


The background of the entire page is a detailed illustration of a lemon tree. It features several bright yellow lemons, some with characteristic blemishes, and lush green leaves. Small white flowers with yellow centers are scattered throughout the scene, adding a delicate touch to the composition. The overall aesthetic is fresh and vibrant.

# **The Fruit Of the Spirit**

**Workbook & Journal**

Presented by [herChristianhome.com](http://herChristianhome.com)



**But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law. Galatians 5:22-23**

## **Introduction**

This workbook journal is designed with the purpose of helping you come to terms with who you really are, who you currently perceive yourself to be and how to develop an attitude of placing yourself in a position for the Lord to change you into what 'He' wants you to be. This is the process of cultivating the fruit of the Spirit through daily self-examination and application of the findings as the Holy Spirit leads you.

If you follow the outline of this workbook and journal accordingly, you will note that the fruit of the Spirit is a change in being. It is not to be viewed as a lifestyle but as a state of grace promoted from within. You will begin to focus on how to become more loving, patient, gentle or faithful. *Why?* Because you will begin a conversion from the old into the new.

## **Scripture:**

*I John 3:14 kjv* - We know that we have passed from death unto life, because we love the brethren. He that loveth not his brother abideth in death.

*II Corinthians 5:17kjv* - Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.


As you answer the questions honestly, you will see that the key is surrender, a willingness to die to self and live for God and for others. Let go of yourself and be reminded that it is okay. We are ALL sinners who have come short of the glory of the Lord. We all need the covering grace of Christ.

You will be challenged to remember that the 'Fruit of the Spirit' is exactly that, the **'fruit'**; the **result** of salvation and not the means.

So be honest, dig deep and let go... so that the Spirit of the Lord can be upon you.

## **The Process**

The structure of each section is designed to examine the nature of each fruit of the spirit as it relates to you and your responses to yourself, to God, your environment and your surroundings.



Each fruit will reveal to you the nature of your true belief as you enter the subjective process of your own perceptions and thoughts, as it takes place deep within you. Allow this process to flow with you and through you.

The way to allow this flow is not to analyze or interpret, but to view each thought, question, answer and step as a revelation, an unfolding process, and simply let go as the realization takes over your mind and begins to work within your heart.

Yes, I know at this point you are saying, *“You said this was self-examination.”* Yes it is, but you are not the one performing it. Your only job is to go with the flow and allow the Holy Spirit to work.

The self-examination is a type of surgery being performed without anesthetics. You must be willing to allow the Master Physician to surgically apply this as ‘He’ carves out that which does not belong and replace it with what does. Without anesthetics is entirely up to you though. This is the only way that this procedure will truly work. It will require your full faith and trust in the Lord.

Follow the guidelines of this workbook as instructed, let go & let the Holy Spirit be your guide.

## **The Structure**

1. Looking through your Questions
2. Scripture Reading
3. Reflection
4. Prayer
5. Answering the Questions
6. Searching the Heart
7. Journaling – The writing process
8. Feedback & Acceptance
9. Prayer
10. Letting Go

*This workbook/journal is simply an instructional tool. Remember that. The rest is up to you.*



## The Instructions

For each fruit use the following guideline.

1. Scripture Reading, Reflection & Prayer (The blue box at the end of your fruit page)
  - a. Look through the questions, begin a thought process, but do not write. Read the scripture. What is your understanding? What does it mean to you? How do you see it in reflection to your own thoughts, ideas and your walk in life?
  - b. Pray for the truth to be revealed and a true understanding of the message coming forth in the scriptures to help you see yourself more clearly. When you begin the writing process, study all of the other scriptures, including your own, that you have listed and do the same.
  - c. Ask the Lord for guidance and purification of the heart.
2. Questions, searching the heart for the true answers.
  - a. Go through each question very carefully, several times if you have to. Make sure you understand each question thoroughly before you begin to write.
  - b. Search the heart. Be honest about your true understanding and true feelings before beginning the writing process. Then, as if it is your first time looking at each question, commit to your understanding and begin writing a true thought in your workbook. Transfer that thought to your journal and just let it all come out.
  - c. Begin Journaling: Find the definition of the word Journal and journal your thought. Take your time with each response. Sit back and take a true look at what your responses are. After a good look at what you have written, accept it. Then go deeper into the truth of your understanding of it and begin writing your thoughts more clearly.
3. Acceptance: the willingness to let go and let God. Prayer
  - a. Always begin with the Word and end with the Word. Start with prayer, and finish with prayer. Read through what you have written and accept it as the truth about yourself and pray for guidance. The Holy Spirit will guide you into all truth and teach you how to accept your short coming(s) and how to accept Gods help. Acceptance is KEY.



# LOVE

*'And the fruit of the Spirit is'*

Let us begin with the most important fruit of all **'LOVE'**

1. What is your definition of Love? What does this word truly mean to you?

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2. When you think of it, what Bible definitions come quickly to your memory? Write down a scripture or scriptures references here.

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3. According to your understanding of what Love is, how is Love used in the Bible? Give an account of this example from the Bible.

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4. In your perception, what does this fruit look like in your life at this present moment?

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5. Write some background information on your own personal account and understanding on why it looks this way. What do you truly believe you have done or failed to do? Why?

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6. Have you noticed any developments of this fruit in your life? If so, describe how the Holy Spirit is developing this fruit in your life.

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7. How loving do you really think you are in the following six areas in your life? Write your thoughts and feelings about that love separately for each.

