

# Activity Booklet



BUT THE FRUIT OF THE SPIRIT IS LOVE, JOY, PEACE,  
PATIENCE, KINDNESS, GOODNESS, FAITHFULNESS,  
GENTLENESS AND SELF-CONTROL. AGAINST SUCH  
THINGS THERE IS NO LAW.

*Galatians 5:22-23*

# OVERVIEW

## *The 9 Challenge*

*Create nine experiences at home* over the coming nine weeks with a focus on each of the nine fruits of the Spirit.

*Ideas and resources to help* make the process fun and practical. Feel free to adjust these ideas to your family's needs or come up with your own.

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### FOUNDATIONAL REMINDER

The fruit of the Spirit grows out of an abiding relationship with Jesus Christ. Fruit is produced in us, not by us. But we have a part to play by submitting ourselves to God and inviting Him to nurture His character in us and in our homes.

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# LOVE

## *Bearing fruit at home*

### *What is love?*

Love is a choice, not a feeling or an emotion. It is a choice to put the needs and interests of others on a level with our own or even to act sacrificially toward others, as Christ did.

*A new command I give you:  
Love one another. As I have loved you,  
so you must love one another.*

*John 13:34*

# Couples

## BEST USE

A date night discussion to engage in constructive conversation about growing more love in your relationship

## ADVANCE PREP

A Bible, pen, notebook, and two rubber bands

### *Step One*

Spend five minutes working together to create a list of songs that include the word “love” in the title or lyrics. Google lists thousands; you may search if you get stuck.

### *Step Two*

Agree on one song from your list to sing together in a karaoke setting (e.g. Play the song on your mobile device while in the car and belt it out together)!

### *Step Three*

Discuss whether the song gives a healthy image of love.

- Does it portray love as something based on emotion or feelings?
- Does it represent love as commitment to the well-being of another without conditions?
- Does it show love as self-sacrifice or as self-centeredness?

### *Step Four*

Read I John 4:7-12 where love is mentioned about a dozen times. Share one practical way you can “love one another” like God has loved us. For example, forgiving quickly rather than giving the silent treatment, sacrificing my wants for your needs, initiating affection rather than waiting for you to do it, etc.

### *Step Five*

Put the rubber bands on your wrists. Hold hands and ask God to use these as a reminder to demonstrate love in practical ways this week.

# Parents & Kids

## BEST USE

A family activity to talk about how love grows when we stay connected to God

## ADVANCE PREP

A Bible and a deflated balloon

### *Step One*

Read Galatians 5:22-23. Start your family time by explaining that the fruit of the Spirit is something that you will be discussing over the next several weeks. This first week will be a focus on the first fruit, love.

### *Step Two*

Give each person 30 seconds to name things they love...they can be as simple as Legos, individual family members by name, favorite foods, fun activities, etc.

### *Step Three*

Hold up the deflated balloon and explain that it represents human love. It is nice, but could be much more by connecting to God's love. When He breathes into our version of love (the deflated balloon), it becomes something much, much better.

### *Step Four*

Read 1 John 4:16. Talk about some ways that you can "live in God." For example, spending time in His Word, talking to Him in prayer, obeying and trusting His commands, etc. As each way is shared, blow a small amount into the balloon to inflate it. When we connect to God, He helps us make our love more like His.

### *Step Five*

Play a game with the inflated balloon. Throw the balloon in the air and whoever catches it shares one way they can show love to someone else. For a more challenging game: Take turns tapping it into the air and see how long the family can keep it up by naming one way to show love to each other with each tap. Try not to run out of ideas or the balloon will fall to the floor.

### *Step Six*

Pray together asking God to help each of you stay connected to Him so that you will grow in love.

# Parents & Teens

## BEST USE

An activity for a parent and teen to compare Biblical love with various things in the physical world.

## ADVANCE PREP

A smart phone or computer with web access for each person, paper and pen/pencil for each person and a favorite treat to award the winner.

### *Step One*

Gather at a table, living area or office in the home. Each participant will need a device to search online. You can use a family friendly search engine like [kidrex.org](http://kidrex.org) for safety.

### *Step Two*

Say, "Today we are going to have a contest to see who can list the most types of apples in three minutes. Use the agreed upon search engine to discover as many as you can. You must be able to show a picture of any apple you list if asked for proof." Set a timer giving everyone three minutes to complete the task. Identify who won the contest and provide proof if needed. Award the treat to the winner. Ask the following questions...

- What was your favorite apple and why?
- What do all the apples have in common?
- What was the most unique type of apple? Describe it.

### *Step Three*

Now do the same activity WITHOUT a web search. Instead open the Bible to I Corinthians 13:4-7. Using these hints, spend three minutes listing different expressions of love. Ask, "What do all these expressions of love have in common?" Examples may include "Not about self" and "Meets another's need."

### *Step Four*

Have each person describe one way they can show love this week from the list in the I Corinthians passage.

### *Step Five*

Finish your time praying together by asking God to help each person show love in a variety of practical ways this week.

# Singles

## BEST USE

A group discussion on displaying Christ-like love in your workplace and amongst your family and friends. It may also be used for personal study.

## ADVANCE PREP

A Bible, pen, and 3x5 cards

### *Step One*

Spend five minutes as a group discussing some of your favorite love stories portrayed in TV shows and movies.

### *Step Two*

Discuss how these various shows and movies define and portray love.

- How do they define the basis of love?
- How do they define the requirements of love?
- Do they define love as self-sacrifice or as self-centeredness?

### *Step Three*

Read the following passages and discuss/answer these questions:

- Read Matthew 22:34-40. What does it mean to love God with all your heart, soul, and mind? How does our love for God affect how we love others?
- According to I John 4:7-12, what is the true source of love? How is love displayed? How is love earned? How can we love others in the way God loved us?
- How does the definition of love given in I Corinthians 13:4-7 differ from how the world defines love? How might this type of love change your relationships with your family, friends, and co-workers?

### *Step Four*

Identify ways in which you can practically demonstrate with Christ-like love to those with whom you regularly interact this week. Make a checklist on a 3x5 card that you can accomplish this week.

Write 1 John 4:11 on a 3x5 card and hang in a place where you will see it every day this week (room, bathroom, car, etc.)

### *Step Five*

Pray with one another that God will help you demonstrate Christ-like love toward others this week.



# JOY

## *Bearing fruit at home*

### *What is joy?*

Joy comes from the Lord in good times and bad. It is a deep sense of well-being that is not determined by our circumstances. Gratitude and joy go hand in hand as we focus on Him and all that He has done for us.

