



# Fruits of the Spirit

**Love:** An overwhelming feeling or sense of commitment to a person or God. Love involves actions that go beyond kindness, that often involve self-sacrifice and doing things we don't want to.

**Joy:** A happy feeling about something God did or created, or a decision to be to be happy.

**Peace:** Solving arguments instead of getting all upset, or having the "peace that passes understanding" that comes in the best and worst of times.

**Patience:** Waiting for God's timing to get the things we want.

**Kindness:** Actions that show sympathy or understanding toward others.

**Goodness:** Sticking to God's ways, especially when others are not.

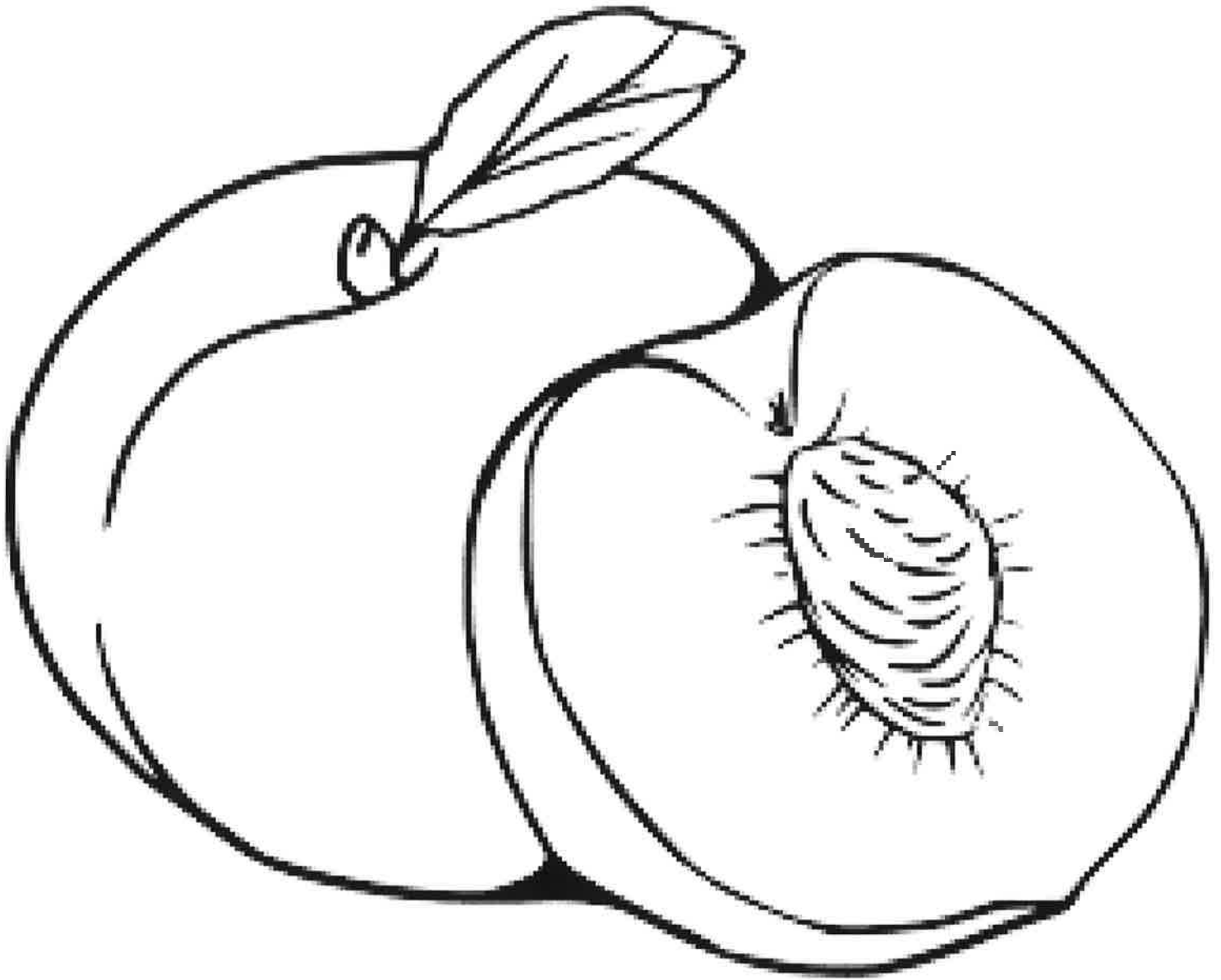
**Faithfulness:** Continuing to believe in God, whether in good times or bad.