1. **Love God**

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2. **Love yourself**

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3. **Love your family**

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4. **Love your friends**

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5. **Love your neighbors**

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6. **Love your enemies**

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The first 4 areas are much easier to learn how to do than the last two areas – especially the last one in being able to love your enemies and those who will try and hurt you in this life.

Remember that the only one reading these thoughts are you. Though we will never be able to love in the perfect way that Jesus can, since none of us will ever become the fourth person of the Holy Trinity, we can still try to do the best we can in our dealings and relationships with other people.

When writing, be very honest about the true nature of your thoughts and your ways concerning each. Loving most of your family and friends is very easy because of the strong natural bonds that we have already established with them.

However, learning how to love some of your neighbors, whom you have no real special bond with, or total strangers, will be much harder for you to do. With the way that our world has become, so many people are keeping to themselves and we are afraid to trust anyone, from loving God to being able to love the worst of your enemies.

**Reminder:** *‘the fruit of the Spirit’ OPPOSES that of ‘the works of the flesh’*

The fruit is .....

**LOVE**

**Thoughts:**

The Apostle Paul makes one of the most classic statements ever made on the importance of love and how this quality fits into the big picture as far as God is concerned.

Nothing will touch other people more deeply than having the love of God shining through you and your life. With the quality of love being a universal language that everyone can understand and witness to, this quality, more than any other quality, will be the main one that can lead nonbelievers to salvation in the Lord. It will also lead other believers into a deeper walk with God. It seems it is no coincidence then, that *love* is listed as the very first fruit of the Holy Spirit in Galatians 5:22.

Paul says that you can have the greatest gifts of tongues, prophecy, understanding of all the mysteries and knowledge of God, the highest levels of faith in God, and do some of the greatest works for God, but if you do not have the love of God operating in your life, then all of this gifting, power, knowledge, and works in the Lord will all be for nothing!

Imagine that! Meditate on this thought as you respond to questions #4 and #5. Think on it, all of the good fruit you may have produced for the Lord in this lifetime will mean absolutely nothing to Him, if you did not walk all of it out in the spirit of love.

Do you think this is the reason why each and every Christian is prompted daily to make it their #1 goal and priority in this life to learn how to walk in the love of God for their lives?

**Thoughts:**

Here are two very profound verses that will show us how important the quality of love really is in the big picture. Study them along with the others you have listed for yourself as you accept the truth about yourself and how you love. Allow the Holy Spirit to lead.

1. **“And now abideth faith, hope, charity, these three; but the greatest of these is charity.”(I Cor.13:13 kjv)**
2. **“Though I speak with the tongues of men and of angels, and have not charity, I am become as sounding brass, or a tinkling cymbal. And though I have the gift of prophecy, and understand all mysteries, and all knowledge; and though I have all faith, so that I could remove mountains, and have not charity, I am nothing. And though I bestow all my goods to feed the poor, and though I give my body to be burned, and have not charity, it profiteth me nothing.”**

**(I Cor. 13:1-3 kjv)**





# JOY

*'And the fruit of the Spirit is'*

Let us move on to another very important fruit... **'JOY'**

1. What is the true definition of Joy? When you hear this word, what does it really mean to you? How can you achieve it?

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2. What Bible definitions come quickly to your memory when you think of Joy? Write down the scripture or scripture references here.

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3. According to your understanding of what Joy is, how is it depicted in the Bible? Give an account of any example of this from the Bible.

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4. In your perception what does this fruit look like in your life at this present moment? Do you have Joy? Do you live with Joy? Do you emit Joy?

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5. Write some background information on your own personal account and understanding on why **JOY** looks the way it does in your life. What do you truly believe you have done or failed to do? Why?

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6. Have you noticed any developments of this fruit in your life? If so, give a description of how the Holy Spirit has been developing this fruit in your life.

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7. Are you generally a happy person? Are you usually in a positive or festive mood no matter what happens in the following areas of your life? Describe what happens when you have challenges in the areas shared below.

**1. Disagreements with church members or disappointments with God**

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**2. You make a mistake or fall short of a certain set goal**

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3. **You are disappointed or hurt by your family members**

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4. **You are disappointed or used by your friends**

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5. **You are aggravated or annoyed by your neighbors or people in general**

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6. **You are used, abused or hurt by your enemies**

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With the imperfections of our own fallen nature, combined with how we all react differently to adversity, it is noted that many Christians have literally had most, if not all of their joy in the Lord, knocked right out of them. However, no matter how bad of a beating you may have taken in this life, God can still fully heal, deliver, and restore you, if you are willing to work with Him in this healing process.

One of the things that God can fully restore in you is your **JOY** in Him. And not only can the Lord fully restore what joy you used to have in Him, or looking to have now, He can also increase it to a much greater degree and intensity, if you are willing to let go. The Holy Spirit will do this for you if you are open to receive it and willing to work with Him to keep it properly flowing through you on a regular basis.

**Reminder:** *‘The fruit of the Spirit’ OPPOSES that of ‘the works of the flesh.’*

The fruit is .....

**JOY**

**Thoughts:**

Realize that God can transmit this divine quality of His character right into your personality. This will be His joy, not yours, and once it begins to flow, once God starts to release His joy into your system, you won't be able to help but feel it. And once you are able to start feeling it again, it will become much easier for you to learn how to walk it back into your own daily walk with the Lord.

The Bible says that *the joy of the Lord is your strength*. This is why it is so important that every Christian have some level of God's joy operating through them in this life.

Without God's joy operating in our lives, things begin to go flat and nothing is ever fun anymore. Most things will start to become a chore and before you know it, you will begin to withdraw from others and life in general.

