

FREE 7-CHAPTER EDITION



EMOTIONS NOT FRUIT

— *A Devotional Study Guide* —

Choosing the Fruit of the Spirit

Written by Kenyetta Phillips

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Publication & Legal Notice

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Written by Kenyetta Phillips

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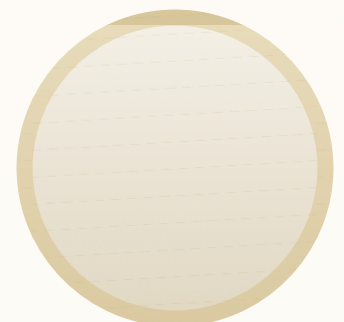
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How to use this guide

Read one chapter at a time. Sit with the scripture. Be honest in the reflection. Pray the prayer out loud. Then answer the journal prompt without cleaning up your feelings for God.



QUICK REFERENCE

EMOTIONS & STRUGGLES

Hate & Unforgiveness	Chapter 1, p. 9
Depression, Sadness & Grief	Chapter 2, p. 13
Anxiety & Fear	Chapter 3, p. 18
Anger & Impatience	Chapter 4, p. 22
Harshness & Rage	Chapter 5, p. 26
Bitterness & Evil Intent	Chapter 6, p. 30
Pride & Being Out of Control	Chapter 7, p. 33

FRUIT TO CHOOSE

Love	instead of hate
Joy	instead of despair
Peace	instead of panic
Longsuffering	instead of impatience
Gentleness	instead of rage
Goodness	instead of bitterness
Faith	instead of doubt
Meekness	instead of pride
Temperance	instead of losing control

FOUNDATION: Galatians 5:22-23 • Proverbs 3:5-6 • Proverbs 4:23 • Jeremiah 17:9 • Psalm 51:10 • Matthew 15:19 • Psalm 34:18 • Romans 10:10 • Psalm 73:26

FOUNDATION SCRIPTURES

KJV ONLY

These scriptures are the backbone of this devotional study guide. Every teaching, prayer, journal prompt, and declaration is rooted in the Word.

"But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law."

— Galatians 5:22-23 (KJV)

"Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths."

— Proverbs 3:5-6 (KJV)

"Keep thy heart with all diligence; for out of it are the issues of life."

— Proverbs 4:23 (KJV)

"The heart is deceitful above all things, and desperately wicked: who can know it?"

— Jeremiah 17:9 (KJV)

"Create in me a clean heart, O God; and renew a right spirit within me."

— Psalm 51:10 (KJV)

FOUNDATION SCRIPTURES

KJV ONLY

These scriptures are the backbone of this devotional study guide. Every teaching, prayer, journal prompt, and declaration is rooted in the Word.

"For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies:"

— **Matthew 15:19 (KJV)**

"The LORD is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit."

— **Psalms 34:18 (KJV)**

"For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation."

— **Romans 10:10 (KJV)**

"My flesh and my heart faileth: but God is the strength of my heart, and my portion for ever."

— **Psalms 73:26 (KJV)**

INTRODUCTION

Are your emotions leading you closer to God — or farther from the person He called you to be?

That is not a small question. Because a lot of us are not living by the Word. We are living by what we feel. We feel hurt, so we shut down. We feel angry, so we speak before we pray. We feel afraid, so we stop trusting God. We feel overwhelmed, so we make decisions from panic instead of peace.

But emotions are not the enemy. God gave us emotions. They are part of being human. The problem is not that we feel. The problem is when our feelings sit in the driver's seat and the Spirit of God gets pushed to the back.

I want to tell you where this book came from. In 2012 the Holy Spirit told me something that stayed with me for years —

“Emotions are not needed in everything.”

I wrote it down. I sat with it. I kept coming back to it. Then around 2015 and 2016 He told me something else —

“You don’t have to know what I’m doing, you only need to see what I have done.”

Then around 2022 He gave me another word —

“Look for me in everything.”

INTRODUCTION • CONTINUED

And that is exactly what I have been doing intensely ever since. Then in March 2025 He gave me a story about the Three Blind Mice — a parable He had me receive before He gave me His version of it. That story is woven into Chapter 7 of this book. Then in February 2026 He told me —

“People wear their emotions on their arms like a sleeve tattoo. They outside wit it.”

And just recently He gave me the deepest word of all —

“We should understand that emotions are spirits. When let outside, emotionally driven spirits drive people to the pit instead of the fruits of the Holy Spirit driving them.”

That is why I wrote this book. Not because I have always handled my emotions perfectly. But because God has been teaching me — through my life, through His Word, through fire and loss and miracle and waiting — that you do not have to be governed by what you feel.

