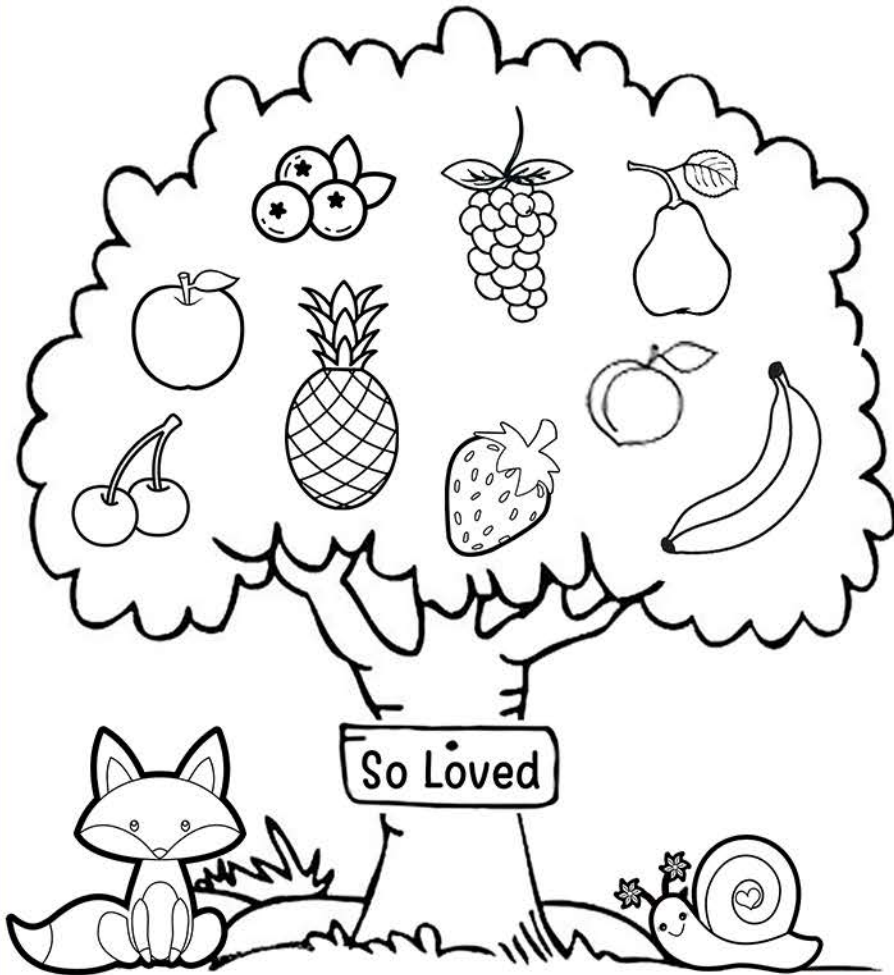


## The Fruit of the Spirit

The Fruit of the Spirit is: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.  
(Galatians 5:22-23)



## Growing in the Fruit of the Spirit



**LOVE** • "Love is patient, love is kind. It does not envy, it does not boast, it is now proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs." (1 Corinthians 13:4-5)

How can you **show love** to someone today?



**JOY** • "May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit." (Romans 15:13)

How can you **have joy** even when you're lonely, or in pain, or not feeling well, or in the hospital?



**PEACE** • "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." (John 14:27)

What is one thing you need to **feel peace** about right now?



**PATIENCE** • "Whoever is patient has great understanding, but one who is quick-tempered displays folly." (Proverbs 14:29)

When is it hard to wait? How can you **be patient** when it's hard to wait?



**KINDNESS** • "Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you." (Ephesians 4:32)

How does it feel when someone is kind to you? How can you **be kind** to someone today?



**GOODNESS** • "Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers." (Galatians 6:10)

How does God show His goodness to us? How can you **show goodness** to others?



**FAITHFULNESS** • "The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness." (Lamentations 2:22-23)

Have you ever kept or broken a promise? How does it feel to know that God will never, ever break a promise, that He is **always faithful**?



**GENTLENESS** • "Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls." (Matthew 11:29)

How would you like someone to speak to you when you're lonely, or in pain, or not feeling well? How could you **speak gently** to someone today?



**SELF-CONTROL** • "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline." (2 Timothy 1:7)

What should we do when we're angry or upset? How can you respond like Jesus when someone is being unkind to you? In what situations do you need to **learn self-control**?