*The Lord has done great things for us,  
and we are filled with joy.*

*Psalm 126:3*

# Couples

## BEST USE

A fun challenge to help couples discover how to nurture more joy in their lives and relationship

## ADVANCE PREP

A Bible, two glass jars labeled with each spouse's name and a bag of cotton balls

### *The Reason*

Joy is a gift we receive from God and a gift we can give to others. We become a better spouse by embracing and displaying the gift of joyfulness.

### *The Start*

Read the words of Jesus in John 15:11. What is the source of our joy and what is it supposed to look like? Pray for each other that God would help you both grow in joy and choose joy.

### *The Challenge*

See who can show the most joy in the next week. Try to catch each other choosing joy. Place a cotton ball in the jar for each time you see the Holy Spirit working in them as they choose joy. Follow these simple rules:

1. Both of you must diligently watch for joy in the other person. The best part of the challenge is catching each other doing something well.
2. No faking joy; that is just bad form.
3. You may not point out to the other person when you choose joy. They must notice without being told.
4. No stealing cotton balls or withholding a cotton ball that is deserved.

### *The Source*

Every morning, and as often as you remember, ask God to grow the fruit of joy in you. "Lord, I want Your joy to be in me and I desire that joy be evident in my choices and my attitude no matter the circumstance."

### *The Prize*

Agree upon a significant prize before you begin. The person with the most cotton balls at the end of the week wins. But in reality you both win as the challenge causes your marriage to grow in joy.

### *After the Challenge*

Continue to seek the Lord to develop joy in your life. Feel free to start the challenge again and again.

# Parents & Kids

## BEST USE

A family time activity exploring the difference between happiness and joy

## ADVANCE PREP

Food coloring, a clear glass of water, cooking oil, a spoon, and a Bible

### *Step One*

Read John 15:11 and discuss the difference between joy and happiness. Joy is a gift from God that doesn't change with circumstances. Happiness is often in response to happenings.

### *Step Two*

Pour a couple of drops of food coloring in the cup of water and stir with the spoon. The food coloring colors the entire cup of water. The color in the water is just like the joy we have from God when we ask Him to come into our lives. Our joy is found in Him and what He has done for us.

### *Step Three*

Discuss some things that seem to make you happy. For example, winning a game, a good grade, a special treat, etc. Happiness is good, but temporary. Pour some oil into the glass of colored water. Notice how the oil just stays on the surface. The oil is like happiness. It is only temporary and is just on the surface. Would you rather have joy or happiness?

### *Step Four*

Talk through the following questions:

- What reasons do we have to be joyful?
- Do others see joy in us even when we face disappointments?

### *Step Five*

Conclude your time together with a family laugh party. Try to make each other laugh. (Consider tickles, and watching funny videos, etc.) As the laughter starts it can quickly spread, getting bigger and louder. As we experience God's joy, it grows deeper and stronger in our lives and is contagious, spreading to others.

### *Pray*

Ask God to help each member of your family connect to God's joy in good times and in hard times.

# Parents & Teens

## BEST USE

An activity with older children/teens to discover joy from a Biblical perspective and understand it is possible to have joy regardless of circumstances

## ADVANCE PREP

A Bible or device that has a Bible and a dry erase marker.

### *Step One*

Ask everyone what comes to mind when they hear the word *joy*. Ask if there's a difference between joy and happiness.

### *Step Two*

Read James 1:2-4. Would a person be happy when they are going through a trial or hard time? (Not likely.) So how could they have joy? What does this passage say about trials or the testing of your faith?

### *Step Three*

Joy is available regardless of circumstances. What are some tough things you or those you know have experienced in the last few years? Did you/they seem to have joy in the midst of those tough times?

### *Step Four*

Joy is not something we can just muster up on our own. We must look to the source of joy in order to receive it and practice it throughout life. Read Romans 15:13. How is God described in these verses? What is God filling a person with?

### *Step Five*

According to Romans 15:13, God is full of hope and is the one who can fill you with joy. Using a dry erase marker, write the word JOY on your bathroom mirror. Every time you see it on your mirror over the next few weeks, remember that God can give you the gift of joy.

# Singles

## BEST USE

A group discussion that will allow one to discover joy from a Biblical perspective and understand it is possible to have joy regardless of circumstances. It may also function as a personal study

## ADVANCE PREP

A Bible, pen, and 3x5 cards

### *Step One*

Have each person in the group write down a brief definition of joy on a notecard. Put all the cards in a bowl and have each person draw a card from the bowl. Have each person attempt to guess who wrote the definition they drew.

### *Step Two*

Discuss the various definitions of joy

- How is joy different from being happy?
- How might a Christian's perception of joy differ from the world's perception of joy?

### *Step Three*

Read the following passages and discuss/answer these questions:

- Jesus tells his disciples in John 15:11 that he spoke "these things" to them so that his joy would be in them. To what things is he referring? (Hint: read John 15:1-10)
- What do you suppose it means that our joy "may be full"? How might having our joy be full affect the way we act?
- According to Romans 15:13, why does Paul desire that God fill his readers with joy? How does being a joyful believer help us represent Christ to those around us?
- Read James 1:2-4. Why should we continue to have joy during difficult circumstances? Why is it difficult to rejoice during trials? How can we have joy during trials?

### *Step Four*

Identify a time in your life in which it was difficult to have joy. Write down the lessons that God taught you during that time. Discuss how the Lord helped you grow through those difficult circumstances.

### *Pray*

Pray with one another that you would have a joyful heart in every situation this week. Pray that your joyful spirit would lead to gospel conversations with those around you.



# PEACE

## *Bearing fruit at home*

### *What is peace?*

Peace is not the absence of conflict. It is, rather, calmness coming from our awareness of God's sovereignty and sufficiency in every circumstance. Peace is found as we rest and rely on Him. Worry and anxiety often come as we take our eyes off our all-sufficient God. We can have peace even in times of trouble.

*Peace I leave with you; my peace I give you.  
I do not give to you as the world gives.  
Do not let your hearts be troubled  
and do not be afraid.*

*John 14:27*

# Couples

## BEST USE

A good conversation about helping peace grow in your own life and in your relationship

## ADVANCE PREP

A Bible

### *Step One*

Read Romans 15:13 together.

### *Step Two*

Discuss the following questions:

- What would our home be like if there were more peace?
- What might we be doing that is hindering God from filling our lives with peace?
- Are we willing to work to remove those obstacles that may be hindering God from filling us with peace?
- What is one thing we can agree upon that is an immediate step for us to allow God to fill us with His peace?

### *Step Three*

Talk through the acronym below. How could you use this acronym to rely on God for more peace?

P - Pause. Slow things down.

E - Eliminate. What needs to be cut out?