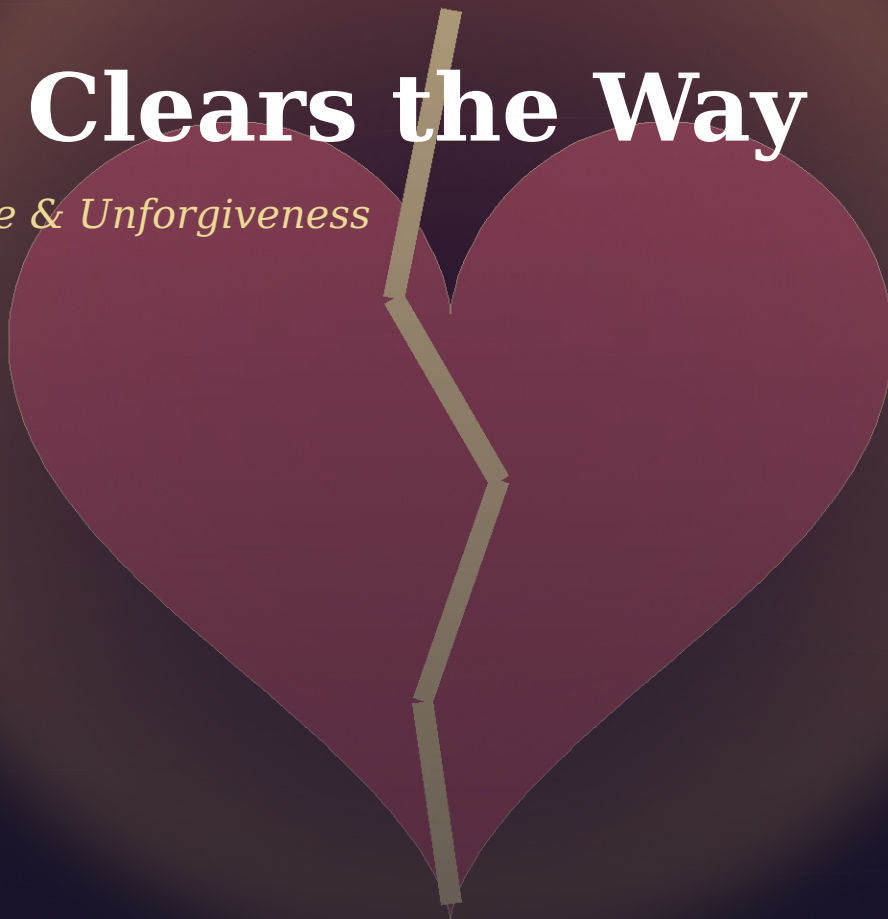
God named me Scriptura in 2011. Not because I went to seminary. Not because I had a degree in theology. But because as a little girl I talked to Him about everything. And what I later discovered is that He had been teaching me scripture through the experiences of my life all along. Every hard season. Every miracle. Every moment I could not explain. He was building the Word into me through living it.

This book is the result of that. Every story in these pages is real. Every testimony belongs to me. And the Word that anchors each chapter is not theory — it is what kept me standing when I had every reason to fall.

This is an invitation. Not to be perfect. But to bring your real emotions to a real God and let His Spirit produce something stronger in you. Emotions will come. But fruit has to grow. Emotions react. Fruit responds. You do not have to be governed by your feelings. You can walk in fruit.

Love Clears the Way

Love vs Hate & Unforgiveness



OPENING SCRIPTURE

“For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation.”

— Romans 10:10 (KJV)



Love Clears the Way

CHAPTER 1 • THE TEACHING

Hate does not just sit in the heart. It spreads. It spreads into your words, into your memories, into how you treat people who had nothing to do with what hurt you. It spreads into your prayers because now you are trying to talk to God with a heart full of poison.

Unforgiveness will make you think you are protecting yourself, but really it is keeping you connected to what wounded you. That person may have moved on. That situation may be over. But if hate is still living in your heart, then part of you is still living there too.

Love is not weakness. Love is not acting like what happened did not matter. Love is the fruit that says —

“I refuse to let what hurt me become who I am.”

Romans 10:10 tells us that with the heart man believeth unto righteousness. You cannot keep filling your heart with hate and wonder why your faith feels clogged.

I know what it means to survive what should have destroyed me. I was born premature and doctors said I would not make it. But God had already spoken life over me before anyone could see it. I lived. I am still standing. And I learned something early — if God kept your life, you cannot let hate take your heart.



Love Clears the Way

CHAPTER 1 • THE TEACHING • CONTINUED

I was raised in Good Shepherd Missionary Baptist Church under Rev. J.T. Thomas, and every single Sunday before service they read 1 Corinthians 13. Every Sunday. I was young and trying to keep up as everyone recited it together, but what happened is that the Word got planted in me whether I fully understood it or not. That is how God works. He was instilling love in my spirit before I even had the language for it. Out of that came the motto I live by to this day —

“Do unto others as you want done unto yourself.”

Not as a rule. As a way of life. Love clears the way. It clears the way for faith. It clears the way for healing. It clears the way for God to move in your life without obstruction.



*“Do unto others as you want
done unto yourself.”*

CHOOSE LOVE

CHAPTER 1 • APPLY THE WORD

DEVOTIONAL REFLECTION

You may have had every reason to be angry. God is not asking you to deny the wound. He is asking you not to let the wound become your master. Love does not excuse what happened. Love releases your heart back to God so He can do what only He can do.

PRAYER

Lord, create in me a clean heart. I do not want hate to live where faith is supposed to grow. Help me release what I have been carrying. Help me forgive without pretending it did not hurt. Teach me to love with wisdom, boundaries, and truth. Let my heart be free enough to believe You fully. In Jesus' name, Amen.

JOURNAL PROMPT

Where has unforgiveness been taking up space in my heart — and what would it look like to release that space back to God?

