

St Paul African Methodist Episcopal Church \* Rev. Ellis I. Washington, Pastor/Teacher \* Adult Church School

But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things! Galatians 5:22-23 (NLT)



SEPTEMBER 2022

ONE KIND OF FRUIT WITH 9 DIFFERENT QUALITIES.

*"The filling, and subsequent fruit, of the Spirit won't just change my life.  
It will change my day. It will change my mood." Beth Moore*

**DAILY NOURISHMENT FROM THE WORD OF GOD**

An in-depth exploration of topical Bible verses.  
Reflections from various internet studies.

## Day 1: Are you Fruitful?



But the fruit of the Spirit [the result of His presence within us] is love [unselfish concern for others], joy, [inner] peace, patience [not the ability to wait, but how we act while waiting], kindness, goodness, faithfulness, gentleness, self-control. Against such things there is no law.

**Galatians 5:22-23**

Summarize the scripture in your own words:

What does this scripture teach you about God?

What does this scripture teach you about bearing fruit?

What fruit-producing principle does it teach?

Examine your lifestyle: Are there any words, actions, or attitudes in your life that contradict what you just learned?

What steps can you take to grow in what you just learned?

## Day 1: Difference Between Gifts and Fruit of the Spirit – Pastor Vladimir



Be devoted to one another with [authentic] brotherly affection [as members of one family], give preference to one another in honor; never lagging behind in diligence; aglow in the Spirit, *enthusiastically* serving the Lord; *constantly* rejoicing in hope [because of our confidence in Christ], steadfast *and* patient in distress, devoted to prayer [continually seeking wisdom, guidance, and strength], contributing to the needs of God's people, pursuing [the practice of] hospitality. **Romans 12:10-13 AMP**

Summarize the scripture in your own words:

Click on the link below to view the clip above. After listening, answer the following questions:

[DIFFERENCE BETWEEN GIFTS AND FRUITS OF THE SPIRIT ||Pastor.Vlad. - YouTube](#)

What is the difference between a spiritual gift and a fruit?

What role does 'relationship' and 'intimacy' with Christ have in bearing fruit?

What, according to Pastor Vladimir Savchuk, is the best part of bearing fruit?

Who is fed by spiritual fruit?

What is the importance of 'character'?

## Day 3: One Fruit

### NINE PARTS = ONE FRUIT



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

✦ 20/04/2016...

So produce fruit that is consistent with repentance [demonstrating new behavior that proves a change of heart, and a conscious decision to turn away from sin]; and do not presume to say to yourselves [as a defense], 'We have Abraham for our father [so our inheritance assures us of salvation]'; for I say to you that from these stones God is able to raise up children (descendants) for Abraham. And already the axe [of God's judgment] is swinging toward the root of the trees; therefore every tree that does not bear good fruit is cut down and thrown into the fire. **Matthew 3:8-10 AMP**

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## Day 4: Understanding the Fruit of the Spirit - Pastor Vladimir



But the fruit of the Spirit [the result of His presence within us] is love [unselfish concern for others], joy, [inner] peace, patience [not the ability to wait, but how we act while waiting], kindness, goodness, faithfulness, gentleness, self-control. Against such things there is no law. **Galatians 5:22-23**

Click on the link below to view the clip above. After listening, answer the following questions:

[UNDERSTANDING THE FRUITS OF THE SPIRIT || THIS WILL CHANGE YOUR WAY OF THINKING || MUST WATCH !!! - YouTube](#)

**What is one way to know the Holy Spirit is active in your life?**

**What is the benefit of cultivating a relationship with Jesus Christ?**

**What is the result of us allowing the Holy Spirit to work on us, through intimacy?**

**What happens when your character is influenced by the Holy Spirit?**

**How does God grow spiritual fruit in us?**

## Day 5: Are You Bearing Fruit?



And the one on whom seed was sown on the good soil, this is the one who hears the word and understands *and* grasps it; he indeed bears fruit and yields, some a hundred times [as much as was sown], some sixty [times as much], and some thirty.” **Matthew 13:23 AMP**

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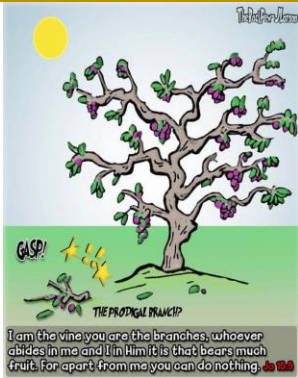
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## Day 6: Are you Connected?