A - Allow. Make room to be filled with God's peace. Romans 15:13

C - Challenge. Challenge the things that disrupt peace in your life.

E - Enter. Enter into the peace that Jesus offers. John 14:27

### *Step Four*

Share with each other if there is a certain letter of the acronym that stands out the most, or if there is an area that you want to ask God to help you with. Take a photo of the PEACE acronym with your phone or write it onto an index card. Look at it every day this week to assist as you cooperate with God to develop the fruit of peace in you.

# Parents & Kids

## BEST USE

A family time activity to talk about peace

## ADVANCE PREP

A Bible, balloon and a hair dryer

### *Step One*

Read John 16:33. Jesus is telling His followers that there will be trouble but that we can trust Him for peace because He is in control.

### *Step Two*

Blow up a balloon and tie it off. Have someone hold the balloon stem below the knot and tell them the objective is for them to hold the balloon very tightly and keep it still while the hair dryer or family member blows air on it. They will not be very successful. Tell them to hold on tight to try to control the balloon so it stays “peaceful in the storm.”

### *Step Three*

Now, have someone hold the balloon by gripping the top of it. Try blowing the balloon now. (Blowing on it should not be able to affect the balloon.) This illustration represents the peace that God can bring when we allow Him to be in control. The circumstances may not change, but Who we are trusting for peace does, and we are “held steady.”

### *Step Four*

Peace greatly involves letting go of control and allowing God to be our ultimate peace. As a family we can create an aroma of peace in our home as we team up with God and seek peace in Him.

### *Step Five*

Allow each person to share one thing that they feel worried or “not-at-peace” about. Pray together specifically for those items shared. Thank God that He is in control and ask that He would give peace in each situation.

# Parents & Teens

## BEST USE

An activity with older children/teens used to discover and understand peace from a Biblical perspective

## ADVANCE PREP

A Bible or device that has a Bible, paper and something to write with

### *Step One*

What comes to mind when you hear the word peace? Does peace always have to do with the absence of war or conflict?

### *Step Two*

Read Philippians 4:6-7. God does not want us to worry or to be anxious about anything. The spiritual fruit of peace is the opposite of worry. Peace comes from God. We can tap into the “peace that passes all understanding” through prayer.

### *Step Three*

Have each person make a list of things that cause him or her anxiety or worry. Discuss each one and the reasons behind them. It is important to not dismiss anything from a person’s list, which could be easy to do if one does not have the same worry or anxiety.

### *Step Four*

Take turns praying for one another’s worries, asking God to bring peace to that area of each other’s lives.

### *Step Five*

During the next week, check in with family members daily asking if they are worried or anxious about anything. Based on their responses, pray for one another on the spot or through a text.

# Singles

## BEST USE

A group discussion on peace from a biblical perspective and how to have peace in every circumstance. It may also function as a personal study.

## ADVANCE PREP

A Bible, pen, and 3x5 cards

### *Step One*

Discuss what people mean when they advocate for “world peace.” Do you think world peace is possible? How would a Christian perspective of peace differ from people’s call for “world peace”?

### *Step Two*

Discuss various aspects of peace.

- Inner peace (individual peace) vs. Outer peace (peace between individuals)
- How does inner peace affect our ability to be at peace with each other?

### *Step Three*

Read the following passages and discuss/answer these questions:

- In John 14:27, Jesus promises to give us peace that the world does not give. What is the difference between the peace that Jesus gives and the peace that the world gives?
- According to John 16:33, why can we have peace during trials?
- Why is peace so vital to the unity of the church? (Col 3:15) How can we pursue peace? (1 Peter 3:11)
- Read Philippians 4:11-13. Do you think there is a link between peace and contentment? How can you find contentment during this stage of life?

### *Step Four*

Write this acronym for peace on a 3x5 card and put it in a prominent place where you will see it every day this week (car, room, bathroom, etc.)

P - Pause. Slow things down.

E - Eliminate. What needs to be cut out?

A - Allow. Make room to be filled with God’s peace. Romans 15:13

C - Challenge. Challenge the things that disrupt peace in your life.

E - Enter. Enter into the peace that Jesus offers. John 14:27

### *Step Five*

Pray with one another that you would experience God’s peace. Ask that God would teach you to be at peace and content during this stage of life.



# PATIENCE

*Bearing fruit at home*

*What is patience?*

Patience is the ability to wait contentedly on God. We can trust that God is working for our best and for His glory in His perfect timing. As we experience God's patience with us, our patience with others grows.

*But if we hope for what we do not yet observe,  
we eagerly wait for it with patience.*

*Romans 8:25*

# Couples

## BEST USE

A date night conversation to discuss depending on God to develop more patience

## ADVANCE PREP

A printed or online dictionary, Bible, pen, and two index cards

### *Step One*

Look up the definition of patience together. What meaning sticks out most to each of you?

### *Step Two*

Write "Patience" at the top of your index cards. Share with each other several ways God is patient with you and write them on your individual index cards.

### *Step Three*

Read Proverbs 14:29. Share one recent incident when you observed your spouse being patient. Now share one recent incident in which you know you acted impulsively or quick-temperedly.

### *Step Four*

Brainstorm some "patience-stretching activities" you could use this week to practice intentional patience. Pick from the list below or come up with your own. Now, add those to the reverse side of your index card.

- Get in the longest checkout line at the store.
- Park in one of the furthest spots from the entry door.
- When approaching a stoplight get in the lane with the most vehicles.
- While driving, stay at or just below the speed limit.
- Sit in silence for five minutes each day.

TIP: Don't purposefully cause your spouse to wait on you and say that you were helping them develop patience!

### *Step Five*

Decide where each of you will keep your index card for the coming week to help remind you of God's patience and His desire to grow this fruit in your life.

## Parents & Kids

### BEST USE

A family time activity to learn about patience

### ADVANCE PREP

A Bible, ingredients and the recipe to bake a special treat such as cookies or brownies

#### *Step One*

Work together to mix all the ingredients to bake. Put the mix in the oven and then sit on the floor near the oven to watch and wait.

#### *Step Two*

As you wait, read Isaiah 40:31 together. Talk about the meaning of patience - to be content while waiting for God's timing. Try to come up with a list of characters in the Bible who needed to wait for God's timing (Waited well = Joseph in prison; Jacob waiting for his wife; Abraham, Prodigal son's father. Not so well = The children of Israel waiting in wilderness; prodigal son.)

#### *Step Three*

If you have the time, go ahead and read a few of the characters' stories together in the Bible. Discuss whether the character(s) "waited well" for God's timing. Were they patient? Did they complain and grumble while waiting, or did they choose to trust God and be content?