Joy Is Still Here

Joy vs Depression & Sadness

OPENING SCRIPTURE

“The LORD is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit.”

— Psalm 34:18 (KJV)

Joy Is Still Here

CHAPTER 2 • THE TEACHING

Depression is real. Sadness is real. Grief is real. God does not dismiss broken hearts. He comes near to them. Some people have been made to feel guilty for being sad — told to just pray harder or smile bigger. But Psalm 34:18 does not say the Lord is far from the brokenhearted. It says He is nigh. Close. Near. Present.

Joy is not pretending you are okay when you are not. Joy is the supernatural presence of God in the middle of the pain. You can be broken and still have joy. That sounds like a contradiction until you live long enough to know it is true.

I want to tell you about one of the most surprising moments of joy I have ever experienced — and it came wrapped in complete shock. I had never been pregnant before. My husband already had children. I was fine without kids. Then one day in July 2009 I ended up in the emergency room for stomach pain. The doctor came in after examining me and said,

“I have good news.”

I looked at him and said,

“What good news?”

He said,

“You are pregnant.”

I said,

“WHO YOU TALKING TO”

— and started looking around the room like somebody else was in there besides me and my husband. I could not believe it. I had never been pregnant a day in my life.

Joy Is Still Here

CHAPTER 2 • THE TEACHING • CONTINUED

But God had already spoken to me. He told me —

“If the baby is a boy, let your husband name him. If it is a girl, name her Lula, after your mother.”

That was not just a pregnancy. That was a promise. My son Samuel Henry Martin was born November 1, 2009 — a miracle child who fought to be here. And my daughter Lula Maree Martin came after him. Both of them were God saying yes when I had not even known to ask.

Joy showed up in that emergency room before I even processed what was happening. Because God had already prepared the way. Sometimes joy comes before you are ready for it. Sometimes it shows up looking like shock. But when you look back you realize it was God all along.

“If the baby is a boy, let your husband name him. If it is a girl, name her Lula, after your mother.”

CHOOSE JOY

Joy Is Still Here

CHAPTER 2 • THE TEACHING • CONTINUED

When I was 23 I was living in a basement during winter and a space heater caught fire while I was asleep. My nephew Renzo stood at the top of the stairs calling my name until I woke up. When I opened my eyes all I saw was fire. I jumped up, ran through it, and made it outside alive. Everything in that room melted to the floor. Everything — except my Bible and the rim of my mattress and box spring. The middle of that full size bed — right where I had been laying — was not touched. Just the rim was completely burnt off. One fireman looked at me and said,

“God got His hand over your life, young lady.”

That was not luck. That was the LORD being nigh. Sometimes joy does not show up as a shout. Sometimes it shows up as a fireman telling you God has His hand on your life. Sometimes it shows up as a doctor telling you that you are pregnant when you had stopped thinking about it. Joy is God showing up in the middle of what you did not plan for.

*“God got His hand over your life,
young lady.”*

CHOOSE JOY

CHAPTER 2 • APPLY THE WORD

DEVOTIONAL REFLECTION

You do not have to fake joy. But do not let sadness convince you that God is absent. He is near to the brokenhearted. Even when your heart is heavy, His hand is still on your life. Joy is not the absence of pain. It is the presence of God in the middle of it.

PRAYER

Lord, I bring You my broken places. I will not pretend before You. You know where I am tired, sad, heavy, and wounded. Your Word says You are nigh unto them of a broken heart. Be near to me now. Let Your joy rise in me not as performance, but as strength. In Jesus' name, Amen.

JOURNAL PROMPT

Where have I confused joy with pretending — and how can I allow God to meet me honestly in my pain?

Peace Does Not Need All the Answers

Peace vs Anxiety & Fear

OPENING SCRIPTURE

“Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.”

— Proverbs 3:5-6 (KJV)

Peace Does Not Need All the Answers

CHAPTER 3 • THE TEACHING

Anxiety is loudest when you are trying to control what only God can carry. It will wake you up at 3 in the morning rehearsing every worst-case scenario. It will have you planning for disasters that may never happen.

Fear says,

“What if it goes wrong?”

Peace says,

“God is still God if it does.”

The problem is not planning. The problem is panic. Planning says, let me be wise. Panic says, let me be God. And we were never built to be God.

I want to tell you about a moment when God directed my path in a way I could not have planned or manufactured. I was in a season of seeking Him — between the ages of 21 and 25, I would stop at a church on Tireman off of Schaefer in Detroit and put 10% of my earnings in their mailbox. Not because someone told me to. Not because I was a member. Because God was leading me and I was following without needing to understand the full picture. That is peace. That is what it looks like to acknowledge Him in all your ways.

God also confirmed His leading through something I never expected. When my husband proposed to me God was speaking to my heart saying,

“Don’t doubt.”

And as I was telling my soon-to-be husband yes — right in that moment — the song “You and I” by O’Brian came on the radio. The opening lyrics:

Peace Does Not Need All the Answers

CHAPTER 3 • THE TEACHING • CONTINUED

“Here we are, on earth together, it’s you and I.”

I said,

“Oh my God, okay.”

That was not a coincidence. That was God speaking peace into a moment where doubt wanted to creep in. Around 2022 He gave me another word —

“Look for me in everything.”