I am the true Vine, and My Father is the vinedresser. Every branch in Me that does not bear fruit, He takes away; and every *branch* that continues to bear fruit, He [repeatedly] prunes, so that it will bear more fruit [even richer and finer fruit]. You are already clean because of the word which I have given you [the teachings which I have discussed with you]. Remain in Me, and I [will remain] in you. Just as no branch can bear fruit by itself without remaining in the vine, neither can you [bear fruit, producing evidence of your faith] unless you remain in Me. I am the Vine; you are the branches. The one who remains in Me, and I in him, bears much fruit, for [otherwise] apart from Me [that is, cut off from vital union with Me] you can do nothing. If anyone does not remain in Me, he is thrown out like a [broken off] branch, and withers *and* dies; and they gather such branches and throw them into the fire, and they are burned. If you remain in Me and My words remain in you [that is, if we are vitally united and My message lives in your heart], ask whatever you wish and it will be done for you. My Father is glorified *and* honored by this, when you bear much fruit, and prove yourselves to be My [true] disciples. **John 15:1-8 AMP**

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## Day 7: Lasting Fruit

**A believer cannot bear fruit without Jesus. We are created to be fruitful, but we become withered and dry when we do things on our own without Christ. Are you bearing fruit?**

You have not chosen Me, but I have chosen you and I have appointed *and* placed *and* purposefully planted you, so that you would go and bear fruit *and* keep on bearing, and that your fruit will remain *and* be lasting, so that whatever you ask of the Father in My name [as My representative] He may give to you. **John 15:16**

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## Day 8: Who are you Bearing Fruit For?



Therefore, my fellow believers, you too died to the Law through the [crucified] body of Christ, so that you may belong to another, to Him who was raised from the dead, in order that we may bear fruit for God. **Romans 7:4**

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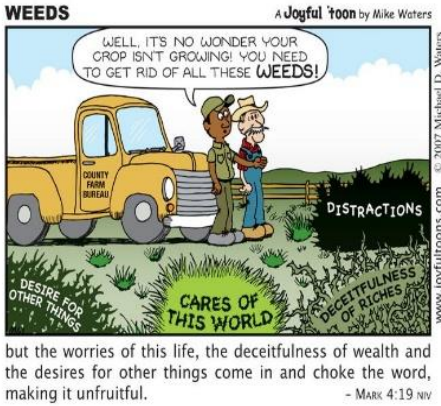
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## Day 9: The Fruit of Walking in the Light



For once you were darkness, but now you are light in the Lord; walk as children of Light [live as those who are native-born to the Light] (for the fruit [the effect, the result] of the Light consists in all goodness and righteousness and truth), trying to learn [by experience] what is pleasing to the Lord [and letting your lifestyles be examples of what is most acceptable to Him—your behavior expressing gratitude to God for your salvation]. Do not participate in the worthless *and* unproductive deeds of darkness, but instead expose them [by exemplifying personal integrity, moral courage, and godly character]; **Ephesians 5:8-11**

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## Day 10: The Fruit of Righteousness



And this I pray, that your love may abound more and more [displaying itself in greater depth] in real knowledge and in practical insight, so that you may learn to recognize *and* treasure what is excellent [identifying the best, and distinguishing moral differences], and that you may be pure and blameless until the day of Christ [actually living lives that lead others away from sin]; filled with the fruit of righteousness which comes through Jesus Christ, to the glory and praise of God [so that His glory may be both revealed and recognized]. **Philippians 1:9-11**

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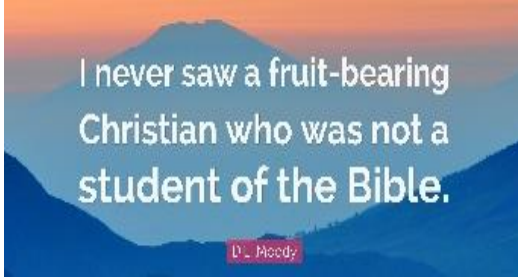
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## Day 11: Steadily Bearing and Growing



For this reason, since the day we heard about it, we have not stopped praying for you, asking [specifically] that you may be filled with the knowledge of His will in all spiritual wisdom [with insight into His purposes], and in understanding [of spiritual things], so that you will walk in a manner worthy of the Lord [displaying admirable character, moral courage, and personal integrity], to [fully] please *Him* in all things, bearing fruit in every good work and steadily growing in the knowledge of God [with deeper faith, clearer insight and fervent love for His precepts]; **Colossians 1:9-10**