#### *Step Four*

Once your yummy treats are finished baking and are ready to eat, spend some time talking about ways your family can "wait well." Also discuss areas in which each of you may need to practice the art of patience.

#### *Pray*

Thank God that He is faithful and we can trust His plans. Pray that He will give each of you the grace needed to grow the fruit of patience.

# Parents & Teens

## BEST USE

An activity with older children/teens used to discover and understand patience from a Biblical perspective

## ADVANCE PREP

A Bible or device that has a Bible, index cards and something to write with

### *Step One*

Talk about a time each of you were impatient over the last few days. What were the circumstances? What happened as a result of your impatience? How could things have gone differently if you had shown patience instead?

### *Step Two*

Read James 5:7-11 and Galatians 6:9. What do these passages teach us about patience? What do we know about a farmer and his crops? How does this apply to the situations in which we become impatient?

### *Step Three*

Discuss situations where you struggle the most with patience such as in your car, at school, on your team, or with a family member or friend.

### *Step Four*

Each person take an index card and write out Ephesians 4:2. Then put the card in a place where you might need the reminder to practice patience the most, for example, in your car, school locker or binder, etc. Let this verse remind you to be patient with others and patient in every circumstance, as God is patient with you.

# Singles

## BEST USE

A group discussion on patience from a biblical perspective and how to develop more peace in your own life. It may also function as a personal study.

## ADVANCE PREP

A Bible, pen, 3x5 cards, and possibly a dictionary (either printed or online)

### *Step One*

Discuss a situation this week in which you struggled to be patient. Did you show impatience? What was the result of your impatience? How do you think the situation would have turned out differently had you been patient?

### *Step Two*

Discuss various aspects of patience.

- How would you define patience? (You may use a dictionary to help)
- People often say, "Don't pray for patience or God will give it to you." Do you agree with this statement? Why or why not?

### *Step Three*

Read the following passages and discuss/answer these questions:

- Read Isaiah 40:31. In what situations have you found it difficult to wait on the Lord? How might waiting on the Lord help us grow closer to him?
- Have you ever encountered a situation where you did right thing and seemingly experienced no benefit? Do you think Paul experienced these same situations? How did the promise of Galatians 6:9 help him remain patient? How can it help us remain patient?
- Read Ephesians 4:1-3. Why is patience so vital to experiencing unity in the church?
- Read James 5:7-11. What are we as believers ultimately waiting on? How does the metaphor of the farmer relate to us in developing patience? How did Job show patience and perseverance in his own life? What about the character of the Lord makes it easier for us to be patient? Hint: read v. 11.

### *Step Four*

List on a notecard ways in which the Lord has been patient with you. Place it in a prominent place this week so that you will be reminded of God's patience toward you and will be encouraged to show patience in every circumstance this week.

### *Step Five*

Pray with one another that you would be able to show patience in your home and workplace this week. Thank the Lord for the ways in which he has shown patience toward you.



# KINDNESS

*Bearing fruit at home*

*What is kindness?*

Kindness is expressing to others the same mercy and grace that God has given to us in Christ Jesus. Following His example, we show kindness in both words and actions to those around us, whether they deserve it or not.

*Be kind to each other, sympathetic,  
forgiving each other as God has  
forgiven you through Christ.*

*Ephesians 4:32*

# Couples

## BEST USE

A date night to plan a week filled with a number of Random Acts of Kindness

## ADVANCE PREP

A Bible, paper and something to write with

### *Step One*

Read Ephesians 4:32.

### *Step Two*

Discuss the following:

- What are the clear directives found in that scripture?
- How can we nurture a home that is filled with kindness?
- What does this verse say is the kindest thing that Christ has done for us?
- How can I show more kindness to you in my words and my actions?

### *Step Three*

Create a list of Random Acts of Kindness that you would enjoy doing together this week. Mimic this sample list:

#### MONDAY

Go to a restaurant and scan for a young family with kids. Secretly pay for dessert to be sent to their table.

#### WEDNESDAY

Send an email prayer or card to someone you know is struggling or lonely.

#### SATURDAY

Make a special breakfast for a family or take an elderly relative out for breakfast.

#### SUNDAY

Bring an anonymous thank you note or treat to a fire station, police station, or to a specific public servant.

### *Pray*

Thank God for His amazing kindness toward us. Ask Him to bless your Random Acts of Kindness actions this week and that they will bless others.

# Parents & Kids

## BEST USE

A family time activity to learn about God's kindness toward us and the difference our kindness makes to those around us

## ADVANCE PREP

Bowl of water, pepper shaker, bar of soap, and sugar

### *Step One*

Take the bowl of water and pour in pepper representing people in our lives. Now take the bar of soap; this represents being unkind. As you stick the bar of soap in the center of the water, talk about ways that we are sometimes unkind to others. (The pepper should move away from the soap; move it around a little bit if doesn't immediately.) When we are unkind, others don't want to be around us and we don't show God's love to those people.

### *Step Two*

Now take the sugar representing kindness. Pour the sugar where you had placed the soap before. (The pepper should be drawn to the sugar.) What happens to the people (pepper) when you are kind (sugar)?

### *Step Three*

Read Ephesians 4:32, "Be kind to each other, sympathetic, forgiving each other as God has forgiven you through Christ."

### *Pray*

Ask God to help each family member to grow in loving kindness toward each other and toward those God places in your lives.

### *Optional*

Choose random acts of kindness to do for others. Search for ideas online or come up with your own. Bake a treat for a friend, smile at as many people as you can, give someone a compliment, draw a picture for someone, pick up trash at the park, etc.

# Parents & Teens

## BEST USE

An activity with older children/teens used to discover and understand kindness from a Biblical perspective

## ADVANCE PREP

Bible or device that has a Bible

### *Step One*

Read Ephesians 4:32. Why should we be kind to others? What did we do to deserve God's kindness?

### *Step Two*

This week we are going to practice the ideas in Ephesians 4:32 through random acts of kindness.

### *Step Three*

Pick three random acts of kindness from the list below and make a plan when you will do them over the next week:

- Open the door for someone.
- Tape change to a vending machine.
- Donate food to your local food pantry.
- Do a chore for someone in your family.
- Leave a kind note for someone to find.
- Give a compliment to a stranger.

### *Step Four*

At the end of the week come back together to discuss the random acts of kindness.

- Were you able to complete three acts of kindness?
- If not, what prevented you from doing so?
- Did anyone do more than three? If so, why?
- How did it make you feel to do something kind for someone else?

### *Step Five*

We did nothing to earn God's kindness or forgiveness; it was all based on God's love in Christ. Since we have received the kindness of God in Christ, we can show kindness to others even if we don't think they deserve it.