And that is exactly what I have been doing since. Around 2015 He told me something else that changed how I approach life —

“You don’t have to know what I’m doing, you only need to see what I have done.”

That is peace. Not understanding the process. Trusting the God who has already proven Himself faithful. When I woke up surrounded by fire, I did not have time to figure everything out. God had already made a way before I knew I needed one. Peace does not mean nothing dangerous is happening. Peace means God is already working in what you cannot yet see.

*“Here we are, on earth together,
it’s you and I.”*

CHOOSE PEACE

CHAPTER 3 • APPLY THE WORD

DEVOTIONAL REFLECTION

You may not know how this is going to work out. You may not have the money yet. You may not see the path yet. But God never told you to lean on your own understanding. Peace begins when you stop demanding control and start acknowledging God in all your ways.

PRAYER

Lord, I confess that I have leaned on my own understanding. I have carried fear like it was wisdom. Forgive me. Teach me to trust You with all my heart. Direct my path. Quiet my mind. Settle my spirit. Let Your peace rule where anxiety has been loud. In Jesus' name, Amen.

JOURNAL PROMPT

What situation am I trying to control because I am afraid to trust God with the outcome?

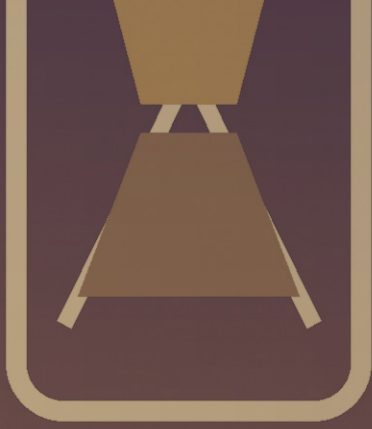
Wait Without Losing Yourself

Longsuffering vs Anger & Impatience

OPENING SCRIPTURE

“My flesh and my heart faileth: but God is the strength of my heart, and my portion for ever.”

— Psalm 73:26 (KJV)



Wait Without Losing Yourself

CHAPTER 4 • THE TEACHING

Anger moves fast. It speaks fast. It texts fast. It quits fast. And sometimes it costs you more than you realize. Anger can make you say one sentence that damages ten years of trust. Impatience can make you walk away from something God was still developing.

Longsuffering is not weakness. It is not being a pushover. It is the fruit that lets you stay submitted to God's timing even when your feelings want to rush. Longsuffering says — my flesh may fail, my heart may fail, but God is the strength of my heart.

There was a season in my life when I found myself homeless with a newborn daughter. Everything that should have been in place was not. Everything that looked like stability had shifted. The emotions in that season were loud — fear, embarrassment, the weight of wondering what was next. But God was not absent. He was providing. He was drawing me closer. He was making me listen more carefully than I had ever listened before. The very thing that felt like a setback was actually a setup for a deeper dependence on God.



CHOOSE LONGSUFFERING



Wait Without Losing Yourself

CHAPTER 4 • THE TEACHING • CONTINUED

God's people also came through for me in times of need. My mother, Lula D. Barnes, who continues to pray for me and my family without ceasing, has been one of my greatest coverings. My Apostle and spiritual father, Bishop Milton C. Woods, and his wife — my second mother, Pastor Brenda F. Woods — have been a true spiritual covering in my life. Bishop Woods and Prophet Ben Taylor both came under the covering of Apostle Charles O. Miles. They were close friends in ministry. Before Prophet Ben Taylor, the founder of Eternal Yes Miracle Ministries, passed away, he always told his congregation —

“If anything ever happens to me, go to Milton church.”

And that is exactly what happened. Bishop Woods took our ministry under his wing, and God confirmed to him that he was sent there specifically for me. He sees the best in people. He pushes you toward your potential and loves you through the process. Pastor Brenda listens, encourages, and always gives Godly wisdom. Whenever I have called either of them, they have never left me hanging. That kind of spiritual support is what helps you longsuffer without losing your mind.

Longsuffering is what keeps you standing when the season is hard and the answer has not come yet. It is what helps you hold on to what God said when everything around you is saying give up.



CHAPTER 4 • APPLY THE WORD

DEVOTIONAL REFLECTION

Maybe you are tired of waiting. Maybe impatience has been telling you that if God was going to do it He would have done it by now. But delay does not mean denial. God is not just working on what you are waiting for. He is working on you while you wait.

PRAYER

Lord, strengthen my heart where my flesh is tired. Help me not to move out of anger or impatience. Teach me to wait without becoming bitter. Produce longsuffering in me so I do not destroy with my hands what You are building by Your Spirit. In Jesus' name, Amen.

JOURNAL PROMPT

What has impatience already cost me — and what might God be trying to produce in me while I wait?

