

# Fruit Of The Spirit

## LOVE

Beloved, let us love one another,  
for love is of God; and everyone  
who loves is born of God and  
knows God. He who does not love  
does not know God, for God is love.

1 John 4:7-8

## God Commands:

Love God.  
Love yourself.  
Love others.

## What Is Love?

Love is a characteristic of God.  
Love is more than a feeling.  
Love is a decision and an action.  
Love can be felt and seen.  
You can show love in many ways.  
Love costs something and requires  
sacrifice.  
God sent Jesus to die on the cross  
because He loves us.

## Ways To Show Love:

Pray for others.  
Give gifts.  
Spend time.  
Share God's Word.  
Listen to others when they speak.  
Give a hug.  
Be honest.  
Help others with their work.  
Smile.  
Encourage people.

Can you remember a time someone  
showed love?

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## JOY

If you keep My commandments, you will abide in My love, just as I have kept My Father's commandments and abide in His love. These things I have spoken to you, that My joy may remain in you, and that your joy may be full.

John 15:10-11

## God Commands:

Rejoice every day.

Rejoice continually.

When you pray, express thanks.

## What Is Joy?

Joy is true happiness.

You don't have to feel happy to be full of joy.

True joy comes from having a relationship with Jesus Christ.

When life is hard and days seem bad, you can still be happy because you know that Jesus is with you and He loves you.

Some people seem happy, but without Jesus, they'll never experience true joy.

## Ways To Show Joy:

Smile.

Encourage people.

Compliment people.

Say thank you.

Thank and praise God.

Worship God.

Sing.

Help someone in need.

Be nice to others.

Can you remember a time someone showed joy?

# Fruit Of The Spirit

## PEACE

Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.

John 14:27

## God Commands:

Fear God and God alone.

Put your trust in God, not humans.

Seek peace and pursue it.

Live peacefully with others.

## What Is Peace?

Peace is a feeling or a sense that everything will be okay.

Peace has the power to get you through a tough time.

Peace can keep you calm when you're stressed or angry.

The peace of the world comes and goes, but the peace of God lasts forever.

When you pray, give your problems to God and trust that He'll take care of them.

## Ways To Show Peace:

Thank and praise God.

Worship God.

Sing.

Relax.

Take deep breaths to calm down.

Remember that God will never leave you.

Avoid anger.

When someone mistreats you, forgive them.

Don't overthink things.

Can you remember a time someone showed peace?

# Fruit Of The Spirit

## PATIENCE

And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.

Galatians 6:9

### God Commands:

Be patient during hard times.  
Be patient with yourself, others,  
and God.  
Never give up.

### Ways To Show Patience:

While waiting, express love, joy, and peace.  
Smile.  
Assure others that you're not mad at them for taking long.  
Continue to believe in God and His promises during hard times.  
Worship, thank, and praise God when things aren't going great.  
Stay calm and nice to others.  
Don't give up on goals.

### What Is Patience?

Patience is waiting with a good attitude. We all end up having to wait for things. How you wait can show others that you have the Holy Spirit living inside you. God is extremely patient and wants us to be patient as well. Patience can also mean to continue trying until you succeed. Don't give up on things.

Can you remember a time someone showed patience?

# Fruit Of The Spirit

## KINDNESS

Finally, all of you be of one mind, having compassion for one another; love as brothers, be tenderhearted, be courteous; not returning evil for evil or reviling for reviling, but on the contrary blessing, knowing that you were called to this, that you may inherit a blessing.

1 Peter 3:8-9

## God Commands:

- Greet each other with a kiss.
- Show others compassion.
- Give to the poor.
- Visit those who are lonely.

## Ways To Show Kindness:

- Compliment people.
- Smile.
- Help others who need help.
- Don't say mean things to people.
- Give a hug.
- Give a gift.
- Listen to others without interrupting.
- Try your best to understand others.
- Share.
- Pray for others.

## What Is Kindness?

Kindness is an attitude and lifestyle of being kind to others. You can be kind to people who may not deserve it or who are mean. You can wear kindness on yourself like clothing. People can see it. When someone mistreats you, forgive them and pray for them. Don't say bad things about people.

Can you remember a time someone showed kindness?

# *Fruit Of The Spirit*

## GOODNESS

Surely goodness and mercy shall  
follow me  
All the days of my life;  
And I will dwell in the house of  
the Lord forever.

Psalm 23:6

## What Is Goodness?

Goodness is shown through  
kindness and obedience to God  
and His Word.

Goodness is the opposite of evil.  
When you show someone the love  
of God, you're walking in goodness.  
Goodness can be shown through  
compassion and mercy.

## God Commands:

Do good to all people.  
Don't let evil overcome you.  
Overcome evil with good.  
Cling to what is good.

## Ways To Show Goodness:

Smile.  
Help others who need help.  
Don't say mean things to people.  
Listen to others without interrupting.  
Try your best to understand others.  
Share.  
Pray for others.  
Tell others about the love of God.  
Forgive those who hurt you.

Can you remember a time someone  
showed goodness?

# Fruit Of The Spirit

## GENTLENESS

Remind them to be subject to rulers and authorities, to obey, to be ready for every good work, to speak evil of no one, to be peaceable, gentle, showing all humility to all men.

2 Peter 1:5-7

## What Is Gentleness?

Gentleness means walking in a mild temper. A gentle person uses manners and kindness to win people over to their point of view.

It's the opposite of violence.

A person walking in gentleness shows tenderness and humility.

## God Commands:

Be gentle toward everyone.  
Gently confront sinners and opponents.

## Ways To Show Gentleness:

Listen to others without interrupting.

Pray for others when they need it.

Control your emotions and temper.

Talk calmly instead of yelling.

Forgive those who hurt you.

Don't use your words to hurt people.

Encourage people.

Compliment others.

Be peaceful and do your best to avoid conflict.

Can you remember a time someone showed gentleness?

# Fruit Of The Spirit

## FAITHFULNESS

If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

1 John 1:9

### God Commands:

Be faithful in small things.  
Always be faithful to God.  
Be faithful to your loved ones.

### What Is Faithfulness?

Faithfulness means to be loyal to something or someone. It means strictly following promises or God's Word.

God is faithful to His people and will never leave them or lie to them. God wants us to be the same way with others and follow through on promises we make.

### Ways To Show Faithfulness:

Obey God's Word.  
Show up on time.  
Don't say anything you don't truly mean.  
Be honest.  
Do the right thing even when no one is watching.  
If you make a promise, keep it.  
Be consistent.  
Don't act like someone you're not.  
Be yourself.

Can you remember a time someone showed faithfulness?



# Fruit Of The Spirit

## SELF-CONTROL

But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, to knowledge self-control, to self-control perseverance, to perseverance godliness, to godliness brotherly kindness, and to brotherly kindness love.

2 Peter 1:5-7

### God Commands:

Discipline your mind and body.

Be sober.

Obey God's commandments.

### What Is Self-Control?

Self-Control is exactly what it sounds like: controlling yourself. It sounds easy, but can be difficult in practice.

When you master self-control, you'll be able to always do the right thing even if you want to do the wrong thing. Another word for self-control is discipline.

Discipline = freedom.

### Ways To Show Self-Control:

Obey God's Word.

Be honest.

Do the right thing even when no one is watching.

Make goals and follow through with them.

Exercise and eat healthy foods.

Read the Bible and pray every day.

Forgive others.

Obey your parents.

Get chores and school work done early.

Make your bed daily.

## Can you remember a time someone showed Self-Control?