We all struggle with sadness, discouragement and pain. These are the '*facts of life*' here and right now. This is why each Christian has to work very closely with the Holy Spirit in not only getting Him to release His joy into their system, but also keep it on a regular, consistent basis.

The **Joy of the Lord** can really give you an incredible surge of strength, especially when you have to take on some really tough situations.

Many believers allow themselves to become victims of their circumstances and so consequently vacillate between spiritual highs and lows. Rejoicing in the midst of these challenges may sometime seem unreasonable, even impossible. But this is why we are called to remember that since we cannot always rejoice in our circumstances or in other people. (*because both these elements may be a negative one*). We can **always** rejoice in the Lord, because He is always good and He never changes.

**This is why we have the command, "Rejoice in the Lord always: and again I say, Rejoice." (Phil. 4:4 kjv)**

**Thoughts:**

Here are two verses that show the importance of the quality of Joy. Study them along with the others you have listed for yourself as you accept the truth about yourself and allow the Holy Spirit to lead.

1. **"These things have I spoken unto you, that my joy might remain in you, and that your joy might be full." (John 15: 11 kjv)**

2. **"Then he said unto them, Go your way, eat the fat, and drink the sweet, and send portions unto them for whom nothing is prepared: for this day is holy unto our Lord: neither be ye sorry; for the joy of the LORD is your strength."**

**(Nehemiah 8:10 kjv)**



# PEACE

*'And the fruit of the Spirit is'*

Let us move on to another very important fruit we know as '**PEACE**'

1. What is your definition of Peace? When you hear this word, what does it really mean to you? Can you describe it? How do you achieve it?

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2. What Bible definitions come quickly to your memory when you think of Peace? Write down the scripture or scripture references here.

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3. According to your understanding of what Peace is, how is it depicted in the Bible? Give an account of any example of this from the Bible.

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4. In your perception what does this fruit look like in your life at this present moment? Do you think you have Peace? Does Peace reign in your heart? Do you radiate Peace? Are others comforted by your presence or irritated by it? Do you take everything in stride or does everything about everybody unnerve you?

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5. Write some background information on your own personal account and understanding on why **PEACE** looks the way it does in your life. What do you truly believe you have done or failed to do? Why?

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6. Have you noticed any developments of this fruit in your life? If so, describe how the Holy Spirit has been developing this fruit in your life.

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7. Are you generally a peaceful person? Are you usually in a calm and unassuming mood no matter what happens in the following areas of your life? Describe what happens when you have challenges in these areas. Do you remain at peace?

**1. Disagreements with church members or disappointments with God**

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**2. You make a mistake or fall short of a certain set goal**

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**3. Your friends fail to do what you want or as you have asked them to do**

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**4. Your family fails to perform certain duties as is required of them within the family**

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**5. You are aggravated or annoyed by your neighbors or people in general**

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**6. You are mocked, insulted or taunted by your enemies**

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Without the peace of God operating in your life, you could become very easily rattled, shaken, tormented, and knocked right off your game in the Lord the very first time any kind of adversity should come your way.


Realize that the Holy Spirit has His peace to give to you and that He can give it to you in great abundance. With all the uncertainties of this life, it is imperative that we remain constant so that we are never changed by circumstances or our environment, and only by and through the will of God.

***Reminder: 'the fruit of the Spirit' OPPOSES that of 'the works of the flesh'***

The fruit is .....

**PEACE**

**Thoughts:**



Peace is another major quality that we all need operating in our lives, especially with all of the uncertainty of this life and never knowing what is going to happen next.

Jobs are no longer as secure as they used to be. The company you work for may be bought out today and your job gone in a flash. Half of all marriages are still ending up in divorce. We are all forced to constantly live under the watchful eye of the government and the impending threats of future terrorist activity, never knowing when or where the next attack will occur.

With the different kinds of heightened activity that we face and deal with on a daily basis, it becomes very easy to lose our sense of peace, especially our peace in the Lord. The Holy Spirit; however, can really help us pick up the slack, as we begin to lose our sense of peace over some of the storm clouds that come our way in this life. This kind of peace requires much effort, on our part, hard work and constant self-examination.

Once His peace starts to flow up into your mind, soul, and emotions, it really is, as the Bible says, a peace that surpasses all human understanding. This is especially true when that peace comes right in the middle of a severe storm cloud that you may be going through.

As a champion of peace, the Apostle Paul wrote about endeavoring to keep the unity of the Spirit in the bond of peace. This denotes a kind of passivity, a 'wait and see' attitude.

How can one ever achieve such balance within one's own spirit? How can we learn to die to self in this unbelievable way? What choices do we need to make every single day to make such a thing a reality? Is it really possible to achieve?

Here are two very profound verses that will show us how important the quality of Peace truly is and how accepting this great gift from God can make such a difference in our daily lives.

Study these Scriptures along with the others you have already listed for yourself as you accept the truth about yourself and just how 'at peace' you really are. Allow the Holy Spirit to lead.

1. **“Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.”**

**(John 14:27 KJV)**

2. **“Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.”**

**(Matt. 11:28-29 KJV)**

**Thoughts:**





# LONGSUFFERING (PATIENCE)

*'And the fruit of the Spirit is'*

Another very important fruit we call **LONGSUFFERING (PATIENCE)**

1. What is your definition of Patience? When you hear this word, what does it really mean to you? Can you describe it? How do you achieve it?

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2. What Bible definitions come quickly to your memory when you think of Patience? Write down the scripture or scripture references here.

