

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

# Love

## Learn

### Definition

Selfless, sacrificial,  
unconditional care for  
others

### Greek

*agape* – divine,  
unconditional love

### Jesus' Example

Jesus demonstrated the  
ultimate form of love, laying  
His life down for us, lowly  
sinners. He loved his  
enemies, forgave sinners,  
and healed the sick.

Read:

John 15:13

Matthew 27:45-54

When we believe in Jesus, the Holy  
Spirit works in us to enable us to love  
others genuinely, even when it's hard.

### Key Scriptures:

1 Corinthians 13:4-7

John 15:12

Romans 5:8

1 John 4:7-12

1 Corinthians 16:4

### Biblical Examples

#### Old Testament:

Ruth's love for Naomi

\*\*Ruth 1:16-17

God's Covenant Love with  
Israel

\*\*Deuteronomy 7:7-9

#### New Testament:

Washing the Disciples' Feet

\*\*John 13:1-17

The Early Church Sharing

\*\*Acts 2:44-47

# Love

Reflect

What stuck out to me in the Bible verses?

What do the Bible verses teach me about God?

How do I see Jesus' love in my life?

Who do I find difficult to love? Why?

Pray and ask God to help you love others as He does.

# Joy

## Learn

### Definition

Deep gladness and contentment in God, regardless of circumstances

### Greek

*Chara* – rejoicing, inner delight

### Jesus' Example

Jesus demonstrated perfect joy by focusing on His Father's will, even in suffering.

Hebrews 12:2 says He endured the cross “for the joy set before Him,” showing that His joy came from obeying God and redeeming humanity.

When we believe in Jesus, the Holy Spirit works in us to give us joy that transcends our circumstances.

### Key Scriptures:

James 1:2

Psalms 16:11

Philippians 4:4

Romans 15:13

Psalms 118:24

### Biblical Examples

#### Old Testament:

Israelites rejoiced after crossing the Red Sea

**\*\*Exodus 15:1-21**

Hannah rejoiced when God answered her prayer

**\*\*1 Samuel 2:1-2**

#### New Testament:

Paul rejoiced in Christ, even while in prison.

**\*\*Philippians 1, 4:4**

The Philippian Jailer's Joy

**\*\*Acts 16:33-34**

# Joy

## Reflect

What stuck out to me in the Bible verses?

What do the Bible verses teach me about God?

Do I depend on happiness or lasting joy in Christ?

Where do I see God's joy in my life right now?

Pray and ask God to fill your heart with His joy, no matter the circumstance.

# Peace

## Learn

### Definition

Inner calm and wholeness,  
even in chaos

### Greek

*Eirene* – harmony,  
tranquility, rest

### Jesus' Example

Jesus modeled perfect peace by remaining calm and focused in the midst of storms, opposition, and betrayal. He offered peace to others, even as He faced death, and taught that true peace comes from trusting the Father, not circumstances (John 14:27).

When we believe in Jesus, the Holy Spirit guards our hearts with peace beyond understanding.

### Key Scriptures:

Isaiah 26:3

John 14:27

Philippians 4:6–7

Psalms 34:14

Matthew 5:9

### Biblical Examples

#### Old Testament:

Aaron's blessing of peace over Israel

\*\*Numbers 6:24–26

Gideon names the altar "The Lord is Peace."

\*\*Judges 6:23–24

#### New Testament:

Jesus calms the storm

\*\*Mark 4:39

Paul Teaches on Peace with God

\*\*Romans 5:1

# Peace

## Reflect

What stuck out to me in the Bible verses?

What do the Bible verses teach me about God?

Do I turn to God when I feel anxious? Why or why not?

What situations rob me of peace? Why?

Pray and ask God to let His peace rule in your heart, even in uncertainty.

# Patience

## Learn

### Definition

Long-suffering; the ability to wait without frustration

### Greek

*Makrothumia* – long-tempered, endurance

### Jesus' Example

Jesus modeled perfect peace by remaining calm and focused in the midst of storms, opposition, and betrayal. He offered peace to others, even as He faced death, and taught that true peace comes from trusting the Father, not circumstances (John 14:27).

When we believe in Jesus, the Holy Spirit helps us bear with others and trust God's timing

### Key Scriptures:

Colossians 3:12

Romans 12:12

Proverbs 14:29

James 5:7-8

Ephesians 4:2

### Biblical Examples

#### Old Testament:

Job endures suffering with patience

\*\*Job 1-2, James 5:11

God is patient with Israel's rebellion

\*\*Nehemiah 9:30

#### New Testament:

The Prodigal Son's Father waits in love

\*\*Luke 15:11-32

Paul endures suffering patiently

\*\*2 Corinthians 6:4-6

# Patience

## Reflect

What stuck out to me in the Bible verses?

What do the Bible verses teach me about God?

When do I struggle the most to be patient?

What is one situation this week where I will intentionally slow down?

Pray and ask God to help you be patient with others as He is.

# Kindness

## Learn

### Definition

Compassionate action;  
treating others with  
grace

### Greek

*Chrestotes* – moral  
goodness, gentleness

### Jesus' Example

Jesus consistently extended kindness to the overlooked and undeserving—healing, listening, forgiving, and lifting up the broken. His kindness was not mere politeness but powerful, compassionate action that reflected the heart of God.

When we believe in Jesus, the Holy Spirit softens our hearts to show grace in our actions, words, and thoughts.