Grace Under Pressure

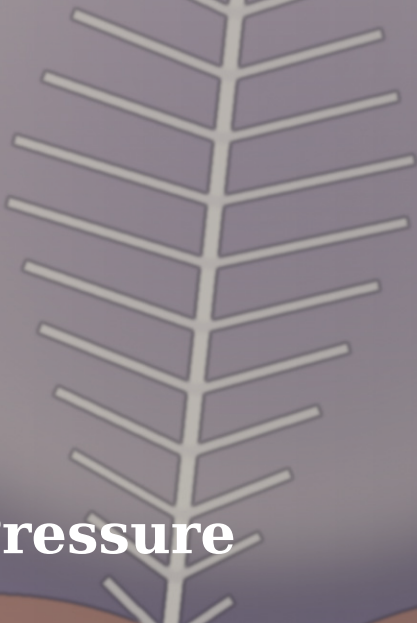
Gentleness vs Harshness & Rage



OPENING SCRIPTURE

“For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies:”

— Matthew 15:19 (KJV)



Grace Under Pressure

CHAPTER 5 • THE TEACHING

What comes out of you under pressure reveals what has been living in you all along. Rage does not come from nowhere. Harshness does not come from nowhere. They come from places in the heart that have not been surrendered or governed by the Spirit.

Gentleness is not weakness. Gentleness is strength under God's control. It is what keeps your mouth from becoming a weapon when your emotions are loud. It is what allows you to speak truth without tearing people down.

Some of us learned to survive by being hard. Life taught us to defend ourselves quickly and protect our hearts by pushing people away. But what protected you in one season can damage you in another. God is not trying to take your strength. He is trying to refine it.

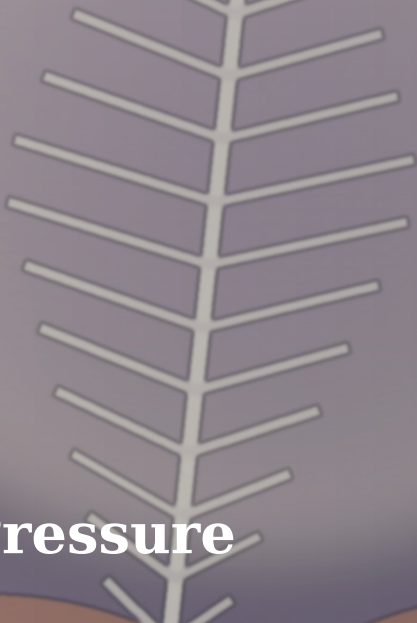
In February 2026 God gave me a word about emotions that stopped me in my tracks. He said —

“People wear their emotions on their arms like a sleeve tattoo. They outside wit it.”



“People wear their emotions on their arms like a sleeve tattoo. They outside wit it.”

CHOOSE GENTLENESS



Grace Under Pressure

CHAPTER 5 • THE TEACHING • CONTINUED

Think about what that means. A sleeve tattoo is visible. Everyone can see it. It is the first thing people notice. And that is exactly what unmanaged emotions look like on a person — they are wearing their anger, their fear, their bitterness, their pride on the outside for the whole world to see before they even open their mouth.

Then He told me what the solution was —

“We have to keep them in housed. That’s in the basement of our hearts so the fruits can keep the flesh locked up and take control.”

Gentleness is what does exactly that. It takes what is trying to come out and submits it to the Spirit before it does damage.

You can be right and still be wrong in how you say it. You can be hurt and still be wrong in how you respond. Gentleness asks —

“Is this how God would have me respond? Is this building or breaking?”



“We have to keep them in housed. That’s in the basement of our hearts so the fruits can keep the flesh locked up and take control.”

CHOOSE GENTLENESS

CHAPTER 5 • APPLY THE WORD

DEVOTIONAL REFLECTION

You may have been calling your harshness just being real. But real does not have to be reckless. Truth does not have to be cruel. God wants to heal the place in your heart where rage keeps getting permission to speak.

PRAYER

Lord, search my heart. Show me what has been coming out of me that does not look like You. Forgive me for the times I used my words to wound instead of heal. Teach me gentleness. Help me be firm without being harsh, honest without being cruel. In Jesus' name, Amen.

JOURNAL PROMPT

When I am under pressure, what usually comes out of me — and what does that reveal about what still needs healing in my heart?

Do Not Let Bitterness Move In

Goodness vs Bitterness & Evil Intent

OPENING SCRIPTURE

“Keep thy heart with all diligence; for out of it are the issues of life.”

— Proverbs 4:23 (KJV)



Do Not Let Bitterness Move In

CHAPTER 6 • THE TEACHING

Bitterness is dangerous because it does not always announce itself. It starts small — a repeated memory, a silent resentment, a heaviness every time a certain name comes up. Then if you do not deal with it, bitterness starts decorating the house like it lives there.

Bitterness will make you rehearse the offense until it becomes part of your identity. It will make you suspicious, cold, and hard to reach. That is why Proverbs 4:23 says to keep thy heart with ALL diligence — not casually, but deliberately and consistently.

Between the ages of 21 and 25 there was a season where I quietly, consistently gave 10% of my earnings through the mailbox of a church on Tireman off of Schaefer in Detroit. I did not have to do it. Nobody was checking. Nobody knew. But I was keeping my heart in a position of generosity and gratitude because I had made a decision that I was not going to let hard seasons make me hard. Goodness is a choice you make in private before it shows up in public.

Think about the fire testimony. Everything in that room melted to the floor — except the Bible. Bitterness wants you to stare at what burned. Goodness helps you recognize what God kept. If you only focus on what hurt you, bitterness will grow. But when you also remember what God preserved, goodness has room to rise.