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## Day 12: The Pain of Pruning



For the time being no discipline brings joy, but seems sad *and* painful; yet to those who have been trained by it, afterwards it yields the peaceful fruit of righteousness [right standing with God and a lifestyle and attitude that seeks conformity to God's will and purpose]. So then, strengthen hands that are weak and knees that tremble. Cut through *and* make smooth, straight paths for your feet [that are safe and go in the right direction], so that *the leg* which is lame may not be put out of joint, but rather may be healed. **Hebrews 12:11-13**

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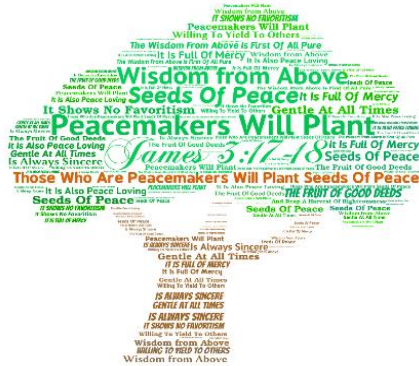
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## Day 13: Good Fruit



But the wisdom from above is first pure [morally and spiritually undefiled], then peace-loving [courteous, considerate], gentle, reasonable [and willing to listen], full of compassion and good fruits. It is unwavering, without [self-righteous] hypocrisy [and self-serving guile]. And the seed whose fruit is righteousness (spiritual maturity) is sown in peace by those who make peace [by actively encouraging goodwill between individuals]. **James 3:17-18**

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## Day 14: Yielding Fruit?



Blessed [fortunate, prosperous, and favored by God] is the man who does not walk in the counsel of the wicked [following their advice and example], Nor stand in the path of sinners, Nor sit [down to rest] in the seat of scoffers (ridiculers). But his delight is in the law of the LORD, And on His law [His precepts and teachings] he [habitually] meditates day and night. And he will be like a tree *firmly* planted [and fed] by streams of water, Which yields its fruit in its season; Its leaf does not wither; And in whatever he does, he prospers [and comes to maturity]. **Psalms 1:1-3**

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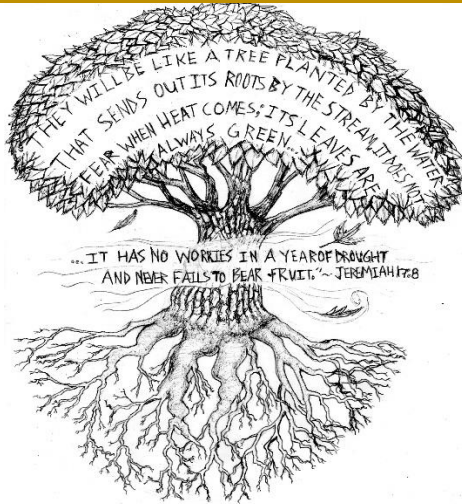
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## Day 15: Planted and Rooted



"Blessed [with spiritual security] is the man who believes *and* trusts in *and* relies on the LORD and whose hope *and* confident expectation is the LORD. "For he will be [nourished] like a tree planted by the waters, That spreads out its roots by the river; And will not fear the heat when it comes; But its leaves will be green *and* moist. And it will not be anxious *and* concerned in a year of drought Nor stop bearing fruit. **Jeremiah 17:7-8**

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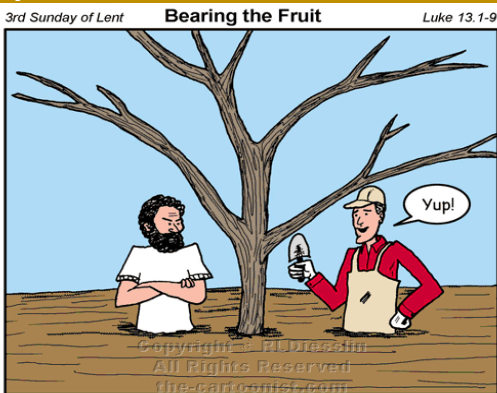
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## Day 16: Got Fruit?



