



Week 27    7/2-7/8    Part Two

The bible lists nine fruits of the Spirit. Each one can help us grow in our relationship with God.

**But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. Galatians 5:22-23 (ESV)**

When we accept Jesus as our Savior, the Bible says we receive supernatural help from the Holy Spirit. Because of that help, we can become more like Jesus, showing nine key characteristics, the fruits of the Spirit, in our daily lives. The fruit of the Spirit is the spontaneous work of the Holy Spirit in us. We cannot obtain them by just trying to get them. If we want the fruit of the spirit to grow in us, we must join our lives to Jesus.

Read and write out 2 Peter 1:5-8.

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### 5. Kindness

Read Philippians 2:1-5 Kindness is about more than being nice. It's an intentional act that requires effort. Make room to be kind to others. Give compliments. Make an extra effort this week to recognize opportunities to demonstrate kindness and then follow through.

### 6. Goodness

To practice goodness, you must first know what God considers "good." God calls us to have true, right and pure thoughts. Read Philippians 4:8. Ask God to help you focus your mind on what is good and pure.

### Faithfulness

God is faithful. Are we faithful to Him? He wants us to be good stewards with what He's given us: time, talents, money, and relationships.

Being faithful to God also means not putting other things above Him. Is He at the center of all you do?

### 8. Gentleness

Ephesians 4:29 says, "Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear."

Build others up, don't tear them down. Believe the best, don't assume the worst. Distance yourself from harmful gossip.

### 9. Self-control

With so many temptations and frustrations, sometimes it is hard to maintain self-control but we do not have to give in.

Read 1 Corinthians 10:13