

The
Fruits of
the
Spirit

The Fruit of the Spirit

The 9 Fruit of the Spirit

The Fruit of the Holy Spirit is the name that Paul gave to a list of 9 Christ-like qualities that include: Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness and Self Control.

Galatians 5:22-23 New International Version (NIV)

22 But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law.

The word forbearance is another word for patience.

The fruits of the spirit are wonderful qualities that all Christians should have and that others can see in you. Sometimes it is very hard to be Christ-like and to display the fruits of the spirit but with God's help these qualities can grow in us with time.

The Fruit of the Spirit

~ LOVE ~

LOVE is one of the fruits of the spirit. The Bible talks a LOT about LOVE and how we should love GOD with all our heart and to also love others, even our enemies.

~ JOY ~

JOY is another fruit of the spirit. Joy is like being happy except that with JOY, we can feel JOY even when we are having a bad day and things aren't going our way. Joy can best be described as putting Jesus first:

- J - Jesus - Put Jesus first in your life
- O - Others - Care for OTHER people and don't be selfish
- Y - Yourself - Put other people's needs and happiness above your own

~ PEACE ~

Peace is a fruit of the spirit that we as Christians are given that allows us to feel peaceful inside. Because we know Jesus, we can feel calm inside regardless of what is going on all around us.

~ PATIENCE ~

Patience is a fruit of the spirit that might be challenging for some of us. Waiting for something that we want to happen can be frustrating. God wants us to be patient and especially when we are waiting for a prayer to be answered.

~ KINDNESS ~

Another fruit of the spirit is Kindness. Being kind to others is something that Jesus desires for all of us to do. We should even be kind to our enemies and those who have hurt us. Reach out to others and show them kindness so that they can feel the love of Jesus through you.

~ GOODNESS ~

Goodness is a fruit of the spirit that means we will turn towards good things and run away from the bad. God wants us to NOT sin and as a Christian, we should try our best to always do the right thing and be GOOD. We want the world to see how GOOD our God is through our actions.

~ FAITHFULNESS ~

The next fruit of the spirit is Faithfulness. What does being faithful mean? Being faithful means that you will keep your promises. Other people will rely on you because they know that you will do exactly what you say you will do. Being a loyal friend and family member is also another way of being faithful.

~ GENTLENESS ~

Gentleness is a fruit of the spirit where we show tenderness towards other people. Always be soft and gentle when dealing with others - just as Jesus did when He walked on the earth.

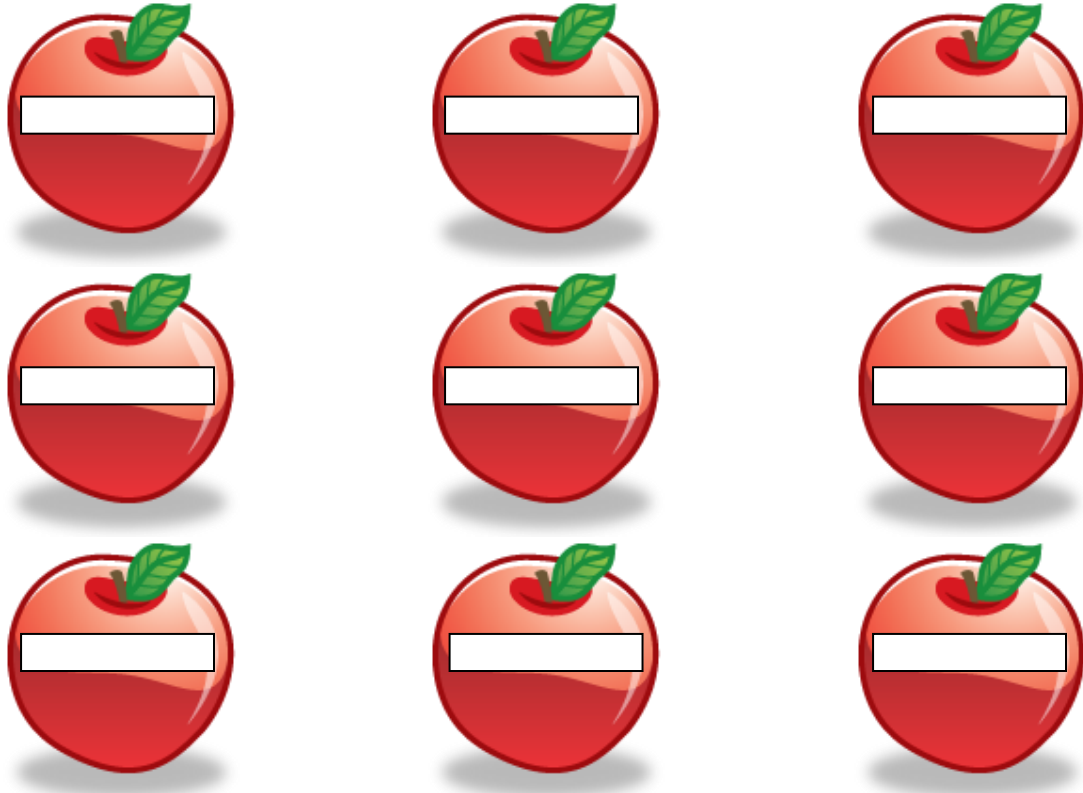
~ SELF CONTROL ~

The last fruit of the spirit is Self Control but it certainly not the least. It is very important to show self control when you feel like being angry and losing your temper. We must try very hard to stay calm and stay in control even when we feel very OUT of control.

See the next page for an activity on the Fruit of the Spirit.

The Fruits of the Spirit





- 1) Fill in the blanks on each fruit with 1 of the 9 Fruits of the Spirit.
- 2) Cut out each fruit and glue to your Fruits of the Spirit Tree.