

Week 20
136/229

Transforming Daily
“... *the fruit of the Spirit* ...”
Galatians 5:22

I'm told that a tomato is a fruit not a vegetable. I like tomatoes. Tomatoes are good for you (unless you're allergic to them). When I was a kid my Uncle Bill would take me to Ruskin to pick tomatoes. He would carry a salt and pepper shaker with him. We would pick the “fruit” fresh off of the plant, add salt and pepper and eat them right there in the field.

Why is it hard to accept that a tomato is a fruit and not a vegetable? In part, when I was growing up, tomatoes were referred to as vegetables. Not so much from my parents (or the lunchroom lady) holding up a tomato and saying, “this is a vegetable,” but from inference and implication. For instance, at dinner my parents would tell me “Eat your vegetables.” On my plate would be corn, green beans and tomatoes. So logically, a tomato became known to as a vegetable.

Another reason a tomato doesn't seem to be acceptable as a fruit is because of some of its characteristics, in particular, its flavor. Sweetness is associated with most fruits, and a tomato, while flavorful, is not sweet. So contextually it sends a confusing message to the brain through the taste buds. It wasn't until I heard about the true characteristics that a fruit is supposed to possess that I came to understand the difference between fruits and vegetables.

It's the same way regarding a believer in Christ. We are to demonstrate Christ-like characteristics that are consistent with our spiritual transformation after having come to know the Truth. The “fruit” or the distinction of the “born again” nature is reflected in the believer's expression of love, joy, peace, longsuffering, etc. (v.22-24). However, when these characteristics are masked, it is hard for believers and unbelievers alike to know who we belong to.

Are the characteristics of Christ evident in your life? Is your conduct consistent with your claims as a Christian? Can others come to know the Truth by your words and actions? Does your life demonstrate the fruit of the Spirit?