**Gentleness:** Also translated as "meekness", which is not weakness! The opposites of gentleness are anger and a desire for revenge.

**Self-Control:** The ability to control our own thought, words, and actions.

# Fruits of the Spirit - GENTLENESS

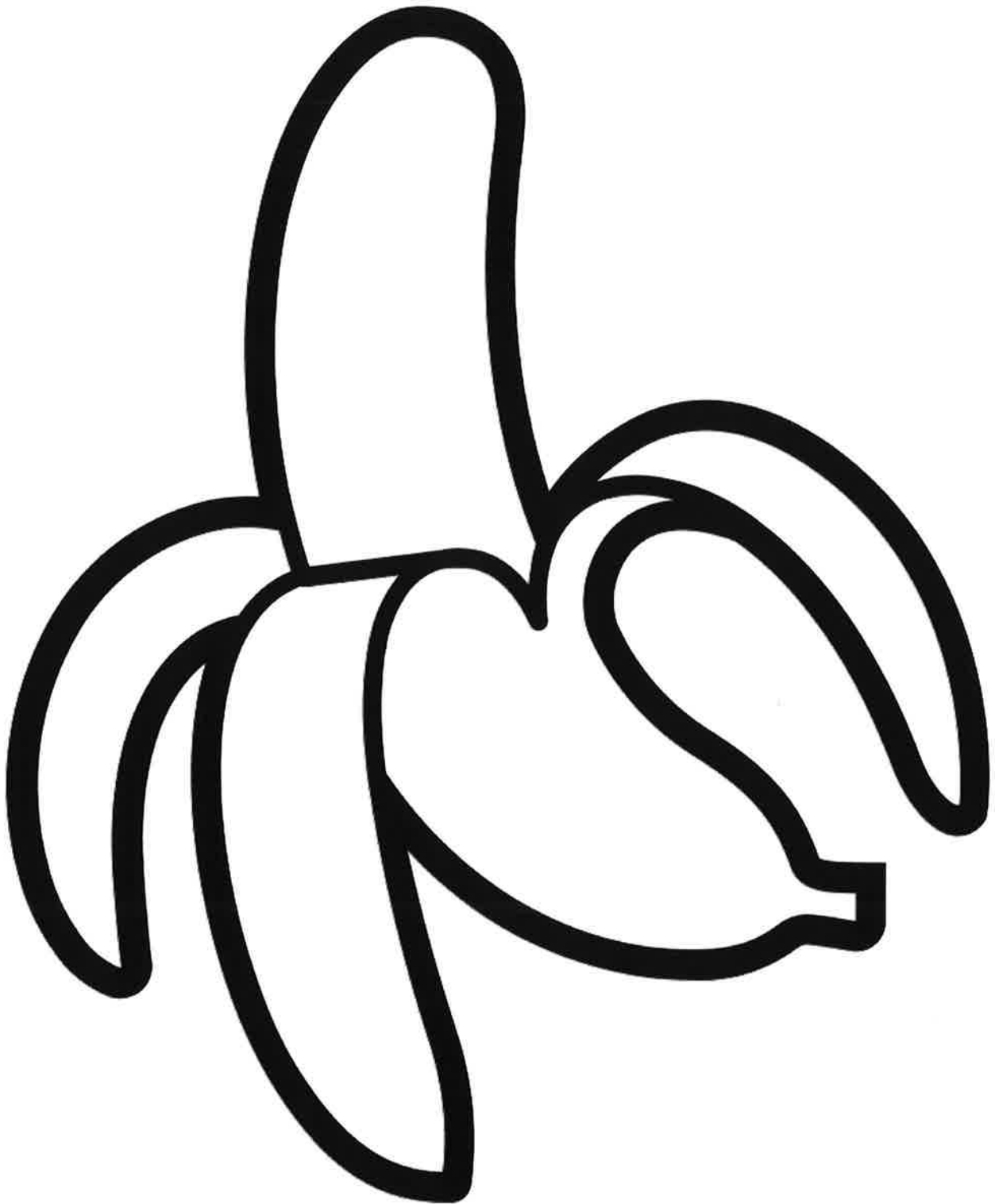
"Walk in a manner worthy of the calling to which you have been called, with all humility and gentleness."  
Ephesians 4:1b-2a ESV



"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control."  
Galatians 5:22-23a ESV

# Fruits of the Spirit - GOODNESS

"The earth is full of goodness of the Lord."  
Psalm 33:5b KJV



"But the fruit of the Spirit is love, joy, peace, patience,  
kindness, goodness, faithfulness, gentleness, self-control."  
Galatians 5:22-23a ESV