5-6

1 Corinthians 1:25

2 Corinthians 12:9

Journal ways you've tried to fix your  
issues without God.

A still life photograph featuring several bright orange fruits, some whole and some sliced, resting on a teal-colored cloth. A single cinnamon stick lies diagonally across the center. The background is a soft, out-of-focus grey, and the overall lighting is warm and natural.

## **How am I doing on these on a scale of 1-10?**

- Love
- Joy
- Peace
- Patience
- Kindness
- Goodness
- Gentleness
- Faithfulness
- Self-Control

## Step 3

**Study the character traits and behaviors in Ephesians 4:17-6:9**

Underline any of the areas that you need to work on.

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## Step 4

**Determine the area of your life where you've let the enemy get a foothold.**

In each of the areas you've underlined, look at your family, friends, business, and church, then prayerfully determine whether the enemy has been allowed to be in control because you've let him in by your actions.

# **Ephesians Questions to ask yourself**

**Can you say NO to all of these?**

- ~ Are you living as you did before you became a believer?
- ~ Are you being controlled by your own futile thoughts and understanding?
- ~ Do you have a hard, calloused heart that seeks sensual impurity and greediness?
- ~ Do you speak lies?
- ~ Do you sin when you are angry by hating, screaming, hurting others, or speaking evil words?
- ~ Do you let the sun go down on your anger?
- ~ Have you ever stolen anything that you haven't repented for?
- ~ Do you ever let unwholesome words come out of your mouth?
- ~ Are you ever bitter?
- ~ Do you want people to be punished when they hurt you?
- ~ Are you often angry?
- ~ Do you shout and yell a lot?
- ~ Do you say things that damage someone else's reputation?
- ~ Do you chat about others when they aren't around?
- ~ Are you ever immoral, impure, or greedy?
- ~ Do you ever say anything shameful, foolish, or vulgar?
- ~ Do you regularly want what someone else has?
- ~ Is there anything in your life more important than God?
- ~ Do you often participate in vain (empty) conversations?
- ~ Do you participate in darkness or even have conversations about dark things?
- ~ Do you get drunk sometimes?
- ~ Parents, do you make your children angry?
- ~ Children do you dishonor your parents?

# Ephesians Questions to ask yourself

Can you say YES to all of these?

- ~Have you laid aside the old self and its lusts?
- ~Are you allowing the Word to renew your mind?
- ~ Is your heart soft and are your thoughts pure?
- ~ Do you labor with your own hands, performing good work, and sharing with those in need?
- ~ Are you careful that everything you say edifies the person listening and isn't just for your own benefit?
- ~ Are you always kind, tender-hearted, and forgiving?
- ~ Do you imitate God and walk in love just as Christ loved you?
- ~ Are you always thankful?
- ~ Do you try to learn what is pleasing to the Lord, and then do it?
- ~ Do you make the most of your time?
- ~ Are you filled with the Spirit, speaking to others with psalms, hymns and spiritual songs?
- ~ Do you often have a melody in your heart to the Lord?
- ~ Do you honor others?
- ~ Wives do you honor and obey your husbands?
- ~ Husbands do you love your wife as Christ loved the Church, nourishing and cherishing her and loving her as you love your own body?
- ~ Do you honor parents and those in authority, no matter how old you are?
- ~ Do you raise your children in God's instruction?
- ~ Employees do you sincerely honor and serve your boss?
- ~ Bosses do you serve and honor your employees?



## Step 5

### Find the Root

- 1) Pick one area above to work on.
- 2) Write a statement about how you will change it in the future.
- 3) Determine when you started acting this way, is there a memory of trauma?
- 4) Repent for any judgements you've made, unforgiveness, or dishonor that has caused you to be stuck in this behavior. Renounce where you have agreed with the enemy.
- 5) Find a prayer partner to pray over your heart for the traumas or wounds you've experienced that have kept you from healing in this area.
- 6) Get an Anointed to Soar healing session to deal with the root trauma and wound.
- 7) Put on the full armor of God to move forward in freedom.

## Step 6

### **Armor of God Ephesians 6:10-18**

Steps:

- 1) Become saved by His grace (contact me if you want to know more: [www.eileencjones.com](http://www.eileencjones.com))
- 2) Pray to be filled with the Holy Spirit
- 3) Learn the Word of God so you can discern truth from lies.
- 4) Repent when you recognize areas that need help.
- 5) Protect your heart and thoughts by being obedient to His Word
- 6) Speak His truth in power, stop speaking lies and evil words.

**Let's stay in Touch:**  
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