### *Optional*

Choose one or two acts of kindness to do together as a family.

# Singles

## BEST USE

A group discussion on how to display kindness in a biblical manner. It may also function as a personal study.

## ADVANCE PREP

A Bible, pen, and 3x5 cards

### *Step One*

Take turns naming the kindest person that you know. What makes them kind? Do you enjoy being around that person? Why or why not?

### *Step Two*

Read the following passages and discuss/answer these questions:

- Read Ephesians 2:7-8. In what way did God choose to display his kindness toward us? If this is true, do we have any valid excuse not to show kindness toward others? Why or why not?
- Read Luke 6:34-36. When is it easiest for us to show kindness toward others? What about the kindness of a believer should differentiate him from the world? Why is this so difficult?
- For what reason are we to show kindness toward those who may not show kindness in return? (Hint: read Luke 6:35b-36)
- According to Ephesians 4:32, how are we to show kindness toward each other? Who is our ultimate example of such kindness? How would kindness bring more unity to the church?

### *Step Three*

Select three acts of kindness from this list (or come up with your own) to complete this week:

- While going through a drive-thru, pay for the meal of the person in the car behind you.
- Take a coworker to lunch and ask for nothing in return.
- Do yard work or offer to clean the house of someone in your family or for a friend.
- Send an email prayer or card to someone you know is struggling or lonely.
- While at a sit-down restaurant, ask your waiter/waitress if there is any way in which you could pray for them. If they say yes, be sure to pray for that request as you pray over your meal.

### *Step Four*

List your selected acts of kindness on a notecard and put it in a prominent place where you will be reminded to complete them this week.

### *Step Five*

Pray with one another that the Lord would teach you to show kindness to everyone you meet. Pray that God would use your acts of kindness to draw people closer to Christ



# GOODNESS

*Bearing fruit at home*

*What is goodness?*

God is good! His integrity and moral perfection are flawless. His goodness to us is evident through His grace and love. Apart from Him, there is nothing good in us. Although this side of heaven we will never be perfect, through His Spirit, God can begin the process of purifying our lives.

*Let us not become weary in doing good,  
for at the proper time we will reap  
a harvest if we do not give up.*

*Galatians 6:9*

# Couples

## BEST USE

A game to foster the fruit of goodness in your marriage

## ADVANCE PREP

Set aside 15 minutes to establish the rules of a game you will play together the rest of the week.

### *Discuss*

Goodness is doing the right thing for the right reason. Easier said than done! Read Matthew 12:35 and discuss how a person brings forth good. (Hint: It has to do with the good treasure of the Holy Spirit within a person who is connected to Jesus Christ.) Next read Hebrews 10:24 and discuss what it means to “provoke” one another toward good works

### *Game Rules*

#### OBJECT

Foster a culture of goodness at home by making it easy for your spouse to do good things. The person who “provokes” his/her spouse toward goodness most successfully throughout the week wins.

#### CATEGORIES

Any and all of the following qualify...

- A gentle touch that calms anxiety
- A soft word that dispels tension
- An apology that invites forgiveness
- An affectionate wink that prompts one in return
- A question that opens conversation
- A muted phone that reduces distraction

#### SCORING

Keep a dry-eraser marker by your bathroom mirror in order to tally successful “provocations” throughout the week. If there are any marks on your side of the mirror at the end of the week, you win a good back rub or foot rub. If there are marks on both sides, you both win a great hug and passionate kiss!

### *Pray*

After enjoying your prizes together, briefly ask God to help you continue provoking goodness at home.

# Parents & Kids

## BEST USE

A family night activity to celebrate and share the good gifts of God

## ADVANCE PREP

Prepare or identify 5 to 10 items/foods/experiences that your child(ren) can sample. For example, a slice of their favorite fruit, a fun song, the wind from a fan, a flower, a board game, a warm hug, etc.

### *Step One*

Read Matthew 7:9-12 together.

### *Step Two*

For each stop along the expedition, pause to give God thanks for good gifts, then discuss:

What does this good gift tell us about God's goodness?

Examples may include:

- He is an artist so He gives us beauty.
- He is joy so He gives us pleasure.
- He is love so He gives us relationships.

How might we fill our home with more of this good thing?

Examples may include:

- Play beautiful/fun music in the car while driving together.
- Eat meals together and enjoy the food/company.
- Hug/kiss/touch more often.

### *Pray*

Thank God for His goodness. Take time to focus on specific gifts that He has given that you talked about during your family time. Ask Him to help grow the fruit of goodness in your home.

# Parents & Teens

## BEST USE

An activity with older children/teens to have meaningful conversation about the goodness of God

## ADVANCE PREP

A device with Internet connection, a Bible, pen, and paper for each person

### *Step One*

Pull up Chris Tomlin's song "Good, Good Father." You can find it on YouTube, iTunes, etc. Listen for things that are good about God and write them down on a piece of paper.

### *Step Two*

Discuss everyone's favorite part of the song. According to the song, why is God a good Father? What is true about us only because He is a good Father?

### *Step Three*

Read Psalm 31:19 together. This verse tells us that God has an abundance of goodness and that there are two things we can do to receive that goodness.

- Respect: How do we model respect for God?
- Trust: How do we model trust in God?

### *Step Four*

Goodness toward others, as a fruit of the Spirit, grows out of a response to God's goodness toward us. Discuss ways that goodness will show itself in someone's life.

### *Step Five*

Pray together thanking God for His goodness to you and ask for the grace to reflect that goodness in your home/daily life.

# Singles

## BEST USE

A group discussion on how the goodness of God might be manifested through our own lives. It may also function as a personal study.

## ADVANCE PREP

A Bible, pen, and 3x5 cards

### *Step One*

Go around the room and have each person list a reason why God is good.

### *Step Two*

Read the following passages and discuss/answer these questions:

- Read Psalm 31:19. How does this verse describe God's goodness? For whom is God's goodness reserved?
- Read Matthew 7:9-12. Do you think it is possible for unbelievers to do good things? Do you think God wants to do good things for us? What is the difference between the "good things" that we want God to do for us and the "good things" God wants to give us?
- How does God's goodness toward us result in us showing goodness toward others?
- According to Matthew 12:33-35, from where do good things come? Why can a believer be someone who produces good works? What are good works evidence of (cf. James 2:13-26)?
- Read Hebrews 10:24. How can we "stir up one another" to good works? How might this make it easier for us to do good things?

### *Step Three*

Goodness toward others, as a fruit of the Spirit, grows out of a response to God's goodness toward us. Discuss ways in which you might demonstrate goodness toward others this week.