Then He *began* telling them this parable: "A certain man had a fig tree that had been planted in his vineyard; and he came looking for fruit on it, but did not find any; so he said to the vineyard-keeper, 'For three years I have come looking for fruit on this fig tree and have found none. Cut it down! Why does it even use up the ground [depleting the soil and blocking the sunlight]?' But he replied to him, 'Let it alone, sir, [just] one more year until I dig around it and put in fertilizer; and if it bears fruit after this, fine; but if not, cut it down.'" **Luke 13:6-9**

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## Day 17: Guard Those Seeds

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Thanks to Deb Strubel (See John 15:1-6) 11-01-2000  
I DON'T THINK THAT IS WHAT JESUS HAD IN MIND IN HIS TEACHINGS ON BEING FRUITFUL

He told them many things in parables, saying, "Listen carefully: a sower went out to sow [seed in his field]; and as he sowed, some *seed* fell beside the road [between the fields], and the birds came and ate it. Other seed fell on rocky ground, where they did not have much soil; and at once they sprang up because they had no depth of soil. But when the sun rose, they were scorched; and because they had no root, they withered away. Other seed fell among thorns, and thorns came up and choked them out. Other seed fell on good soil and yielded grain, some a hundred times as much [as was sown], some sixty [times as much], and some thirty. **Matthew 13:3-8**

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## Day 18: BEWARE: Cut Down Possible!



Every tree that does not bear good fruit is cut down and thrown into the fire. **Matthew 7:19**

- How can you tell the difference between a tree that is healthy and a tree that's diseased?
- Both trees seem fine on the outside, but there are clues. Sometimes subtle clues. How can you tell the difference?
- How can you tell the difference on the outside between somebody who is healthy spiritually and somebody who is not?
- Why do you think it is so important to periodically perform a spiritual checkup?

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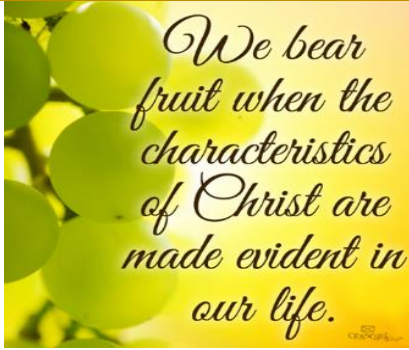
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## Day 19: How Productive Are You?



For once you were darkness, but now you are light in the Lord; walk as children of Light [live as those who are native-born to the Light] (for the fruit [the effect, the result] of the Light consists in all goodness and righteousness and truth), trying to learn [by experience] what is pleasing to the Lord [and letting your lifestyles be examples of what is most acceptable to Him—your behavior expressing gratitude to God for your salvation]. Do not participate in the worthless *and* unproductive deeds of darkness, but instead expose them [by exemplifying personal integrity, moral courage, and godly character]; for it is disgraceful even to mention the things that such people practice in secret. But all things become visible when they are exposed by the light [of God's precepts], for it is light that makes everything visible. **Ephesians 5:8-13**

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## Day 20: In What Ways Are You Growing?

### CHARACTER BUILDER

A Joyful 'toon by Mike Waters



Therefore, [let me warn you] beloved, knowing these things beforehand, be on your guard so that you are not carried away by the error of unprincipled men [who distort doctrine] and fall from your own steadfastness [of mind, knowledge, truth, and faith], but grow [spiritually mature] in the grace and knowledge of our Lord and Savior Jesus Christ. To Him be glory (honor, majesty, splendor), both now and to the day of eternity. Amen. **2 Peter 3:17-18**

- What is the evidence in your life that you are bearing fruit?
- In what “fruit” do you need to grow? How are you going to do that?
- What benefits have you witnessed in your life from being connected to the Body of Christ?

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## Day 21: How Are You Identified?



For there is no good tree which produces bad fruit, nor, on the other hand, a bad tree which produces good fruit. For each tree is known *and* identified by its own fruit. For figs are not picked from thorn bushes, nor is a cluster of grapes picked from a briar bush. The [intrinsically] good man produces what is good *and* honorable *and* moral out of the good treasure [stored] in his heart; and the [intrinsically] evil *man* produces what is wicked *and* depraved out of the evil [in his heart]; for his mouth speaks from the overflow of his heart. **Luke 6:43-45**

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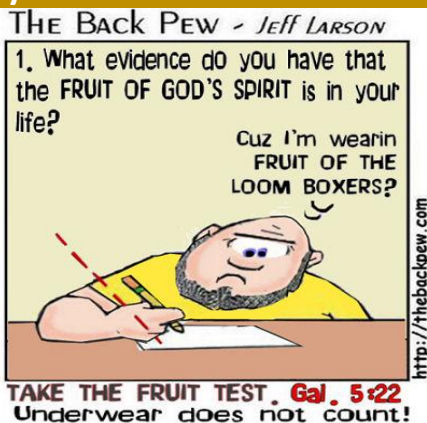
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## Day 22: Are You In Christ?