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3. According to your understanding of what Patience is, how is it depicted in the Bible? Give an account of any example of this from the Bible.

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4. What does this fruit look like in your life at this present moment? Are you a patient person? Does patience govern your life? Are others comforted by your presence, or are you usually short-tempered, impatient, and frustrated with them? Do you take everything in stride or does everything and everybody cause you grave discord?

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5. Write some background information on your own personal account and understanding on why **PATIENCE** looks the way it does in your life. What do you truly believe you have done or failed to do? Why?

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6. Have you noticed any developments of this fruit in your life? If so, describe how the Holy Spirit has been developing this fruit in your life.

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7. Are you generally a very patient person? Describe what happens when you have challenges in these areas. Do you remain positive and calm?

**1. Disagreements with church members or perceived unanswered prayers**

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**2. You make a mistake or fall short of a certain set goal**

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**3. Your friends fail to do what you want or as you have asked them to do**

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**4. Your family does not perform certain duties as required of them within the family**

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**5. You are aggravated or annoyed by your neighbors or people in general**

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**6. You are mocked, insulted or taunted by your enemies**

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Make sure that you are aware of the differences between **Patience** and **Tolerance** as you reflect on these questions. Do not confuse the two. Dwell more on the question of trial vs. character.

Think of the patience that God has with us. The trials, temptations and challenges we face daily are meant to remove the impurities and rough edges from our character. It is the process of purification, and no one said it would be easy. **But**, think of it as letting go and taking hold of the Lord in full faith and complete surrender.


No matter what we go through, we are bound to come out better. We are bound to come out more refined, if we allow the Holy Spirit to take hold.

**Reminder:** *‘the fruit of the Spirit’ OPPOSES that of ‘the works of the flesh’*

The fruit is .....

**PATIENCE**

**Thoughts:**



There is no greater example of patience than that which God shows to all humans. And yes, there did come a time when even He ran out of it. So, we may want to argue the point that since even God himself can come to a point of *'enough is enough'* in His long suffering, then so can we. However, if we are to review history, we will also find that His long suffering went on for countless generations, which we cannot parallel with any account that we have gone through ourselves. His long suffering is tested and can be exhausted where ours cannot.

We may decide that we've had enough of a certain situation and conclude that it has to come to an end, but that is not the same thing as also being judgmental, unloving, or cruel in the process. It may be time to take other courses of action. Yet, that action must never be out of harmony with the principles of kindness, love, and caring.

A patient person remains constant under all circumstance. Waiting with calm and acceptance for whatever the outcome may be. Only making decisions based upon the wisest course of action needed as the situation presents itself. **For the true test of patience is not in the waiting, but rather in how one behaves while one waits.**

Reaching this point in one's journey takes practice, God's grace and a willingness to truly put aside self; a complete surrender to the prompting of the Holy Spirit. The good news is that if we learn patience then we are finally in the position to receive many of His other wonderful blessings as well.

Here are two very profound verses that will show us how important the quality of Patience truly is and how accepting this great gift from God can make such a difference in our daily lives.

Study these scriptures along with the others you have already listed for yourself as you accept the truth about yourself and just how 'much patience' you really have. Allow the Holy Spirit to lead.

1. **“For ye have need of patience, that, after ye have done the will of God, ye might receive the promise.”**

**(Hebrew 10:36 KJV)**

2. **“My brethren, count it all joy when ye fall into divers temptations; Knowing this, that the trying of your faith worketh patience. But let patience have her perfect work, that ye may be perfect and entire, wanting nothing\*.**

**(James 1:2-4 KJV)**

**Thoughts:**



# GENTLENESS

‘And the fruit of the Spirit is’

Another very important fruit we call ‘**GENTLENESS**’

1. What is your definition of **GENTLE**? When you hear this word, what does it really mean to you? Can you describe it? How do you achieve it?

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2. What Bible definitions come quickly to your memory when you think of what it means to be Gentle? Write down the scripture or scripture references here:

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3. According to your understanding of what Gentleness is, how is it depicted in the Bible? Give an account of any example of this fruit as it is illustrated in the Bible.

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4. What does this fruit look like in your life at this present moment? Are you a Gentle person? Does Gentleness govern your life? How are you known for treating others? Do others seek comfort from you and your gentle ways? Do you generally handle things and people in a gentle manner?

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5. Write some background information on your own personal account and understanding of why **GENTLENESS** looks the way it does in your life. What do you truly believe you have done or failed to do? Why?

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6. Have you noticed any developments of this fruit in your life at all? If so, describe how the Holy Spirit has been developing this fruit in your life.

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7. Are you generally a very kind and gentle person when dealing with others? Describe what happens when you have challenges in these areas. Do you remain calm and pleasant?

**1. Disagreements with church members**

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**2. Your colleague or partner makes a mistake or fall short of a certain set goal**

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**3. Your friends fail to do what you want or as you have asked them to do**

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**4. Your family does not perform certain duties as required of them within the family**

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**5. You are aggravated or annoyed by your neighbors or people in general**

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**6. Your enemies confront you in arrogance and with great antagonism**

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There is a time for tough love. But there are also times when just a gentle and loving touch is all that is really needed to properly handle a certain situation.

Learning how to treat others with loving kindness goes a long way in truly being of any good help to them.


**Once** you really start walking in the Holy Spirit with His divine fruits operating and flowing through you, you will really be able to feel and sense when and how you should handle a certain person or a certain type of situation with more of a touch of gentleness rather than with any kind of stern rebuke or condemnation. Learn how to walk and flow with the Holy Spirit in your daily walk with the Lord, so that you will know how He wants you to handle each situation.

