

## The Fruit of the Spirit

### Overview

- The Fruit of the Spirit is love, joy, peace, patience (longsuffering, endurance, constancy), gentleness (kindness), goodness (virtue), faith, humility(meekness), and self-control (discipline, moderation). Gal 5:22-23 Amp
- A **virtuous cycle** is the opposite of a vicious cycle: it pulls you up, not down.
- If you increase the top (love) and bottom (self-control) parts of the Fruit, like an **escalator**, the virtuous cycle of the Fruit of the Spirit will pull you into a closer and more intimate relationship with God.

| Fruit of the Spirit                 | Direction                   | Actions which conform to walking in the Fruit of the Spirit  | Actions which contradict the Fruit of the Spirit (i.e., sins)   |
|-------------------------------------|-----------------------------|--|---|
| <b>Love</b><br><b>1 Cor 13:4</b>    | God                         | Keeps his Commandment<br>Spend time with Him; No idols   | Disobedience, sins, unwillingness   |
|                                     | <b>Affirm:-</b><br>Yourself | <b>In the NOJ, I endure long and I</b><br>Forgive yourself, treat self to something special, get in alignment, be giving         | <b>am patient and kind.</b><br>Self hatred, condemnation, accident-prone, self-destructive behavior, self-rejection, focus, selfishness |
|                                     | Others                      | Forgive them, share, serve them,<br>Look out for their best interests,<br>Give to them   | Criticism, negative words or thoughts,<br>Impatience, harshness, anger  |
| <b>Joy</b><br><b>Psa. 16:11</b>     | God                         | Enjoy being in His presence<br>Spontaneous praise  | Become angry or impatient with Him<br>Become depressed.   |
|                                     | <b>Affirm:-</b><br>Yourself | <b>In the NOJ, I have fullness of joy</b><br>Enjoy being by yourself<br>Delight in your accomplishments, both big and small      | <b>by remaining in His Presence.</b><br>Dissatisfaction, mind racing, depressed,  |
|                                     | Others                      | Laugh with them and their jokes<br>Work at making others joyful in your presence   | Ignoring them, rudeness, seeking isolation  |
| <b>Peace</b><br><b>Isa. 26:3</b>    | God                         | Keep your eyes fixed on Him<br>Pray and believe (Phil 4:6,7)   | Carnal desires, guilt, sin, consciousness, lack of trust  |
|                                     | <b>Affirm:-</b><br>Yourself | <b>In NOJ, I am kept in perfect peace</b><br>Sense of well-being, relaxed<br>No anxiety  | <b>because my mind is fixed on God.</b><br>Fear, turmoil and anguish, worry   |
|                                     | Others                      | Harmony, friendly, smiling faces<br>Serving others<br>Desiring to edify others   | Strife, arguments and confusion<br>Selfishness  |
| <b>Patience</b><br><b>Col. 1:11</b> | God                         | Trust Him, be grateful, be thankful,<br>focus on His track record  | Complains re why is it taking so long   |
|                                     | <b>Affirm:-</b><br>Yourself | <b>In NOJ, I am strengthened with</b><br>Not self-critical<br>Don't grow weary in well-doing<br>Think upon godly things Phil 4:8 | <b>all patience and longsuffering.</b><br>Agitated, self-deprecating words<br>Negative self-talk  |
|                                     | Others                      | Not applying urgency or pressure<br>Esteem others greater than self:<br>Phil 2:3   | Snapping at them or showing irritation, insisting on your own way,<br>Unyielding personal agenda  |

| <b>Fruit of the Spirit</b>  | <b>Direction</b> | <b>Actions which conform to walking in the Fruit of the Spirit</b>   | <b>Actions which contradict the Fruit of the Spirit (i.e., sins)</b>                                  |
|---|------------------|--|---|
| <b>Gentleness (kindness)</b><br><b>Eph. 4:1-2</b>                 | God              | Don't blame Him nor get angry<br>Meditations of heart Ps 19:14<br><b>In NOJ, I walk worthy of the</b>                              | Talk to Him in frustration<br><b>Lord's calling with all gentleness.</b>                              |
|   | Yourselves       | Self-talk is kind, content in all  | Hard on self, perfectionist   |
|   | Others           | Easy-going, understanding, soft-spoken, law of kindness on your lips, words bring grace Eph 4:29                                   | Pushy or demanding  |
| <b>Goodness</b><br><b>Psa. 23:6</b>                               | God              | Fellowship because you desire not require; Giving to the poor<br><b>In the NOJ, goodness &amp; mercy</b>                           | Turn your back on Him when the going gets rough, neglect, be bad<br><b>follow me all my life.</b>     |
|   | Yourselves       | Take care of yourself spirit, soul body, count it all joy, encourage yourself  | Not liking yourself, self-destructive acts, low self-esteem, lack of self-care, escapism              |
|   | Others           | Helpful, giving, kind<br>Visiting widows and orphans   | Not helping when you can, being self-centered, defiant  |
| <b>Faith</b><br><b>Mark 11:22</b>                                 | God              | Act on His Word<br><b>In the NOJ, I have faith in God.</b>   | Act on fear, yield to emotions  |
|   | Yourselves       | Have confidence that you and God can do all things<br>Phil 4:13  | Expect failure, speak curses, speak doubts  |
|   | Others           | Believe what they say  | Not trusting nor giving a chance, rejecting others  |
| <b>Humility (Gentleness, meekness)</b><br><b>1 Peter 5:6</b>      | God              | Live with Him as Lord of all<br>Acknowledge Him in all your ways, His Word is law, Trust Him<br><b>In the NOJ, I humble myself</b> | Pride, make all your own decisions<br><b>under the mighty hand of God.</b>                            |
|   | Yourselves       | Recognize there but for the grace of God go I; Sweet attitude  | Believing that you are always right   |
|   | Others           | Respect them and listen to them<br>Defer to them and consider them better  | Monopolizing the conversation, poor listener, constantly interrupting, finishing sentences            |
| <b>Self-Control (Moderation, discipline)</b><br><b>2 Tim 2:15</b> | God              | Study to show yourself approved<br>Bring body as a living sacrifice<br><b>In the NOJ, I am diligent to</b>                         | Forsaking the assembling of the body, not studying the Bible<br><b>show myself approved to God.</b>   |
|   | Yourselves       | Use same rules for self as you do for others, willing to be corrected, renew mind, accept reproof                                  | Laziness, pleasure-loving, over-eat, Obsessive-compulsive, anything in excess                         |
|   | Others           | Keep your mouth shut<br>Quick to listen, slow to speak<br>Learn to apologize   | Tell them what is the right thing for them to do, controlling others, a life style of not apologizing |