### *Step Four*

List on a notecard ways in which God has shown his goodness toward you. Place it in a prominent place this week so that you will be reminded of the goodness of God.

### *Step Five*

Pray with one another thanking God for his goodness. Ask the Lord to help show that same goodness in your own life this week.



# FAITHFULNESS

## *Bearing fruit at home*

### *What is faithfulness?*

Faithfulness is the characteristic of reliability and the trait of loyalty. God is faithful and we can always count on Him.

A faithful person is one who does what they say.

*One who is faithful in a very little is also faithful in much, and one who is dishonest in a very little is also dishonest in much.*

*Luke 16:10*

# Couples

## BEST USE

Date night discussion on the fruit of faithfulness

## ADVANCE PREP

A Bible, pen and paper

### *Step One*

Read Luke 16:10 together. This verse tells us being a faithful person starts in small ways.

### *Step Two*

Each of you create a list of “little big things” in which your spouse has shown himself or herself faithful in your relationship and in life. The following examples may prompt other ideas...

- Shows up to work on time and works hard
- Makes being home for dinner a priority
- Spends within our means
- Avoids time alone or connection with the opposite sex
- Shows the kids affection

### *Step Three*

Read the list to your spouse and explain why this “little” thing is “big” to you. Examples may include...

- “You avoid time with the opposite sex which makes me feel more secure.”
- “You work hard on your job showing me you are willing to sacrifice for your family and that brings us a sense of stability.”
- “You help us spend our money wisely which keeps us out of serious debt.”

### *Step Four*

Celebrate one another’s “little big things” by sharing a favorite specialty coffee or dessert.

### *Step Five*

Pray and thank God for His faithfulness and for the ways your spouse models faithfulness.

# Parents & Kids

## BEST USE

Conversation during drive time about faithfulness and how we can trust God

## ADVANCE PREP

A Bible and a vehicle

### *Step One*

Take a drive to run errands or to go get a special treat. Before you leave, have someone in the family read Deuteronomy 7:9. God is faithful! We can trust Him and His Word. When times are tough or we don't understand things, we can trust that the God who loves us is in control.

### *Step Two*

While driving, be on the lookout for old cars or trucks. Those vehicles must be dependable for the owner to still be driving it around. Look for other old things like trees or buildings. Discuss how they have stood the test of time. If something is faithful, we trust it. The same is true of people. Faithful people are trustworthy.

## SUGGESTION

If you are stopping to get a special treat, use the remaining step as you eat together. If not, use it when you arrive at your destination.

### *Step Three*

Luke 16:10 says "One who is faithful in a very little is also faithful in much, and one who is dishonest in a very little is also dishonest in much." What are some little ways you can be faithful? What are some bigger ways you can be faithful (telling truth, do what you say you will do, obeying parents, obeying God's Word)?

### *Pray*

Finish your time as you pray and ask God to help your family connect with Him so that you can all become more faithful and dependable. Thank Him that He is faithful and in control, and that we can trust Him.

# Parents & Teens

## BEST USE

An activity with older children/teens to consider the faithfulness of God and how our ability to display this fruit overflows from His faithfulness to us

## ADVANCE PREP

Find a setting to take pictures of different sports teams. Bring a digital camera/smart phone, pen and paper.

### *Step One*

Parents and teens should take five pictures of different sports teams found on signs, bumper stickers, in stores, yards, houses, or anywhere outside the home. The only rule is that you cannot take a picture of the same team more than once.

### *Step Two*

After the pictures have been taken, make a list of all the sports teams represented.

### *Step Three*

Each person explain which two teams they think have the most loyal fans. Discuss why these fans would be more loyal. Is their loyalty most likely a result of the team or the fans?

### *Step Four*

It is easy to be loyal when your team is winning but harder when they lose. Faithfulness is similar to loyalty but goes so much deeper. It means to be reliable and trustworthy. Read Psalm 86:15 to see that God is abounding in love and faithfulness. Part of His character is a never-ending supply of faithfulness.

### *Step Five*

Each person name at least one person who has proven themself loyal and reliable. Describe what that has meant in your life.

### *Step Six*

Go around and speak one-sentence prayers thanking God for being faithful and for those named in step five who model faithfulness for us.

# Singles

## BEST USE

A group discussion on the faithfulness of God and how we might be able to show that same faithfulness. It may also function as a personal study.

## ADVANCE PREP

A Bible, pen, and 3x5 cards

### *Step One*

Think of the person you would consider to be your most loyal friend. Discuss the qualities that make that friend loyal.

### *Step Two*

Discuss these aspects of loyalty

- Is true loyalty based on the object of loyalty or on the one who demonstrates loyalty?
- Discuss some situations in which it is difficult to maintain loyalty in family, work and other relationships.

### *Step Three*

Read the following passages and discuss/answer these questions:

- Read Deuteronomy 7:9 and Psalm 86:15. How does the faithfulness of God affect the way you think and live? Is God's faithfulness toward us based on what we do or who he is?
- What does 2 Thessalonians 3:3 say that God is faithful to do for the believer?
- Read Luke 16:10. Why is it so important to be faithful in the little things?
- Name some "little" responsibilities at work that you sometimes find difficult to remain faithful to do. If you handle the small responsibilities, what are the chances you will be given bigger responsibilities? What are some "little" things we should be faithful to do with regards to our spiritual life that would lead to God granting us bigger opportunities?
- Read Hebrews 10:23. How does the faithfulness of God make it easier for us to remain faithful to our own beliefs in environments that challenge our beliefs?

### *Step Four*

Take turns listing promises that God has made in his word. Share a time in your own life where you have seen God be faithful to keep a promise he made in his word. Write down on a notecard an area in your own spiritual life where you need to be more faithful (scripture reading, prayer, witnessing, etc.). Commit this week to focus on being more faithful in that area.

### *Step Five*

Pray with one another thanking God for his faithfulness. Ask God to show you areas of your life in which you have been unfaithful. Ask for forgiveness and help in being more faithful in that area.



# GENTLENESS

*Bearing fruit at home*

*What is gentleness?*

Gentleness is polite, restrained behavior toward others which comes from an attitude of humility, thankfulness, and submission to God. Gentleness is possible because of the strength and wisdom of the Holy Spirit at work in us.

*Let your gentleness be evident to all.*

*The Lord is near.*

*Philippians 4:5*

# Couples

## BEST USE

A date night to discuss the fruit of gentleness and to talk about ways to move towards more gentleness in the home

## ADVANCE PREP

A Bible, a pillow and a rock

### *Step One*

Read Proverbs 15:1. Talk about the difference between delivering a message that is gentle compared to one that is harsh.

