But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law. And they that are Christ's have crucified the flesh with the affections and lusts. If we live in the Spirit, let us also walk in the Spirit. – Gal 5:22-25

Since we are commanded us to walk in the Spirit, it is obviously essential that we know what would distinguish such a walk. People can have strange ideas about this. Some think being in the Spirit means to become emotionally charged. Others think it means to speak in unknown tongues. There are even some who think it means the ability to handle snakes without being bitten. Such claims may be partly true, or true under some circumstances, but they are not the most credible criteria serving to identify the Holy Spirit of God.

People can become emotionally charged even in riots. An unknown tongue is indistinguishable from gibberish. Even pagans charm and handle snakes. If such things are the best we can do to prove we are walking in the Spirit, then expect unbelievers to be quite unimpressed. Indeed, Paul said they are more apt to conclude that we are insane (1Cor 14:23).

The above verse gives the most powerful criteria by which the Holy Spirit is ascertained. These criteria are credible. Scoffers will shirk at them. They have caused many unbelievers to reconsider their position. They speak with power to the educated and uneducated, rich and poor, sophisticated and simple, and they have spoken with such effect in every society and culture of man.