



**THE BEST
VERSION
OF YOU**

DAVID COOPER

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Managing Editor of Publications: Lance Colkmire
Copy Editor: Esther Metaxas
Editorial Assistant: Elaine McDavid
Graphic Layout: Shelia Stewart

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INTRODUCTION

My pastor used to say, “The worse the world is without, the deeper we need to go within.” Our strength of character enables us to deal with the stress of circumstances. The Apostle Paul wrote: “Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day” (2 Corinthians 4:16).

The Christian life is lived from the inside out. When we are born again by faith in Jesus, the presence and power of God resides within us through the Holy Spirit. “Don’t you realize that your body is the temple of the Holy Spirit, who lives in you?” (1 Corinthians 6:19 NLT). The Spirit of God empowers us and transforms us from the inside out. When the world within you changes, the world around you will start to change. Your current life situation merely reflects what’s in your heart. The world within us—attitudes, values, and beliefs—plays a key role in creating the world around us.

The Holy Spirit produces in our hearts the fruit of the Spirit, which are nine attributes of Christ’s image in us. These nine attributes will enrich and empower you

to live your best life. “The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law” (Galatians 5:22-23).

There is no law or principle that can defeat a person who expresses the fruit of the Spirit. The fruit grows from the inside out, from the heart to the world around you. The fruit of the Spirit will enrich your personality, character, mood, attitude, communications, and relationships. That’s your best self.

It is my prayer for you that as you read this book you will grow spiritually in the quality and quantity of the fruit that only comes from the Holy Spirit. You will become a better person, your relationships will get better, and your life situation will get better as the fruit of the Spirit is produced in you from the inside out. Thanks for reading!

—Dr. David Cooper

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ALL YOU NEED IS LOVE

Love is the ageless theme of artists and authors, poets and philosophers, music and movies. One of the most famous love songs in pop-culture history is The Beatles' "All You Need Is Love." It's true—all you need is love!

Your best self is described in the fruit of the Spirit. "The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control" (Galatians 5:22-23). These nine attributes are the result of the work of the Holy Spirit in our lives. As we grow spiritually in our relationship with Christ, we bear spiritual fruit. People can see the image of Christ in us!

Love is the predominant quality of the character of Christ in us. The other fruit are expressions of love. "Now these three remain: faith, hope, and love—but the greatest of these is love" (1 Corinthians 13:13 CSB). Love is the greatest emotion. Love is the greatest thought. Love is the greatest action. Love is the greatest motive and the greatest command. "The whole law can be summed up in this one command: 'Love your neighbor as yourself'"