CHAPTER 6 • APPLY THE WORD

DEVOTIONAL REFLECTION

Bitterness may feel justified, but it is still dangerous. You cannot carry poison in your heart and expect it not to affect your life. God wants to do more than help you survive what happened. He wants to keep your heart clean after it happened. Goodness is proof that pain did not win.

PRAYER

Lord, keep my heart with all diligence. Show me where bitterness has been hiding. I do not want evil intent, secret resentment, or a poisoned spirit living in me. Uproot what does not belong. Teach me goodness. Help me focus not only on what burned but on what You preserved. In Jesus' name, Amen.

JOURNAL PROMPT

What pain have I been feeding so long that it has started turning into bitterness?

Surrender the Wheel

Meekness & Temperance vs Pride & Being Out of Control

OPENING SCRIPTURE

“Trust in the LORD with all thine heart; and lean not unto thine own understanding.”

— Proverbs 3:5 (KJV)



Surrender the Wheel

CHAPTER 7 • THE TEACHING

Pride tells you that you do not need God. It may not say it that plainly, but that is what it means. Pride says,

“I know better.”

Pride says,

“I do not have to apologize.”

Pride says,

“I am in control.”

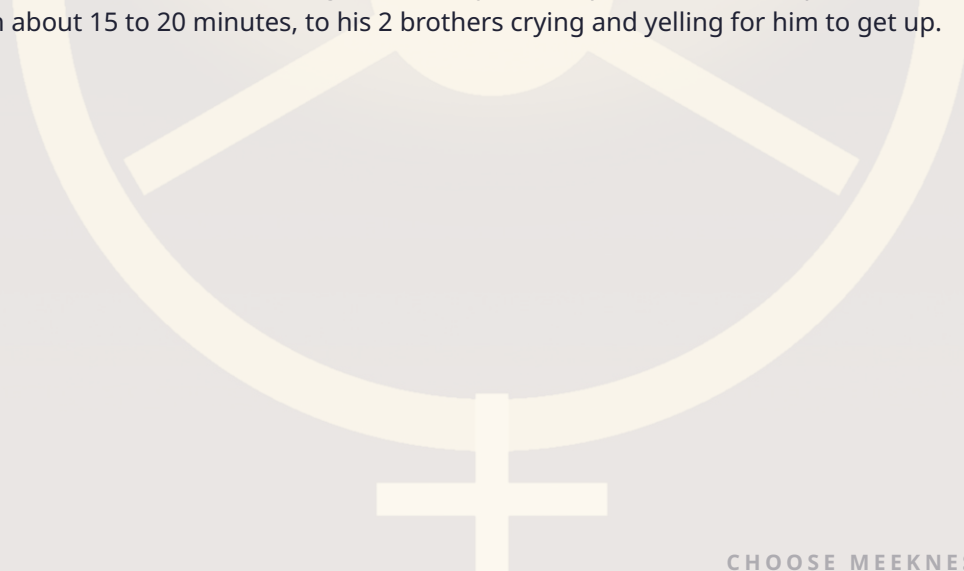
But control can become an idol — and when it does, temperance is the fruit that tears it down.

Temperance means self-control. It is the fruit that governs all the other fruits. When temperance goes, everything else starts slipping. Without it, anger speaks, fear drives, bitterness settles, pride rises.

In March 2025 God gave me a story. But before He told it to me, He had me read the original Three Blind Mice story first. Then He gave me His version. You have heard the story of the 3 blind mice, right? Well, here is the version God gave me:

There were 3 blind mice who were brothers. They were on their way home from a long day of getting their cheese. They started back on the same route they had taken to get there, when one of the blind mice brothers — we will call him Peter — veered off the wall to the right. Suddenly he bumped his head and passed out. He woke up eventually, within about 15 to 20 minutes, to his 2 brothers crying and yelling for him to get up.

Peter said,



CHOOSE MEEKNESS + TEMPERANCE



Surrender the Wheel

CHAPTER 7 • THE TEACHING • CONTINUED

“I hit my head on that rock so hard I blacked out. How long was I out?”

His brothers said,

“Around 15 to 20 minutes. Are you okay?”

Peter said,

“Yeah bro, I feel GREAT — like I will never be the same again after running into that rock.”

His brothers said,

“What?! You are a blind mouse — how do you even know what that was you hit?”

Peter said,



“I hit my head on that rock so hard I blacked out. How long was I out?”