Whoever says, "I have come to know Him," but does not *habitually* keep [focused on His precepts and obey] His commandments (teachings), is a liar, and the truth [of the divine word] is not in him. But whosoever habitually keeps His word *and* obeys His precepts [and treasures His message in its entirety], in him the love of God has truly been perfected [it is completed and has reached maturity]. By this we know [for certain] that we are in Him: whoever says he lives in Christ [that is, whoever says he has accepted Him as God and Savior] ought [as a moral obligation] to walk *and* conduct himself just as He walked *and* conducted Himself. **1 John 2:4-6**

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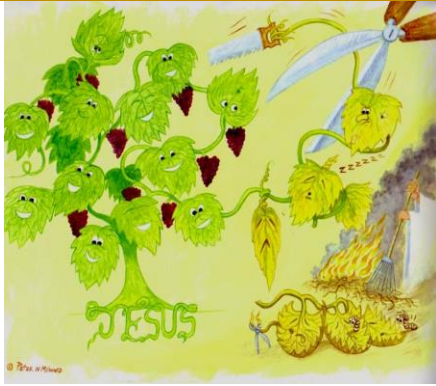
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## Day 23: God's Vineyard



Now let me sing for my greatly Beloved [LORD] A song of my Beloved about His vineyard (His chosen people). My greatly Beloved had a vineyard on a very fertile slope (the promised land, Canaan). He dug it all around and cleared away its stones, and planted it with the choicest vine (the people of Judah). And He built a tower in the center of it; and also hewed out a wine vat in it. Then He expected it to produce [the choicest] grapes, But it produced *only* worthless ones. "And now, *says the LORD*, O inhabitants of Jerusalem and men of Judah, Judge between Me and My vineyard (My people). "What more could have been done for my vineyard that I have not done in it? When I expected it to produce *good* grapes, why did it yield worthless ones? "So now let me tell you what I am going to do to my vineyard: I will take away its thorn-hedge, and it will be burned up; I will break down its stone wall and it will be trampled down [by enemies]. "I will turn it into a wasteland; it will not be pruned or cultivated, but briars and thorns will come up. I will also command the clouds not to rain on it." **Isaiah 5:1-6**

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## Day 24: Are You Taking Heed?



Now he who supplies seed to the sower and bread for food will also supply and increase your store of seed and will enlarge the harvest of your righteousness. **2 CORINTHIANS 9:10 NIV**

And He taught them many things in parables, and in His teaching He said to them, "Listen! A sower went out to sow *seed*; and as he was sowing, some *seed* fell by the road, and the birds came and ate it up. Other *seed* fell on rocks where there was not much soil; and immediately a plant sprang up because the soil had no depth. And when the sun came up, the plant was scorched; and because it had no root, it dried up *and* withered away. Other *seed* fell among thorns, and the thorns came up and choked it, and it yielded no grain. And other *seed* fell into good soil, and as the plants grew and increased, they yielded a crop and produced thirty, sixty, and a hundred times [as much as had been sown]." And He said, "He who has ears to hear, let him hear *and* heed My words." **Mark 4:3-9**

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## Day 25: Beware!



Do not be deceived, God is not mocked [He will not allow Himself to be ridiculed, nor treated with contempt nor allow His precepts to be scornfully set aside]; for whatever a man sows, this *and* this only is what he will reap. For the one who sows to his flesh [his sinful capacity, his worldliness, his disgraceful impulses] will reap from the flesh ruin *and* destruction, but the one who sows to the Spirit will from the Spirit reap eternal life. Let us not grow weary *or* become discouraged in doing good, for at the proper time we will reap, if we do not give in. So then, while we [as individual believers] have the opportunity, let us do good to all people [not only being helpful, but also doing that which promotes their spiritual well-being], and especially [be a blessing] to those of the household of faith (born-again believers). **Galatians 6:7-10**