**Reminder:** *'the fruit of the Spirit'* **OPPOSES** that of *'the works of the flesh'*

The fruit is .....

**GENTLENESS**

**Thoughts:**



The quality of gentleness, also known as **kindness**, is another major quality needed in our world today. So many people have been beat up and hurt in their dealings with other people, that just a gentle word, a gentle touch from another Christian can help them receive the healing powers of Jesus.

Parents especially need this fruit operating through them. It is easy to get out of balance with the way you are correcting your children. Sometimes the tough love approach is needed, but at other times a gentler approach will be better suited for the situation.

If all your children ever hear from you are stern words of rebuke and criticism, and it is never properly balanced out with words and actions of love, kindness, and gentleness, after a while, they will begin to pull away from you. Then, they have no more desire to establish any type of good, solid, loving relationship with you.

We know there were times that Jesus would engage and set people straight, like He did with some of the Scribes and Pharisees. But there were other times that He dealt with people very gently, with kindness and love. His gentle way of handling some of these people is what really jumps out at you when you really study how He handled different types of people.

The Apostle Paul illustrates in I Cor. 13:4 that the most important fruit of all, **‘Love’**, is patient and kind. This is a powerful statement that shows that love and kindness belong together. Without kindness, no act is truly done in love. Where Patience is love forbearing and may manifest by doing nothing, our gentleness will be manifested in what we say and do, why we say and do it, and more importantly, how. Along with our energy, it requires a sacrifice of much of our time. Much like love, gentleness contains incredible power and is a witness to what the true character of our God is really like.

**Thoughts:**

Here are two verses that will show us how important the quality of Gentleness truly is and how accepting this great gift from God can make such a difference in our daily lives. Study these scriptures along with the others you have already listed for yourself as you accept the truth about yourself and just how ‘gentle & kind’ you really are. Allow the Holy Spirit to lead.

1. **“And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.”**

**(Ephesians 4:32 KJV)**

2. **“But we were gentle among you, even as a nurse cherisheth her children: So being affectionately desirous of you, we were willing to have imparted unto you, not the gospel of God only, but also our own souls, because ye were dear unto us.”**

**(I Thessalonians 2:7-8 KJV)**





# GOODNESS

*'And the fruit of the Spirit is'*

Moving on to another very important fruit called '**GOODNESS**'

1. What is your definition of **GOODNESS**? When you hear this word, what does it really mean to you? Can you describe it? What does it mean to be good?

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2. What Bible definitions come quickly to your memory when you think of what it means to be Good? Write down the scripture or scripture references here.

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3. According to your understanding of what Goodness is, how do you believe it is depicted in the Bible? Give an account of any example of this fruit as it is illustrated in the Bible.

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4. What does this fruit look like in your life at this present moment? Are you a Good person? How are you known for treating others? Are you considered as good to them? Do others seek comfort from you and your good attitude?



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5. Write some background information on your own personal account and understanding of why **GOODNESS** looks the way it does in your life. What do you truly believe you have done or failed to do? Why?

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6. Have you noticed any developments of this fruit in your life at all? If so, describe how the Holy Spirit has been developing this fruit in your life.

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7. Are you generally a very good person when dealing with others? Describe what happens when you have challenges in these areas.

**1. Church members are spreading lies about you and treating you horribly**

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**2. Your colleague or partner cheats you out of a promotion or recognition**

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**3. Your friends are unkind or unfair to someone and asks for your participation**

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**4. Your family does not perform certain duties as required and it causes you strife**

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**5. You find yourself with the opportunity to take revenge on those who have hurt or harmed you in some way and you will be counted blameless for anything you do**

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**6. Your enemies confront, humiliate and beat you down at every good turn**

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Many Christians can effectively witness to others by just living right and being a good example or role model for others to follow. **GOODNESS** is holiness put into practice. It is what we do. Otherwise, it is not “goodness” at all.


**Learn how** to walk and flow with the Holy Spirit in your daily walk with the Lord, and the goodness of God can be transmitted and worked up into your personality through the power of the Holy Spirit. You can have the actual goodness of God shining through you to reach others, if you are willing to work with the Holy Spirit in this sanctification process.

**Reminder:** *‘the fruit of the Spirit’ OPPOSES that of ‘the works of the flesh’*

The fruit is .....

**GOODNESS**

**Thoughts:**



This particular quality is a very powerful fruit to have operating in your personality because of the drawing power it has in it. And the beautiful part about this fruit is that this quality is so pure in its goodness. It does not have any *manipulative* qualities within it. In other words, a truly good person could not even begin to try and use you or manipulate you for their own personal gain because they are too good and righteous to even think along those lines.

This is why these kinds of people are so *trustworthy* and why so many people are drawn to them. You feel so safe by just being around them.

Children are quick to sense and pick up on this quality in people who really have it. These types of Christians draw children and adults to them like magnets. This is why this particular fruit and quality is so important for each Christian to possess.

With goodness, you can easily draw many more people to the Lord. One of the key qualities a nonbeliever will pick up on in a solid Christian is goodness.

To those who truly have goodness, you can tell that it is something operating deep down inside of them. These people are good down to the very cores of their personalities. You can see and feel it when you get around these types of people.

How can a man cleanse his way? Psalm 119:9 KJV says, “by taking heed thereto according to thy word.” **(The Word of God!)**

In the scriptures, “goodness” involves not only exhibiting right behavior but also avoiding its opposite, evil. Goodness must be practiced.