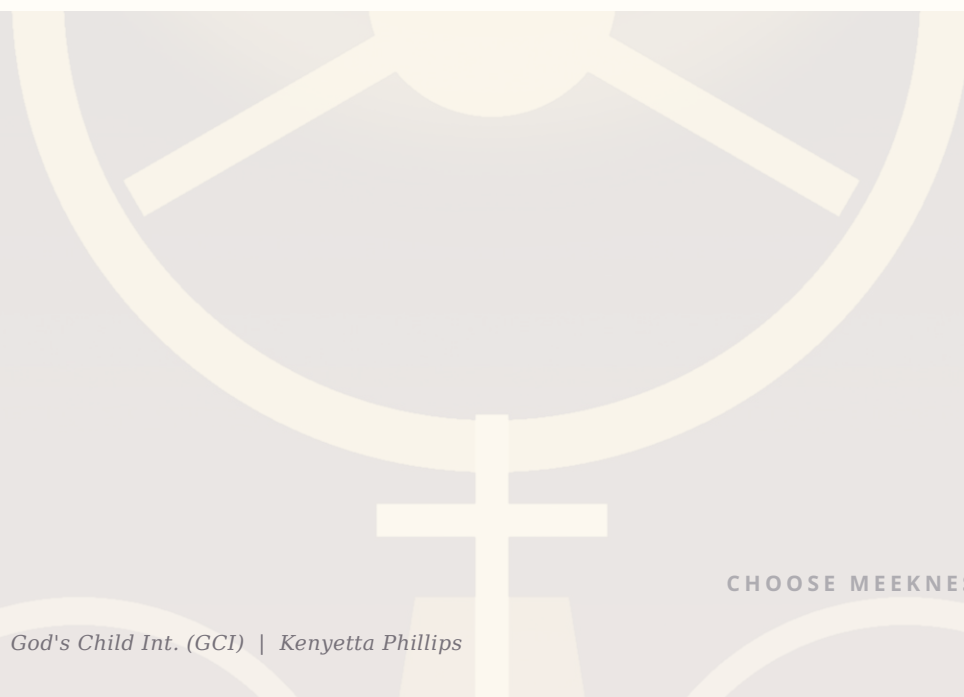
CHOOSE MEEKNESS + TEMPERANCE



Surrender the Wheel

CHAPTER 7 • THE TEACHING • CONTINUED

“After I ran into the rock, I was able to see this bright light behind me saying, Come to me my child. Being that I did not know where I was, I got scared and started running away from it. The more I ran, the more the light started to dim — but the Voice got LOUDER, repeating my name. Peter. Peter!!!!!!! The Voice got so loud that I finally stopped running and fell to my knees and begged for the Voice to stop. Then suddenly the Voice said, Peter my child, why are you still running from me? I said, I don’t know you or what you are. And I am seeing this bright light that got dim as I ran — SEEING everything in front of me get darker. Then you called me BY NAME! What is REALLY going on? The Voice said, I am the truth and the light. You blindly go out just doing things to cause everyone around you to owe you something without warning. You are not seeing anyone but yourself. That is how you ran into the rock. Until YOU TURN, truly SUBMIT YOURSELF, and PUT ME FIRST IN YOUR THOUGHTS — you will continue to run into yourself instead of me. I said, WAIT A MINUTE! What do you mean by run into myself? You said I ran into a rock, not me. The Voice said, Peter — you ARE the rock.”



CHOOSE MEEKNESS + TEMPERANCE



Surrender the Wheel

CHAPTER 7 • THE TEACHING • CONTINUED

That's when Peter heard his brothers telling him to get up.

His brothers said,

“HALLELUJAH — WE SEE THE LIGHT AND IT IS ALL OVER YOU PETER! The Voice delivered us from blindness just as it did you! What is the Voice?”

Peter said,

“The Voice is God.”

The brothers asked,

“Which God are you talking about? You know there are many.”

Peter said,

“Brothers — the Voice told me to stay focused on Him, because He is the ONE true God that has 3 parts, and His name is Jesus.”

That is what pride does. It makes YOU the obstacle. You are the thing standing between yourself and where God is trying to take you. The moment Peter surrendered — stopped running, stopped arguing, got on his knees — the light returned. And that is what happens when one person surrenders. It creates a light that others can see.

In June 2026 God told me something else —

CHOOSE MEEKNESS + TEMPERANCE



Surrender the Wheel

CHAPTER 7 • THE TEACHING • CONTINUED

“We should understand that emotions are spirits. If you think about the different emotional spirits when let outside, they are driven by those emotions. Instead of people being driven by the fruits of the Holy Spirit, emotionally driven spirits are driving them to the pit.”

That is the danger of unmanaged emotions. They are not just feelings. They are spiritual forces that will drive you somewhere if you do not submit them to God.

Meekness is not weakness. Meekness is strength submitted to God. A meek person can be corrected. A meek person can apologize. A meek person can say,

“Lord, not my will.”

And temperance is what keeps the wheel in God’s hands instead of yours. When I survived the fire I could have walked away only thinking,

“I almost died.”

But the deeper truth was,

“God had His hand over my life.”

That kind of testimony does not make you proud. It makes you aware that your life is not your own.

CHAPTER 7 • APPLY THE WORD

DEVOTIONAL REFLECTION

You may have been calling control wisdom and pride protection. But God is asking for all of your heart — not the cleaned-up part, not the easy part, all of it. Stop running into yourself. Surrender the wheel. Let the light come back.

PRAYER

Lord, I surrender the wheel. I have tried to control what only You can direct. Forgive my pride. Forgive my resistance. Teach me meekness. Teach me temperance. Govern my emotions, my mouth, my thoughts, my decisions, and my desires. I trust You with all my heart. Direct my path. In Jesus' name, Amen.

JOURNAL PROMPT

What area of my life have I been trying to control instead of surrendering fully to God?

CHOOSE FRUIT

Now it comes down to a decision. Not just what you read. Not just what you highlighted. Not just what sounded good. What will you choose when the emotion rises?

Because it will rise. Somebody will say the wrong thing. Something will not go as planned. A memory will come back. Fear will whisper. Anger will flare. Sadness will sit heavy. Pride will try to take the wheel. And in that moment, you will have a choice.

