The Fruit of the Spirit

LOVE The ability to put others above myself

JOY That deep-seated experience of satisfaction and contentment which grows out of the Gospel with confidence to rise above the difficult circumstances of life

PEACE That inner disposition of peace that grows out being in a position of peace with God, making me ready for anything

PATIENCE That emotional calm in the face of provocation or misfortune, without complaint or irritation

KINDNESS Being warmhearted, considerate, gentle and sympathetic to others

GOODNESS The quality of moral excellence; working itself out in speech and conduct

FAITHFULNESS Confident assurance that you are trustworthy and dependable

GENTLENESS Acting in a manner that is gentle, mild and even-tempered SELF-CONTROL The trait of resolutely controlling one's own desires which would produce actions

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