We often hear that someone, who has ‘a good heart,’ is considered to be ‘a good soul’. But in and of itself, this means nothing because it is about what you do. Good intentions, good thoughts, and good motives are fine and have their role, but in the end, goodness is to ‘do good’. A *good heart* is ‘revealed’ in good actions and good deeds. In concrete, practical acts of goodness that actually benefits others. We fool ourselves to believe otherwise.

**Thoughts:**

Here are two verses that will show us how important the quality of Goodness really is and how accepting this great gift from God can make such a difference in our daily lives. Study these scriptures along with the others you have already listed for yourself as you accept the truth about yourself and just how ‘good’ you really are. Remember: ‘it’s what you do’. Allow the Holy Spirit to lead.

1. **“For we are His workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them”**

**(Ephesians 2:10 KJV)**

2. **“Create in me a clean heart, O God; and renew a right spirit within me.”**

**(Psalms 51:10 KJV)**



# FAITHFULNESS

*'And the fruit of the Spirit is'*

Moving on to another very important fruit called **'FAITHFULNESS'**

1. What is your definition of **FAITHFULNESS**? When you hear this word, what does it really mean to you? Can you describe it? What does it mean to have faith? What does it mean to be faithful? Is there a difference?

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2. What Bible definitions come quickly to your memory when you think of what it means to be Faithful? Write down the scripture or scripture references here.

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3. According to your understanding of what Faithfulness is, how do you believe it is depicted in the Bible? Give an account of any example of this fruit as it is illustrated in the Bible.

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4. What does this fruit look like in your life at this present moment? Are you a faithful person? Are you considered to be a faithful person by others? Do others seek refuge with you because of this quality in your nature? If so, can you describe how and your understanding of why?



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5. Write some background information on your own personal account and understanding of why **FAITHFULNESS** looks the way it does in your life. What do you truly believe you have done or failed to do? Why?

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6. Have you noticed any developments of this fruit in your life at all? If so, describe how the Holy Spirit has been developing this fruit in your life.

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7. Are you generally a very faithful person in your dealings with others? Describe what happens when you have challenges in these areas.

- 1. Church duties, church ministries or church members calling upon you for your participation and assistance**

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- 2. Your colleagues, partners or friends need your assistance with jobs they always take credit for**

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**3. Your friends who are never there for you are always in need of your help and are always calling and expecting you to be there**

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**4. You have made a commitment and no matter the circumstance you are expected to follow through. What are your thoughts and your course of action?**

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**5. You find yourself with the opportunity to leave those that have hurt or abused you in some way out in the cold, but your attention and commitment to help can aide them tremendously.**

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**6. Your enemies have confronted, humiliated and beaten you down and your key participation in an event meant to aide others will make them look good.**

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Here you are working out your own belief system. You are showing allegiance and principle of purpose that cannot be questioned or matched (unwavering). You **endure**, though the going gets tough. Your surest example of this is God's own faithfulness to us. The flesh is strong; especially in the area of wanting to satisfy its lust for the material things of this life. This is why this quality is one of the most important of the nine fruits of the Holy Spirit. We all need the faithfulness of the Holy Spirit worked into us to help us keep loyal to God, family, and friends.

**Reminder:** *'the fruit of the Spirit' OPPOSES that of 'the works of the flesh*

The fruit is .....

**FAITHFULNESS**

**Thoughts:**



God, the Father, really holds this particular quality in high esteem, and this is one quality that He will really expect you to operate very strongly in. Not only in your own personal relationship with Him, but He also wants this in other personal relationships with your family and friends. In other words, He wants you to be faithful and loyal to your spouses, children, parents, and good friends.

If God brings you a wonderful mate, wonderful children, and wonderful friends, then He will expect you to stay loyal and faithful to all of them in your personal relationships with them. A true friend will stay by your side for life, through thick and thin and for better or for worse. Just as God will stay faithful to you in His personal relationship with you, He will expect you to stay loyal and faithful in your own personal relationships with the other people in your life.

This is one quality that God the Father is really watching all of us on. He is watching who is going to stay true, loyal, and faithful to Him, and who will stay true, loyal, and faithful to the friends and family that are brought into our lives.

This quality is not only needed in our own personal relationship with God, but it is also needed in our own personal relationships with our friends and our families.

Once you are saved and have entered into a true personal relationship with the Lord, one of the first things you will really have to grab a hold of is holding fast to the Lord and staying faithful to Him for the rest of your eternal life. Once you are saved and have entered into a true personal relationship with the Lord, there is no turning back. Ever!

Here are two verses that will show us how important the quality of Faithfulness really is and how accepting this great gift from God can make such a difference in our daily lives. Study these scriptures along with the others you have already listed for yourself as you accept the truth about yourself and just how ‘faithful’ you really are. Remember: ‘it is being there through thick and through thin’. Allow the Holy Spirit to lead.

1. **“And let us not be weary in well doing: for in due season we shall reap, if we faint not”**

**(Galatians 6:9 KJV)**

2. **“He that is faithful in that which is least is faithful also in much: and he that is unjust in the least is unjust also in much”**

**(Luke 16:10 KJV)**

**Thoughts:**





# MEEKNESS

*'And the fruit of the Spirit is'*

Moving on to another very important fruit called '**MEEKNESS**'

1. What is your definition of **MEEKNESS**? When you hear this word, what does it really mean to you? Can you describe it? What does it mean to be meek?

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2. What Bible definitions come quickly to your memory when you think of what it means to be Meek? Write down the scripture or scripture references here.