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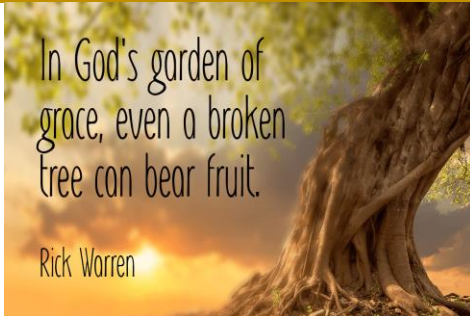
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## Day 26: The Fruit of Your Labors



For I long to see you so that I may share with you some spiritual gift, to strengthen *and* establish you; that is, that we may be mutually encouraged *and* comforted by each other's faith, both yours and mine. I do not want you to be unaware, brothers and sisters, that many times I have planned to come to you, (and have been prevented so far) so that I may have some fruit [of my labors] among you, even as *I have* among the rest of the Gentiles. I have a duty to perform *and* a debt to pay both to Greeks and to barbarians [the cultured and the uncultured], both to the wise and to the foolish. **Romans 1:11-14**

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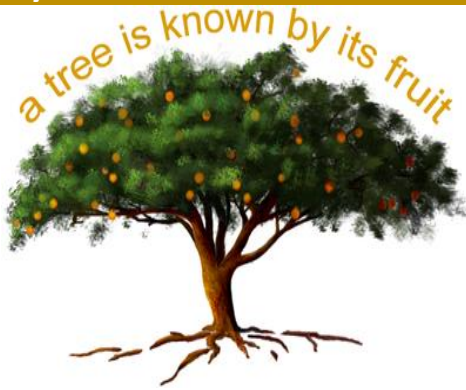
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**What steps can you take to grow in what you just learned?**

## Day 27: Fruit Health



The righteous will flourish like the date palm [long-lived, upright and useful]; They will grow like a cedar in Lebanon [majestic and stable]. Planted in the house of the LORD, They will flourish in the courts of our God. [Growing in grace] they will still thrive *and* bear fruit *and* prosper in old age; They will flourish *and* be vital and fresh [rich in trust and love and contentment]; [They are living memorials] to declare that the LORD is upright *and* faithful [to His promises]; He is my rock, and there is no unrighteousness in Him. **Psalm 92:12-15**

**Summarize the scripture in your own words:**

**What does this scripture teach you about God?**

**What does this scripture teach you about bearing fruit?**

**What fruit-producing principle does it teach?**

**Examine your lifestyle: Are there any words, actions, or attitudes in your life that contradict what you just learned?**

**What steps can you take to grow in what you just learned?**

## Day 28: Who Benefits From Your Fruit?



By the river on its bank, on one side and on the other, will grow all *kinds* of trees for food. Their leaves will not wither and their fruit will not fail. They shall bear every month because their water flows from the sanctuary, and their fruit will be for food and their leaves for healing.” **Ezekiel 47:12**

**Summarize the scripture in your own words:**

**What does this scripture teach you about God?**

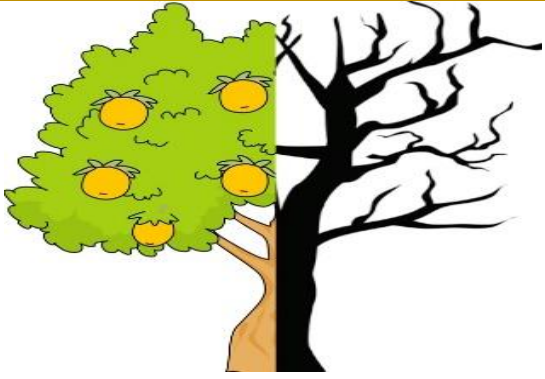
**What does this scripture teach you about bearing fruit?**

**What fruit-producing principle does it teach?**

**Examine your lifestyle: Are there any words, actions, or attitudes in your life that contradict what you just learned?**

**What steps can you take to grow in what you just learned?**

## Day 29: How Productive, in the Kingdom, Are You?



Our people must learn to do good deeds to meet necessary demands [whatever the occasion may require], so that they will not be unproductive. **Titus 3:14**

Summarize the scripture in your own words:

What does this scripture teach you about God?

