



FRUIT OF THE SPIRIT *Assessment*

Evaluate where you are **NOW** from where you were last year.
For example: If you are more joyful now than you were a year ago, circle a number greater than 5. If you feel like you've had little to no growth in joy, circle a number less than 5.

LOVE

1 2 3 4 5 6 7 8 9 10

JOY

1 2 3 4 5 6 7 8 9 10

PEACE

1 2 3 4 5 6 7 8 9 10

PATIENCE

1 2 3 4 5 6 7 8 9 10

KINDNESS

1 2 3 4 5 6 7 8 9 10

GOODNESS

1 2 3 4 5 6 7 8 9 10

FAITHFULNESS

1 2 3 4 5 6 7 8 9 10

GENTLENESS

1 2 3 4 5 6 7 8 9 10

SELF-CONTROL

1 2 3 4 5 6 7 8 9 10

Just because you are not a 10 doesn't mean you have failed! It simply means progress can be made. This journey of being like Christ and living out the fruit of the Spirit cannot be accomplished by your own strength. It's through the Spirit! The challenge is to **RELY** on the Spirit! **PRAY** that it will help you bear fruit.
Ask **HIM** to help you live **THE 9** daily!

TIM KELLER'S DEFINITIONS OF THE FRUIT OF THE SPIRIT GALATIANS 5:22-23

AGAPE – LOVE

DEFINITION: To serve a person for their good and intrinsic value, not for what the person brings you

OPPOSITE: Fear; self-protection; abusing people

COUNTERFEIT: Selfish affection; rescuing someone but really rescuing one's self; being attracted to how a person's love makes you feel about yourself, rather than being attracted to the person

CHARA – JOY

DEFINITION: Delight in God and His salvation for sheer beauty and worth of who He is

OPPOSITE: Hopelessness; despair

COUNTERFEIT: Elation that comes with blessings not the Blessor; mood swings based on circumstances

IRENE – PEACE

DEFINITION: Confidence and rest in the wisdom and sovereignty of God more than your own

OPPOSITE: Anxiety and worry

COUNTERFEIT: Indifference; apathy; not caring about something

MAKROTHUMIA – PATIENCE

DEFINITION: Ability to take trouble (from others or life) without blowing up; to suffer joyfully

OPPOSITE: Resentment toward God and others

COUNTERFEIT: Cynicism; self-righteousness

CHRESTOTES – KINDNESS

DEFINITION: Practical kindness with vulnerability out of deep inner security

OPPOSITE: Envy; unable to rejoice in other's joy

COUNTERFEIT: Manipulative good deeds; self-congratulation; self-righteousness

AGATHOSUNE – GOODNESS (INTEGRITY)

DEFINITION: Honesty; transparency; being the same in one situation as another

OPPOSITE: Phoniness; hypocrisy

COUNTERFEIT: Truth without love

PISTIS – FAITHFULNESS

DEFINITION: Loyalty; courage; principle-driven; committed; utterly reliable; true to one's word

OPPOSITE: Opportunistic; being a fair-weather friend

COUNTERFEIT: Love without truth; being loyal when you should be willing to confront or challenge

PRAUTAS – GENTLENESS (HUMILITY)

DEFINITION: Self-forgetfulness

OPPOSITE: Superiority; self-absorbed; self-aggrandizement

COUNTERFEIT: Inferiority; self-absorbed; self-consciousness

EGKRATEIA – SELF-CONTROL

DEFINITION: Ability to choose the important thing over the urgent

OPPOSITE: Driven; impulsive; uncontrolled

COUNTERFEIT: Willpower through pride or through more "functional" idols

"This is an adaptation of the definitions given by Timothy Keller in "Galatians For You" (The Good Book Company, 2013), pages 153-155. Used with permission.