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3. According to your understanding of what meekness is, how do you believe it is depicted in the Bible? Give an account of any example of this fruit as it is illustrated in the Bible.

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4. What does this fruit look like in your life at this present moment? Are you a meek person? Do others consider you to be a meek person? Do others take advantage of this quality in your nature? If so, how do they do this? If so, why do you think they do this? Or do others value this quality in your nature? If so why?



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5. Write some background information on your own personal account and understanding of why **MEEKNESS** looks the way it does in your life. What do you truly believe that you have done or failed to do? Why?

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6. Have you noticed any developments of this fruit in your life at all? If so, describe how the Holy Spirit has been developing this fruit in your life.

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7. Do you truly consider yourself to be a meek person in every sense of this word? Describe what happens when you have challenges in the following areas.

1. **Church members are spreading vicious gossip about you among the congregation and each time you are in the presence of one they show openly their disdain**

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2. **Your colleagues, partners or friends are constantly disregarding your input and your efforts.**

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3. Your friends who are never there for you are always demanding that you do for them

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4. You have made a commitment and circumstances beyond your control is preventing you from following through

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5. Your best friend or spouse keeps embarrassing you in front of other people in public

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6. An enemy or even a stranger confronts you and begins to curse at you beyond anything you have ever experienced

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The meek person is not bogged down with concerns about lifting himself up before others but rather lifting God up before others. Since it comes from God and not ourselves, we need to daily **surrender** to the Lord a daily willingness to obey in faith, in order for it to be made manifest in our lives. Learn how to walk and flow with the Holy Spirit in your daily walk with the Lord, and the humility of Jesus Christ can be transmitted and worked up into your personality through the power of the Holy Spirit.

**Reminder:** *‘the fruit of the Spirit’ OPPOSES that of ‘the works of the flesh’*

The fruit is .....

**MEEKNESS**

**Thoughts:**



This quality is manifested in how we relate to others. It's something that is active, that will reveal itself in our words, attitudes, and actions. If you believe that you are meek, it doesn't necessarily mean that you are. To be meek is to manifest meekness. Understand fully what it is.

Most confuse meekness with weakness. Weakness is due to negative circumstances, such as lack of strength or lack of courage. Meekness, rather, is the result of a person's conscious choice to trust in God and lean on Him, as opposed to pushing for one's own ways. Thus, meekness arises out of strength not weakness.

To be meek one needs confidence, not in oneself, but in the Lord. It is an attitude of humility toward God and gentleness toward people. It is shown when we recognize that God is in control and that we can trust Him, even when things don't go as we desire or expect it to.

This quality asks for a complete dying to one's self, an absolute ceasing to fight for one's own agenda and a strong belief that God will fight on your behalf, but for His agenda.

Meekness is the opposite of self-assertiveness and self-interest, stemming from trust in God's goodness and control over the situation.

The meek person is not occupied with self, an attitude key to the promise of rest for the weary soul. After all, aren't our turmoil and agitation often due to seeking only for ourselves and what we want? A meek person has truly learned to die to self, which takes full faith, courage, and perseverance, not necessarily traits the world would associate with meekness.

Here are two verses that will show us how important the quality of Meekness really is and how accepting this great gift from God can make such a difference in our daily lives. Study these scriptures along with the others you have already listed for yourself as you accept the truth about yourself and just how 'meek' you really are. Remember: 'there is no self'. Allow the Holy Spirit to lead.

1. **“Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.”**

**(Matthew 11:29 KJV)**

2. **“But sanctify the Lord God in your hearts, and be ready always to give an answer to every man that asketh you a reason of the hope that is in you, with meekness and fear:”**

**(I Peter 3:15 KJV)**

**Thoughts:**



# TEMPERANCE (SELF CONTROL)

*'And the fruit of the Spirit is'*

The last and very important fruit known as **TEMPERANCE** (*SELF CONTROL*)

1. What is your definition of **SELF CONTROL**? When you hear these words, what does it really mean to you? Can you describe it? What does it mean to have or exhibit self-control?

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2. What Bible definitions come quickly to your memory when you think of what it means to have self-control? Write down the scripture or scripture references here.

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3. According to your understanding of what self-control is, how do you believe it is depicted in the Bible? Give an account of any example of this fruit as it is illustrated in the Bible.

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4. What does this fruit look like in your life at this present moment? Are you a person of self-control? Do others consider you to be a self-controlled person? If they do, do they value this quality in your personality? If so why?

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5. Write some background information on your own personal account and understanding of what self-control or no self-control looks like in your life. What do you truly believe that you have done or failed to do? Why?

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6. Have you noticed any developments of this fruit in your life at all? If so, describe how the Holy Spirit has been developing this fruit in your life.

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7. Do you truly consider yourself to be a person of great self-control in every sense of these words? Describe what happens when you are faced with challenges in the following areas.

- 1. Church members have been spreading malicious gossip about you among the congregation and each time you are in the presence of one they show openly their disgust**

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**2. Your colleagues, partners or friends are constantly disregarding your input and your efforts, and are always interrupting your expressed thoughts during a discussion or meeting, never allowing you the opportunity to be heard**

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**3. Your most irritating acquaintance is constantly criticizing and passing judgments and making disparaging remarks about you and the way you do things**

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**4. You fail to follow through on your commitments/duties and you are stripped of your responsibilities without being informed. You show up later to see that your spot has been filled by another**

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**5. Your best friend or spouse keeps blurting out embarrassing secrets about your private life and swearing at you loudly in front of all your colleagues and associates and those you consider to be very important people**


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**6. You come to realize that you are in love with your best friend's spouse, the two of you are left alone by chance for the entire weekend and you come to understand that the feeling is mutual**

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Due to our fallen and sinful natures, all of us are weak to some degree in the quality of self-control. This is why God the Father made sure to have this fruit listed as one of the nine fruits of His Holy Spirit.