### *Step Two*

Look at the pillow and the rock. Consider together what both are used for, what they are made of, and what it would be like to be hit across the head with both. (NOTE: A pillow fight might be fun at this point, but please don't hit each other with the rock!)

### *Step Three*

Each spouse share ways that you feel your own words/actions can sometimes come across more like a rock than a pillow. Be sure to take this time to focus on yourself and not your spouse.

### *Step Four*

Read Matthew 11:29 where Jesus described himself as gentle. He was anything but weak. It takes great strength to act with a gentle spirit during moments of anger, stress or fear. Now, each spouse come up with a couple of ways that your own words/actions can come across more like a pillow in the future.

### *Step Five*

Pray together asking God to mold and shape you into a person who is gentle and to help you control any potentially harsh reactions at home.

# Parents & Kids

## BEST USE

A family time activity to discover and talk about God's gentleness with us and how we can be gentle with others

## ADVANCE PREP

Spoons, eggs (raw or hard boiled) and a Bible

### *Step One*

What is gentleness? Gentleness is often confused with being weak. Read Matthew 11:29. Christ said, "Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls." God has all the power in the universe, yet He is gentle with us, and He wants us to learn to be like Him.

### *Step Two*

Let's put gentleness to the test and have an egg race! You can use real eggs (you might want to go outside or someplace that can get messy) or you can use hardboiled eggs. Before you race, discuss what would happen if you are too rough and not gentle with the egg? Now, let the races begin.

### *Step Three*

Did any of the eggs fall? What happened when the eggs fell? When we are not gentle with our words or our actions it can cause damage too.

### *Step Four*

Philippians 4:5 tells us to "Let your gentleness be known to all men. The Lord is at hand." Just as God is gentle with us, He wants us to be gentle in our words and actions with others.

### *Step Five*

Talk through the following questions:

- Was I gentle in the situations I faced today? Did I use gentle words/actions?
- Do I show the same gentleness to others that God shows to me? How?

### *Pray*

Ask God to help each member of your family as you connect to Him and learn about His gentleness, to grow in gentleness in your words and actions.

# Parents & Teens

## BEST USE

A mealtime activity with older children/teens to consider how the Bible describes gentleness and how this fruit of the Spirit results from God's own gentleness

## ADVANCE PREP

A device with Internet connection

### *Step One*

Discuss what comes to mind when you hear the word gentleness. Gentleness is often misunderstood. It is a characteristic that is best understood by seeing how the Bible gives it meaning.

### *Step Two*

Have your teen navigate to a Bible passage search tool such as [openbible.info/topics](http://openbible.info/topics) to find what the Bible says about "gentleness."

### *Step Three*

Take turns reading some of the verses given, then answer the following questions:

- How often do the verses talk about how we relate to others?
- How does God relate to us?
- What other characteristics do you see alongside gentleness?

### *Step Four*

Gentleness involves how we relate or respond to others. Read Psalm 18:35 and James 3:17 to discover that we are able to show gentleness to others out of the overflow of God's gentleness toward us in Christ.

### *Step Five*

Discuss how each of you have responded in gentleness toward others in the last few weeks. Be ready to share a personal example of how you could have been more gentle toward someone. Determine together to continue pursuing gentleness with others.

### *Optional*

Check back in with each other throughout the week and report the ways that God has given you the grace and strength to be gentle in those opportunities.

# Singles

## BEST USE

A group discussion on a biblical definition of gentleness and how it is manifested in the life of a believer. It may also function as a personal study.

## ADVANCE PREP

A Bible, pen, and 3x5 cards

### *Step One*

Discuss what comes to mind when you hear the word gentleness. Discuss some misconceptions that do not align with a biblical definition of gentleness.

### *Step Two*

Read Proverbs 15:1 and discuss these questions:

- In your workplace, has your boss ever corrected you “harshly”? Has he/she ever corrected you “softly”? Which was easier to respond to?
- Discuss a time where you have either spoken harshly or softly to a friend or family member. How did it affect your relationship with that person?

### *Step Three*

Read the following passages and discuss/answer these questions:

- Read Matthew 11:29-30. Is this a promise that we will never face difficulty in the Christian life? How did Christ show gentleness toward his followers? How does the gentleness of Christ make it easier to live the Christian life?
- Do you think it takes more strength to show gentleness than to show anger? Why or why not?
- Read Psalm 18:35 and James 3:17-18. How does God’s gentleness shown to us through Christ compel us to show gentleness toward others?
- Read Titus 3:1-2. How can a display of gentleness dispel conflict in family relationships? In friendships? In work relationships? In the church?

### *Step Four*

Discuss situations that you face on a weekly basis in which it is difficult to show a gentle spirit. Write James 3:17-18 on a notecard and place it in a prominent place to remind you to show gentleness this week

### *Step Five*

Pray with one another thanking God for gentleness. Ask for wisdom to show gentleness in your relationships this week.



# SELF-CONTROL

*Bearing fruit at home*

*What is self-control?*

Self-control is displayed when we show discipline in our emotions, words and actions. It protects us and others as we follow God's commands.

*Like a city whose walls are broken down  
is a man who lacks self-control.*

*Proverbs 25:28*

# Couples

## BEST USE

A date night discussion to navigate the challenges of self-control

## ADVANCE PREP

A Bible, pen and a piece of paper

### *Step One*

Read 2 Timothy 1:7 and discuss what is available to us because of what God has given us.

### *Step Two*

Read James 1:19. This passage gives us a clear picture of self-control with our emotions and our mouths. Discuss the three essential elements to self-control.

### *Step Three*

Discuss what might change in your home if you were more intentional about self-control, following the guidelines in James 1:19. Some examples might include:

- We will not yell at each other or the kids.
- We will be quick to listen.
- We will take a five-second pause before responding during a conflict.
- Each strive to be the first to apologize and quick to forgive.
- We will look for activities that draw us together as a couple and as a family.

### *Step Four*

Pray together and ask God to give each of you the grace to develop more self-control.

# Parents & Kids

## BEST USE

A family time activity to talk about self-control and making right choices

## ADVANCE PREP

Open area for playing a game, and a Bible

### *Step One*

Read Proverbs 25:28, “Like a city whose walls are broken down is a man who lacks self-control.” Explain how ancient cities needed walls for protection. If the walls were broken down, it meant that the city could be in danger. In the same way, when we lack self-control we put ourselves in danger.

### *Step Two*

Play a game of “Simon Says.” Talk about how it is important to have self-control when responding to the words of others. Coach them to use a three-step process with the words “Pause, Think, Act.” You can add motions to go along with the words as follows...