When hate rises — choose LOVE.

When depression comes — choose JOY.

When anxiety grips — choose PEACE.

When anger flares — choose LONGSUFFERING.

When rage wants to speak — choose GENTLENESS. When bitterness tries to settle — choose GOODNESS.

When doubt creeps in — choose FAITH.

When pride takes over — choose MEEKNESS.

When everything feels out of control — choose TEMPERANCE.

YOUR DECISION STARTS HERE

This does not mean you will never feel. It means your feelings will no longer have the final say.

My testimony is proof that God preserves. From being born premature when doctors said I would not make it, to waking up surrounded by fire at 23 years old and running out alive — God had His hand over my life. Even when everything around me melted, my Bible remained. That is not coincidence. That is a witness.

God can keep you. God can clean you. God can heal you. God can grow fruit in places where emotions used to rule. So make the decision. Out loud. In writing. In your heart.

From this day forward, I will not be governed by my emotions. I will walk in the fruit of the Spirit. And when I fail, I will not quit. I will repent, return, and keep walking. Because this is not about being perfect. This is about being surrendered.

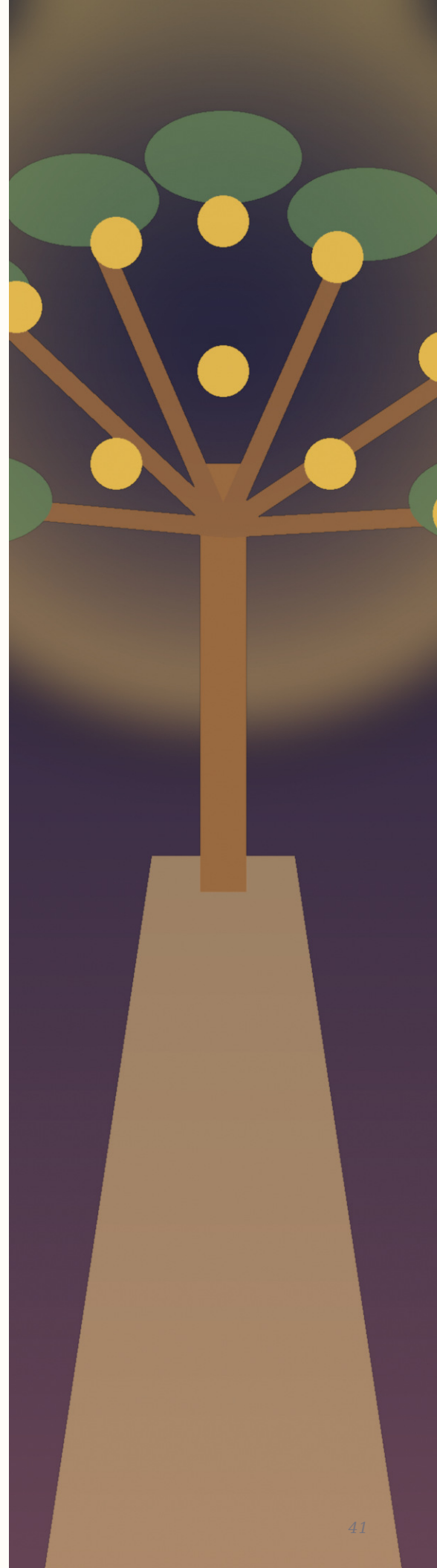
"Create in me a clean heart, O God; and renew a right spirit within me."

— Psalm 51:10 (KJV)

"Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths."

— Proverbs 3:5-6 (KJV)

EMOTIONS REACT.
FRUIT RESPONDS.



CITATIONS & SOURCE NOTES

Primary Scripture Source

The Holy Bible, King James Version. Cambridge Edition: 1769. King James Bible Online, 2023. www.kingjamesbibleonline.org. Public Domain.

All scripture quotations used throughout this devotional study guide are taken from the King James Version (KJV) of the Holy Bible. The KJV text is in the public domain in the United States of America.

Referenced Works

Galatians 5:22-23 - Foundation Scriptures; Cover

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Jeremiah 17:9 - Foundation Scriptures

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Psalms 73:26 - Foundation Scriptures; Chapter 4

Author's Personal Testimony

Phillips, Kenyetta. Personal testimony of faith, survival, and spiritual growth. Narratives referenced include premature birth (Chapter 1); fire survival, age 23, Detroit, Michigan (Chapters 2-6); and faith in adversity (Chapters 1-7 and Closing). All testimonies are the author's original firsthand account and are used with her express permission. © 2026 Kenyetta Phillips. All rights reserved.

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What if the weight you carried was never meant to lead your life?

In **EMOTIONS NOT FRUIT**, Kenyetta Phillips invites you into a real, Scripture-rooted journey of healing, surrender, and spiritual growth.

Through honest teaching, personal testimony, prayer, and reflection, this devotional study guide helps you lay down emotional burdens and choose the fruit of the Spirit instead.

This is more than a book about emotions — it is an invitation to let God grow something stronger in you.



*Includes devotional
reflections, prayers,
and journal prompts.*

Kenyetta Phillips

Founder, God's Child Int. (GCI)
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"Trust in the LORD with all thine heart." — Proverbs 3:5 (KJV)

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