We all need God's self-control operating in our lives and in our personalities. Especially if we are going to have any hope in getting cleaned up and properly sanctified to the degree that He would like to get us to in this life.

If you do not have God's self-control operating through you, you will have very little victory over such things as a bad temper, judgmental and critical spirit, an unforgiving spirit, and vices such as smoking and the abuse of alcohol. Remember to allow the Spirit in and allow Him to lead and take full control.


**Reminder:** *'the fruit of the Spirit' OPPOSES that of 'the works of the flesh'*

The fruit is .....

**TEMPERANCE (Self Control)**

**Thoughts:**





Last, but certainly not least, is the quality of self-control. This is a very important one! Once the sanctification process truly takes a hold of you, expect the Holy Spirit to move on you regarding this specific quality, within the early stages of your process. The reason for this is that we all have a certain amount of character flaw operating in our personalities, and there are some bad and negative qualities that will have to go immediately if it is to work.

The Bible tells us that in this life our spirit and our flesh will war. Our flesh wants immediate self-gratification at all costs and will stop at nothing to try and get it. Our spirit knows that some of our fleshly desires are not right for us and as a result, there will be a tug of war between the two. Sometimes it will be a major tug of war. And the only thing that will be able to control and curb some of the desires of our flesh is the quality of self-control.

The world we live in is materialistic and self-centered. Because of this, many people have very poor impulse control. If they see something, they immediately want it. And then will do anything they can to try and get it. They will also refuse to be denied until they get what they are going after. These people are obviously very weak in the quality of self-control. This is why the Bible tells us that if we can learn how to really walk in the Holy Spirit, then we will not fulfill the lusts of our flesh.

But if you are willing to yield to Him and allow Him to start to truly do this work on all nine of these fruits into your personality, then you will find yourself starting to grow in ways and in areas that you never thought were possible in this life. His supernatural power in this area will blow you away, once you see how far He can really take you to become the person that He would like you to become in this lifetime. Let go and let the Spirit flow. Let the Spirit move you.

Here are two verses that will show us how important the quality of self-control really is and how accepting this great gift from God can make a very huge difference in our daily lives. Study these scriptures along with the others you have already listed for yourself as you accept the truth about yourself and just how much you are lacking in Self-control. Remember: ‘there is no self’. Allow the Holy Spirit to lead and take full control.

1. **“But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway”**

**(I Corinthians 9:27 KJV)**

2. **“Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth easily beset us, and let us run with patience the race that is set before us”**

**(Hebrews 12:1 KJV)**

**Thoughts:**



## Conclusion

After working on all nine Fruit pages, answering questions, journaling and much reflection, you should have now come to a true understanding of why the Lord wants to work these fruits into our personalities.

As you reviewed each fruit and took a long hard look at yourself, you would have come to the true revelation of just how powerful they all really are. They not only have the ability to help change, transform, and sanctify us, but they also have the ability to touch and change the lives of all those around us, too.


**Remember two things:** (1) Once the Holy Spirit begins to move within you, be prepared for some major battles and tugs of wars with Him, as He starts coming after some of the negative qualities operating in your personality. (2) If that process does begin and the Holy Spirit starts to release His qualities of love into your personality, and you start refusing to walk and operate in that love in your words, deeds and actions to others, He will start to pull it back from you after a reasonable length of time.

This process of sanctification is a two-way street. The great physician will be ready to perform surgery but you have to be a willing patient. You will need to pay attention to what unwanted items He needs to remove and what necessary changes He is waiting to make. After the procedure, you will need to willingly live, walk, and operate within the realms of those specific changes, once the Holy Spirit begins a sort of supernatural, sanctification process within you. The Holy Spirit cannot do this part for you. It is your choice and your choice alone. You will have to do this yourself!

Jesus empowered and equipped Peter to walk on water. Yet, still there was something Peter had to do before that supernatural power could be released to him. He had to believe. Get up and start walking. It was only when he got out of that boat and began walking forward did the supernatural power of God manifest. That belief then allowed him to literally walk on water!


It's the exact same way in which this process you have just gone through will work. The Holy Spirit will give you the supernatural power to change, transform, and be sanctified. But it is you who will have to be just like Peter and be willing to live and walk in that supernatural power, before the results of the surgery that has been performed can truly manifest itself.

To those of you who will decide to enter into this sanctification process with the Lord and allow the Holy Spirit to truly wash you all over, realize that none of it can be expected to occur overnight. The Holy Spirit holds the timetable and will set the pace and time frame that He will want to work with you. You can perfectly trust Him to handle each of the areas that you will reveal needs work. Learn to let go and let flow.



Though much of this process may prove to be quite a bit painful at times, if done right, since none of us like to admit that we have anything that needs to be changed, let the Holy Spirit take you as far as you really need to go. I guarantee you that your life and your state of well-being will all be changed for the better!

**Learn how to ride and flow with the patience of the Holy Spirit in your daily life and walk with the Lord. You will then be able to enter into a much more restful, peaceful state within your mind and emotions.**



**But the fruit of the  
Spirit is love, joy,  
peace, longsuffering,  
gentleness, goodness,  
faith, Meekness,  
temperance: against  
such there is no law.**

Galatians 5:22-23 KJV