



# From Shadow to Fullness - Part 2 Releasing What You Already Carry

by John Himmelberger

## Intro

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Many believers are still trying to grow what they already have. The fruit of the Spirit isn't something you earn or develop over time—it's the nature of God already alive in you. This teaching reveals the shift from striving to flowing: you're not waiting for love, joy, or peace to arrive—you're learning to release what's already been planted. It's time to stop praying for what you already carry and start making room for the river to flow.

## My Intention and Assumptions

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I hope that your relationship with God, Jesus, and the Holy Spirit is strengthened through this teaching. My assumption is that you have read or are reading all 66 books of the Bible for context. This is meant to be 'salt' and make you thirsty. You're welcome.

## About the Author

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John Himmelberger is a teacher, pastor, and lifelong learner. With decades of experience walking with Jesus and leading others into transformational truth, John brings a grounded yet radical perspective rooted in Scripture, personal growth, and kingdom living.

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# From Shadow to Fullness – Living in What’s Already Ours

## Part 2: Releasing What You Already Carry

### Intro:

You don’t need more fruit, you need more flow. When you were born again, you didn’t receive a portion of God’s nature. You received the **whole** thing. His Spirit didn’t come with a waiting period or a trial version. You got the full download.

The problem isn’t that you’re incomplete, it’s that most of us haven’t realized what’s been given. The Church often talks about developing fruit like we’re waiting for apples to grow on a sapling. But Scripture is clear: the Spirit came in fullness. The fruit is already in you. The issue is **capacity**, not content.

The growth isn’t in *what* you carry, it’s in your ability to release it.

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### 1. You Don’t Grow the Fruit, You Grow Into It

*“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control...”*

Galatians 5:22–23 (AMP)

Fruit isn’t a goal to work toward, it’s the nature of the Spirit now alive in you. It doesn’t arrive in stages. It’s fully present from day one. You’re not waiting to receive it; you’re learning how to yield to it.

#### Gold to Hold:

The Spirit didn’t move in with just a suitcase. He brought everything. You’re not trying to grow fruit, you’re learning how to release it.

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### 2. You Carry His Nature, Not Your Best Effort

*“For by these He has bestowed on us His precious and magnificent promises, so that by them you may become partakers of the divine nature...”*

2 Peter 1:4 (AMP)

You’re not called to act more loving or try to be more patient. That’s still self-effort. You’ve been invited to let His nature lead. The fruit of the Spirit is the evidence of the Spirit, not your personality, not your mood, and not your discipline.

#### Gold to Hold:

Your job isn’t to perform His character. It’s to surrender to it.

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## 3. Release Happens When Resistance Is Removed

*“Whoever believes in Me...rivers of living water will flow from within them.”*

John 7:38 (NIV)

Flow happens when there’s no blockage. The fruit flows not by striving, but by removing the barriers: fear, offense, self-righteousness, shame. The river is already in you. The only question is, what’s in the way?

### Gold to Hold:

What you carry is powerful. What blocks it is usually subtle. Don’t ask for more, ask what needs to move so what’s already there can get out.

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## 4. Stop Striving to Become What You Already Are

*“You have put on the new self which is [being continually] renewed in knowledge in the image of its Creator.”*

Colossians 3:10 (AMP)

Religion tells you to behave better. The Spirit calls you to believe better. When you recognize who you are in Him, your actions start to align. The fruit doesn’t grow because you’re “trying hard.” It shows up because you’re living from truth.

### Gold to Hold:

The pressure is off. The promise is on. You’re not becoming new, you *are* new. Now walk like it.

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## 5. Make Room for the River

*“Out of the abundance of the heart the mouth speaks.”*

Matthew 12:34 (AMP)

Whatever is cultivated in you is what flows through you. This isn’t about fixing behavior, it’s about tending to your inner well. When your heart is full of truth, love, and trust, the fruit flows naturally. Release begins with what you dwell on.

### Gold to Hold:

If you want to release the fruit, start by making space. What you think on, dwell on, and agree with will always find its way out.

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## Practical Application: Cultivating Capacity

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## Part 2: Releasing What You Already Carry

### 1. **Stop Asking for What You Already Have**

Instead of praying, “God, give me peace,” say, “God, thank You that Your peace is already in me. Teach me how to yield to it.”

### 2. **Identify the Barriers**

Ask the Spirit to show you what’s blocking flow, fear, unforgiveness, perfectionism. Then lay it down.

### 3. **Speak From Truth, Not Feeling**

Even when your emotions don’t line up, declare what’s true. “I have the mind of Christ. I have His joy. I’m not waiting for it, I’m walking in it.”

### 4. **Start Releasing On Purpose**

Find one fruit you’ve felt lacking in and practice yielding to it today. Don’t wait to *feel* it, let it out and watch how it multiplies.

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### **Final Thought:**

You are not a dry branch trying to become a fruitful tree. You’re already rooted in the Vine, already full of His life, already carrying His nature. The fruit is in you. The river is ready.

Now let it flow.