

# Fruits of the Spirit

## Galatians 5:22-23

Imagine that the fruit of the Spirit is like a basket of delicious fruits. Each fruit represents a different kind of good feeling or characteristic that comes from God. The more you eat of these delicious fruits, the more you will feel good inside. Another way to think about it, just as your body needs food to grow and be strong, your spirit also needs spiritual food in order to grow and be strong. The Bible calls this spiritual food “the fruit of the Spirit.” These are things like love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control – all qualities that the Holy Spirit provides for your spiritual health and growth.

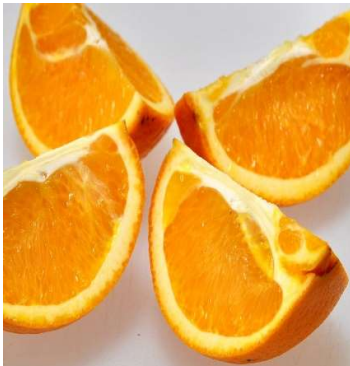


### LOVE



LOVE – Love never gives up, Love cares more for others than for self, Love doesn't want what it doesn't have, Love doesn't strut, Doesn't have a swelled head. Doesn't force itself on others. Isn't always “me first”, Doesn't fly off the handle. Doesn't keep score of the sins of others. Doesn't revel when others grovel. Takes pleasure in the flowering of truth. Puts up with anything Trusts God always. Always looks for the best. Never looks back. But keeps going to the end. 1 Corinthians 13: 6-7

**JOY** Jesus first, Others second, Yourself last



Think about the things that give you lots of joy? Happiness is dictated by circumstances, joy is deep feeling, contentment, hope, God is in control, confidence in everything is going to be alright

JOY - Clap your hands, all you nations; shout to God with cries of joy – Psalm 47:1

### PEACE



2 Thessalonians 3:16, “Now may the Lord of peace himself give you peace at all times in every way.”

## GENTLENESS



God desires for us to be gentle in our actions, our words, and our attitudes! Where do we go to discover God's truth about gentleness? (His Word! The Bible!)

## PATIENCE



The Bible tells us in this passage that patience is a fruit of the Spirit. If we are saved, the Holy Spirit is living inside of us, and we can be patient people.

This does not mean that we will be patient all the time!

Every day we still wrong God and He still is patient with us.

## SELF CONTROL



Why the apple for SELF CONTROL – who ate the first apple? Eve – she didn't keep her self-control and ate the apple which she was told not to by God. A person without self-control is like a house with its doors and windows knocked out. Proverbs 25:28

We need the holy spirit to help us from doing wrong. Its so easy to say something without thinking. But we can get into a lot of trouble that way and hurt other people. When we receive Jesus as our Saviour, the holy spirit comes to live in us to guide us and help us everyday.

## KINDNESS



KINDNESS can be shown by our thoughts, actions and words.

Don't lose your grip on Love and Loyalty. Tie them around your neck; carve their initials on your heart. Proverbs 3:3

## GOODNESS

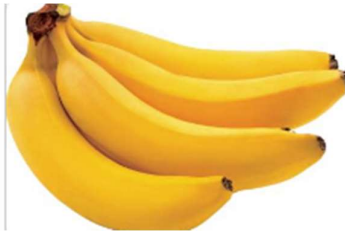


When things are difficult in our lives it very often means that God will bring us through the difficult times and make us much stronger to deal with things. He is good and we need to trust in him.

So let's not allow ourselves to get fatigued (tired) doing good. At the right time we will harvest a good crop if we don't give up, or quit.  
Galatians 6:9

When things don't good right for you – don't give up, keep going and trust in God's GOODNESS by doing good to each other.

## FAITHFULNESS



Bananas – because we all need to stick together to remain faithful to God. We need others to help us. Remember that we are not on our own.

For GOD is sheer beauty, all-generous in love, loyal always and ever. Psalm 100 verse 5