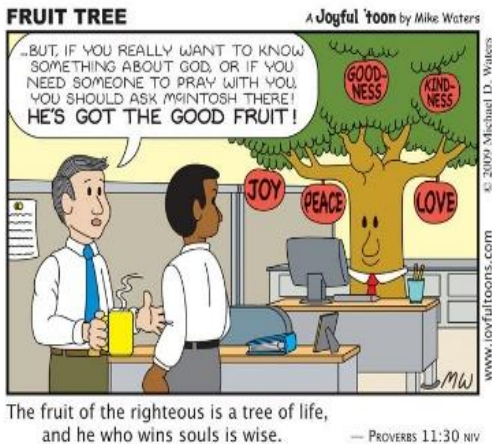
What does this scripture teach you about bearing fruit?

What fruit-producing principle does it teach?

Examine your lifestyle: Are there any words, actions, or attitudes in your life that contradict what you just learned?

What steps can you take to grow in what you just learned?

## Day 30: Are You Winning Souls for Christ?



The fruit of the [consistently] righteous is a tree of life, And he who is wise captures *and* wins souls [for God—he gathers them for eternity].

**Proverbs 11:30**

Summarize the scripture in your own words:

What does this scripture teach you about God?

What does this scripture teach you about bearing fruit?

What fruit-producing principle does it teach?

Examine your lifestyle: Are there any words, actions, or attitudes in your life that contradict what you just learned?

What steps can you take to grow in what you just learned?

# FRUIT OF THE SPIRIT

## SELF-ASSESSMENT TEST

Tom Stuart

READ EACH OF THE 9 STATEMENTS AND RATE YOURSELF:

**Regularly = 2**

**Sometimes = 1**

**Seldom/Never = 0**

FRUIT OF THE SPIRIT	YOUR SCORE
<b>LOVE:</b> I maintain an unselfish, tender, caring heart towards people that is free from a critical spirit. I serve others without worrying about whether they deserve it.	
<b>JOY:</b> In times of difficulty, I draw on an inner joy and speak cheerful words of praise to God instead of complaining. I keep a good attitude regardless of my circumstances because I belong to God.	
<b>PEACE:</b> I am consistent in staying in a place of rest and freedom from anxiety even when I am under pressure. I don't worry because I know God is in charge of all things.	
<b>PATIENCE:</b> When people/things are not moving as quickly as I would like, I am able to wait gracefully and absorb my frustration. I don't let difficulty or discouragement keep me from obeying God.	
<b>KINDNESS:</b> I consistently make a point of encouraging people and lending a helping hand even when it's not convenient. I help others without needing recognition or return.	
<b>GOODNESS:</b> I am honest and upright in my dealings with God and other people, quick to acknowledge my wrongs and repent. I do the right thing toward others.	
<b>FAITHFULNESS:</b> I am dependable and follow through on the things that are expected of me. Others trust me to do the right thing all the time.	
<b>GENTLENESS (meekness):</b> I am able to bear the slights of others and refrain from reaction while maintaining a tranquil, humble spirit. I treat others with respect regardless of how they treat me.	
<b>SELF-CONTROL:</b> I am able with God's help to resist sinful temptations and addictive impulses and conquer bad habits in my life. I have a habit of controlling my sinful desires and obeying God.	

### HOW DID YOU DO IN THE FRUIT OF THE SPIRIT TEST?

- ☐ 0-3 pts.
- ☐ 4-6 pts.
- ☐ 7-10 pts.
- ☐ 11-14 pts.
- ☐ 15-18 pts.

### PICK YOUR TOP 3 STRENGTHS:

- |                                |                                   |                                       |
|--------------------------------|-----------------------------------|---------------------------------------|
| <input type="checkbox"/> Love  | <input type="checkbox"/> Patience | <input type="checkbox"/> Faithfulness |
| <input type="checkbox"/> Joy   | <input type="checkbox"/> Kindness | <input type="checkbox"/> Gentleness   |
| <input type="checkbox"/> Peace | <input type="checkbox"/> Goodness | <input type="checkbox"/> Self-control |

### PICK YOUR 3 MAIN GROWTH AREAS:

- |                                |                                   |                                       |
|--------------------------------|-----------------------------------|---------------------------------------|
| <input type="checkbox"/> Love  | <input type="checkbox"/> Patience | <input type="checkbox"/> Faithfulness |
| <input type="checkbox"/> Joy   | <input type="checkbox"/> Kindness | <input type="checkbox"/> Gentleness   |
| <input type="checkbox"/> Peace | <input type="checkbox"/> Goodness | <input type="checkbox"/> Self-control |