

# The Fruits Of God's Spirit

*The Letter Of Paul to the Galatians (5:22) tells us  
"the fruit of the Spirit is love, joy, peace, patience,  
kindness, goodness, faithfulness, gentleness, and  
self-control."*

**This is the way God is and this is the way He  
wants us to be.**

Name: \_\_\_\_\_

# LOVE

The first fruit of God's Spirit listed in the Bible is the fruit of LOVE.

God has given us two commandments to show love. (Matthew 22:36-39)

1. **Love the Lord your God with all your heart, with all your soul, and with all your mind**
2. **Love your neighbor as you love yourself**

What are some of the ways we can show God we love Him?

- We show God we love Him when we talk to Him in our prayers
- We show God we love Him when we listen to His words
- We show God we love him when we keep His Commandments
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- \_\_\_\_\_
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God wants us to love each other too. We start by showing love toward those we love most, our parents.

What are some of the ways we can show love toward our parents?

- We show our parents we love them by obeying their rules
- We say please and thank you
- We give them lots of hugs and kisses
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- \_\_\_\_\_

What are some of the ways we can show love to others?

- We don't take what doesn't belong to us
- We don't call people bad names and hurt their feelings
- We don't hit anyone
- We don't tell lies
- We do share with others
- We do help others when we're able
- We do speak kindly to everyone
- We do always speak the truth
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# JOY

The second fruit of God's Spirit listed in the Bible is the fruit of JOY.

Joy means we are happy. When we are happy we make other people feel happy too.

What are some things that might make you feel happy?

- Sharing what you have with others
- Saying please and thank you
- Saying your prayers
- Helping your mother and father
- Being kind to your brother, sister, or a friend
- Learning more about God

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# PEACE

The third fruit of God's Spirit listed in the Bible is the fruit of PEACE.

If we have peace, we will feel calm and quiet inside.

What are some ways we can feel more peaceful?

- When we are feeling angry or upset it helps to stop what we're doing and ask God to give us a peaceful spirit
- We won't get angry or scream and yell at others when we don't get our way.
- If we do things that are right we will help bring about peace

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## PATIENCE

The fourth fruit of God's Spirit listed in the Bible is the fruit of PATIENCE.

Being patient means we control our emotions so they don't control us.

God is very patient and He wants us to be patient too. Jesus was patient when he was on earth. He didn't get angry with those who were mean to Him. Instead He asked God to forgive them for the bad things they did.

What are some ways we can be patient?

- We can be patient by willing to wait to get what we want
- We won't yell and scream when we don't get our way
- We will wait our turn

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## KINDNESS

The fifth fruit of God's Spirit listed in the Bible is the fruit of KINDNESS.

Kindness is being nice to others.

What are some ways of being kind?

- When we are kind, we don't tease, hit, or yell at others
- Some kind words are "please", "thank you" and "I'm sorry"
- When we are kind, we want to help others
- When we are kind, we treat others, as we would like to be treated. This is called The Golden Rule (Matthew 7:12)

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## GOODNESS

The sixth fruit of God's Spirit listed in the Bible is the fruit of GOODNESS.

Being good simply means doing things that are right. Being good takes practice and sometimes we all do things that are naughty. When we do something wrong we should tell others we're sorry and ask God for His forgiveness and His help.

What are some ways that we can show goodness?

- Helping others (sharing and caring for them)
- Taking care of our pets
- Showing respect to others
- Having a good attitude
- Being responsible

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## FAITHFULNESS

The seventh fruit of God's Spirit listed in the Bible is the fruit of FAITHFULNESS.

Faith is a belief that something will happen even if we can't see it or understand it. Faith is truth.

What are ways that we have faith?

- We have faith that the sun will rise and set every day
- We have faith that when we drop something it will fall
- We have faith that when we plant a seed and all the conditions are right, it will grow
- We have faith that God hears our prayers
- We have faith that God looks after us and that everything that happens to us will work out for the best
- We have faith that if we believe in God we will have eternal life (John 3:16)

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## GENTLENESS (Meekness)

The eighth fruit of God's Spirit listed in the Bible is the fruit of GENTLENESS.

To be gentle (or meek) means that we are kind and soft hearted.

What are ways we can show gentleness?

- Don't hurt other people
- Show compassion and be understanding to others
- Don't call anyone names or speak bad of others
- Ask God to have mercy on those who have done wrong

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## SELF-CONTROL

The ninth fruit of God's Spirit listed in the Bible is the fruit of SELF-CONTROL.

Self-control means that we have control over our bodies and our minds. Actions and thoughts do not control us; we control what we think and what we do.

When we know something is wrong but we do it anyway, we are not using self-control.

What are ways we can show self-control?

- We can resist temptation
- Say "no" to things that might harm our bodies or our minds
- Don't do or say things that you know would hurt others

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Fruit of the Spirit  
Hidden Word Puzzle

"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control." Galatians 5:22-23

Find and circle the Fruit of the Spirit in the puzzle below:

S Z K K W P U A F S G K H L Y  
Y S H I W X J P S M O T B O V  
X O E I N C A E X Y O O V R F  
Z U J N P D N F X D D T O T D  
S H I E L E N A P L N T I N J  
D R A P L U P E Q Y E R T O H  
A C R T O R F T S S C Q S S C X  
E D N I I H H L T T I U M Y E M  
X E H X M H L T T I U M Y E M  
G X Q H C Y I F T T I A E X S K  
I Y L G J Z E V N I A E X S K  
P A T I E N C E V O L F M J Q  
L Z J K H H E B C O N S P B B  
F V K F O S J W B B X Q Y B E  
F E O E A Q Y I C F C L F Q S