- Pause: Arm extended with hand out flat like a traffic officer
- Think: Finger pointed to the head
- Act: Dramatic walking motion

### *Step Three*

Allow each family member to share one area with which they would like God’s help when it comes to self-control. It can be as simple as biting nails, limiting video game or mobile device time, not yelling, hitting, grabbing, etc.

### *Step Four*

Ask God to help each member of your family be more self-controlled in the areas mentioned.

### *Optional*

Consider checking back in with each other throughout the week. Celebrate times you catch each other using self-control, especially in the areas mentioned above.

# Parents & Teens

## BEST USE

An activity for a parent and teen used to discover and understand self-control from a Biblical perspective

## ADVANCE PREP

A computer or device to show an online video

### *Step One*

Today we are going to consider the fruit of the Spirit - self-control. Search online to watch the video, "The Marshmallow Test."

### *Step Two*

Each person describe what they think they would have done as a child in the same situation.

### *Step Three*

How about today? What if it was your phone sitting on the table and you kept getting notifications of new text messages or updates from Facebook or Instagram? Could you resist? What if you had to avoid looking at your phone for the next two hours, two days or even two weeks? No video games for a week? No chocolate or dessert or fast food for a month? Each person share one or two areas in which they find self-control difficult, areas such as food, money, use of time, relationships, temptations, etc.

### *Step Four*

Read Proverbs 25:28. How is the person without self-control described? When we develop self-control in the areas mentioned above, we become like a protected city.

### *Step Five*

Read 1 Corinthians 10:13. According to this verse, how does God help us when it comes to self-control during temptation?

### *Step Six*

Have one person pray that God would help each person with self-control this coming week.

# Singles

## BEST USE

A group discussion on the challenges of having self-control. It may also function as a personal study.

## ADVANCE PREP

A Bible, pen, and 3x5 cards

### *Step One*

Discuss some areas in life where it is important to show discipline. Make a list and discuss which areas are most difficult for you.

### *Step Two*

Read Proverbs 25:28. In the ancient world, a city's walls were its primary source of protection. When the walls were broken down, the city became vulnerable to attack (Example: the battle of Jericho). Discuss how we expose ourselves to danger when we lack self-control.

### *Step Three*

Read the following passages and discuss/answer these questions:

- Read 2 Timothy 1:7. What advantage do believers have over others with regard to the ability to exercise self-control?
- Read 1 Corinthians 9:25-27. Why did Paul consider self-control to be such a vital aspect to his ministry? Why is self-control important for us as we seek to reflect Christ?
- James 1:19 gives us practical instruction in self-control of our emotions and of our mouths. Discuss the three essential elements of self-control given in this verse. Discuss how you might exercise these three things in your workplace.
- According to 1 Corinthians 10:13, how does the Lord help us during temptation? When you have faced temptation, what are some specific "ways of escape" that the Lord has provided?

### *Step Four*

Write down on 3x5 card a specific area in your life in which you need to exercise more self-control. Find some Scripture verses related to this area and list them on the card. Commit to read these verses each day this week.

### *Step Five*

Pray with one another thanking God for the spirit of self-control he has given to us. Pray for the strength to exercise self-control this week.



# SELF-ASSESSMENT

*The Apostle Paul writes to the church*

in the book of Galatians that the Spirit of God inside the life of a believer desires to produce fruit. These fruit serve as evidence of God's transformative work inside of an individual. God does not produce this fruit on His own and we do not manufacture fruit apart from the work of the Spirit. Thankfully, as we cooperate with God's Spirit, fruit is produced and displayed in our lives.

*But the fruit of the Spirit is love, joy, peace,  
patience, kindness, goodness, faithfulness,  
gentleness and self-control.*

*Galatians 5:22-23*

This assessment is designed to help you determine some potential growth areas. The goal is for you to discover two or three areas in which you could seek God's help for further fruit-bearing in your life.

Take some time to go through the self-assessment as individuals. Consider sharing your results with your spouse/family and begin praying for one another in each of those areas. Take time to notice and celebrate when you see more fruit-bearing in your home in the days to come.

*Circle a number to record how you are experiencing or expressing each particular fruit.*

1 = I am not seeing much of that fruit displayed in my life right now.

5 = I am experiencing this fruit abundantly in my life right now.

### *Love*

Love is a choice to meet the needs of others with no expectation of return.

Are you choosing to show love because you are being led by God's Spirit?

1

2

3

4

5

### *Joy*

Joy comes from the Lord in good times and bad. Do you have a deep sense of well-being that is not determined by your circumstances? Are you choosing joy with God's help?

1

2

3

4

5

### *Peace*

Peace is found as we rest and rely on God. We can have peace in times of trouble.

Are you choosing to be aware in every circumstance that God is sufficient and also striving for peace in your relationships?

1

2

3

4

5

### *Patience*

Patience with others can grow as we are reminded that God is patient with us.

Patience is the ability to wait on God, knowing that we can trust that He is working for our best in His timing. Are you showing patience in your daily life?

1

2

3

4

5

### *Kindness*

Kindness is expressing to others the same mercy and grace that God has given to us in Christ Jesus. Are your words and actions kind? Are you showing kindness regardless of how you are treated?

1

2

3

4

5

### *Goodness*

God is good, and His integrity and moral perfection are flawless. God's goodness is on display through grace and love. We can participate in that goodness when we act with grace and love through the empowerment of God. Are you living out goodness that shows God's love to others?

1                      2                      3                      4                      5

### *Faithfulness*

God is faithful, and we can always count on Him. A faithful person is one who does what they say. It is a pure dynamic of reliability and loyalty. Are you reliable, loyal and a person of your word??

1                      2                      3                      4                      5

### *Gentleness*

Gentleness is power under control. It is humility and restraint that derives from a position of true strength in Christ. With God's help do you show gentleness and restraint?

1                      2                      3                      4                      5

### *Self-control*

God's Spirit helps us have the ability to act with self-control. Self-control is displayed when we show discipline in our emotions, words and actions. Are you showing self-control in your life?

1                      2                      3                      4                      5

Based on your self-assessment, which two or three would you like to put intentional effort into over these next 120 days? Remember these are not developed by you trying harder, but by cooperating with God's Spirit in your life. Spend some time seeking God and asking Him for help in these areas.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_







BUT THE FRUIT OF THE SPIRIT IS  
LOVE, JOY, PEACE, PATIENCE,  
KINDNESS, GOODNESS,  
FAITHFULNESS, GENTLENESS AND  
SELF-CONTROL. AGAINST SUCH  
THINGS THERE IS NO LAW.

*Galatians 5:22-23*

  
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