### Key Scriptures:

Ephesians 4:32

Romans 2:4

Micah 6:8

Luke 6:35

Colossians 3:12

### Biblical Examples

#### Old Testament:

David's kindness to  
Mephibosheth

\*\*2 Samuel 9

Joseph's kindness &  
forgiveness towards his  
brothers.

\*\*Nehemiah 9:30

#### New Testament:

The Good Samaritan parable

\*\*Luke 10:30-37

Jesus and the woman at the  
well

\*\*John 4:7-26

# Kindness

## Reflect

What stuck out to me in the Bible verses?

What do the Bible verses teach me about God?

Am I kind when it's inconvenient? Why or why not?

How can I grow in compassion this week?

Pray and ask God to use you to reflect His kindness to others this week.

# Goodness

Learn

## Definition

Uprightness of heart and life; moral excellence

## Greek

*Agathosune* – intrinsic goodness, virtue

## Jesus' Example

Jesus embodied perfect goodness by always choosing what was right, compassionate, and holy—even when it was unpopular or costly. His life was a constant outpouring of divine goodness: healing the broken, confronting injustice, teaching truth, and giving Himself up for our salvation.

When we believe in Jesus, the Holy Spirit produces true goodness that honors God, and it is not just appearance

## Key Scriptures:

Galatians 6:10

Psalms 23:6

Matthew 5:16

Psalms 34:8

Nahum 1:7

## Biblical Examples

### Old Testament:

God declares His own goodness

\*\*Exodus 33:19

Boaz helps Ruth, even when no one is watching

\*\*Ruth 3:10-13

### New Testament:

Barnabas is called a "Good Man"

\*\*Acts 11:24

Tabitha is full of good works

\*\*Acts 9:36

# Goodness

Reflect

What stuck out to me in the Bible verses?

What do the Bible verses teach me about God?

Is my goodness genuine or just a performance for attention or approval? Why?

What does it mean to “do good” in God’s eyes?

Pray and ask God to make your heart good as His is.

# Faithfulness

## Learn

### Definition

Loyalty, trustworthiness,  
staying true over time

### Greek

*Pistis* – firm belief,  
fidelity, commitment

### Jesus' Example

Jesus remained perfectly faithful to the Father's will, even when it led to rejection, suffering, and the cross. His unwavering obedience—"not My will, but Yours be done"—demonstrates the ultimate model of trust and loyalty to God.

When we believe in Jesus, the Holy Spirit grows our ability to stay loyal to Christ—even in trials—shaping us into reliable, steadfast disciples who reflect God's own faithfulness.

### Key Scriptures:

Hebrews 11  
Lamentations 3:23  
Proverbs 3:3–6  
Isaiah 25:1  
Psalm 37:28

### Biblical Examples

#### Old Testament:

Daniel's faithfulness while in Babylon

\*\*Daniel 6:10

Abraham's faith in God's promise

\*\*Genesis 15:6, Hebrews 11:8–12

#### New Testament:

Mary's faithfulness to God's call

\*\*Luke 1:38

Timothy's faithfulness to the gospel

\*\*1 Corinthians 4:17

# Faithfulness

## Reflect

What stuck out to me in the Bible verses?

What do the Bible verses teach me about God?

Where in my life is God calling me to stay faithful?

How do I response when it's hard to trust God? How should I respond? Why?

Pray and ask God to strengthen you to be faithful in the small and big things.

# Gentleness

Learn

## Definition

Humble, meek strength  
under control

## Greek

*Prautes* – mildness,  
gentleness of spirit

## Jesus' Example

Jesus described Himself as  
“gentle and humble in heart”  
(Matthew 11:29), offering rest  
to the weary through His  
kindness and mercy. He  
corrected with compassion,  
welcomed the outcast, and  
led with strength restrained  
by love.

When we believe in Jesus, the Holy Spirit  
works in us to His work in us transforms  
harshness into tenderness, making us  
reflect the heart of Christ in both words  
and actions.

## Key Scriptures:

Philippians 4:5

1 Peter 3:15

Galatians 6:1

## Biblical Examples

### Old Testament:

Moses' humility and meekness  
while in leadership

\*\*Numbers 12:3

David spares Saul's life

\*\*1 Samuel 24:4-7

### New Testament:

Jesus welcomes children

\*\*Matthew 19:14

Paul's ministry to the  
Thessalonians

\*\*1 Thessalonians 2:7

# Gentleness

Reflect

What stuck out to me in the Bible verses?

What do the Bible verses teach me about God?

How do I react when I feel provoked?

Are my strength and words used to protect or harm?

Pray and ask God to make you gentle as He is, even when it's hard.

# Self-Control

Learn

## Definition

Power to control desires, emotions, and actions

## Greek

*Egkrateia* - mastery over oneself

## Jesus' Example

Jesus demonstrated perfect self-control by choosing obedience over impulse, silence over retaliation, and sacrifice over comfort. In every temptation and trial, He remained fully surrendered to the Father's will.

When we believe in Jesus, the Holy Spirit works in us to align our desires with God's will, helping us respond to temptation with wisdom, discipline, and grace.

## Key Scriptures:

Titus 2:11-12

Proverbs 25:28

2 Peter 1:5-6

2 Timothy 1:7

James 1:19-20

## Biblical Examples

### Old Testament:

David controls his anger towards Saul

\*\*1 Samuel 26

Wisdom in Proverbs on ruling one's spirit

\*\*Proverbs 25:28

### New Testament:

Jesus endures the cross without retaliation

\*\*1 Peter 2:23

Believers encouraged to live alert and sober-minded

\*\*1 Peter 5:8

# Self-Control

Reflect

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