



The Fruit of The Spirit

an activity for your week

1. Charity. a deliberate attitude of good will and devotion to others. Love gives freely without looking at whether the other person deserves it, and it gives without expecting anything back.

Question: Am I motivated to do for others as Christ has done for me, or am I giving to receive something in return?

To do this week: _____

2. Joy. supernatural gladness given by God's Spirit that actually seems to show up best during hard times.

Question: Am I experiencing a joy of life or is my happiness dependent on good things happening in my day?

To do this week: _____

3. Peace. not the absence of turmoil, but the presence of tranquility even in a place of chaos - a sense of wholeness and completeness in God.

Question: Am I frazzled by the turmoil in my life, or am I experiencing "the peace that passes all understanding (Philippians 4:6-7)?"

To do this week: _____

4. Tolerance. lenience, long-suffering, perseverance, and steadfastness - the ability to endure bad treatment from life or others without paying back.

Question: Am I easily set off when things go wrong or when people irritate me, or am I able to keep a godly perspective?

To do this week: _____

Please turn over.

5. Gentleness. looking for ways to meet the needs of others- moral goodness that overflows. It's also the absence of malice.

Question: Is it my goal to serve others with kindness, or am I too focused on my own needs, desires, and problems to let the goodness of God overflow to others?

To do this week: _____

6. Goodness. reflects the character of God. Goodness in you desires to see goodness in others.

Question: Does my life reflect the holiness of God, and do I desire to see others experience God at a deep level in their own lives?

To do this week: _____

7. Faith. full integrity -being truly devoted to others and to Christ -seeks good for others and for the glory of God.

Question: Are there areas of hypocrisy or indifference toward others in my life, or is my life characterized by faith in Christ and faithfulness to those around me?

To do this week: _____

8. Meekness. Meekness is not weakness - not without power, it just chooses to

forgive others, correct with kindness, and live in tranquility.

Question: Do I come across to others as brash and headstrong, or am I allowing the grace of God to flow through me to others?

To do this week: _____

9. Temperance. literally releasing our grip on our fleshly desires, choosing instead to be controlled by the Holy Spirit. It is power focused in the right place.

Question: Are my selfish desires controlling my life, or am I allowing the Spirit to direct me to what please God and allows me to serve others?

To do this week: _____
