

Theme: Walking in the Spirit – Growing Together (Galatians 5:22-23)

Fruit of the Spirit - evidence God is working in us.

Definitions and Usage Examples

- 1) **Love:** Selfless, unconditional love that puts others first, often described as active service.

Example: Helping someone in need without expecting anything back.

- 2) **Joy:** Deep, abiding contentment and delight in God, regardless of circumstances.

Example: Maintaining a positive attitude during a crisis because of faith.

- 3) **Peace:** A calm, inner security trusting in God rather than outward circumstances.

Example: Staying calm during a stressful situation.

- 4) **Patience/Forbearance:** Long-suffering or enduring difficult people or situations with a calm mindset.

Example: Waiting patiently for a prayer to be answered or dealing with a difficult person gently.

- 5) **Kindness:** Compassionate and generous action toward others.

Example: Extending forgiveness to someone who hurt you.

- 6) **Goodness:** Moral excellence, virtue, and doing what is right in action.

Example: Standing up for what is right, even if it is unpopular.

- 7) **Faithfulness:** Being reliable, trustworthy, and loyal to God and others.

Example: Following through on commitments and staying consistent in prayer.

- 8) **Gentleness:** Humility, strength under control, and treating others with care.

Example: Responding softly in a heated argument.

- 9) **Self-Control:** Mastery over one's own desires, passions, and impulses.

Example: Resisting temptation, such as choosing to speak constructively rather than angrily.

Every day, we have a choice—to react in our flesh or respond through the Spirit.

- Flesh vs Spirit – Flesh reacts, Spirit responds
- The flesh is easy...it's automatic.
- But the Spirit is intentional—it's how we grow.

And the good news

- We don't have to be perfect...just willing."
- Growth is intentional, not perfection

Growth doesn't happen overnight—but every time you choose the Spirit, you're becoming more like Christ.