

The Fruit of the Spirit

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

Love unconditional, joy unending, peace unsurpassed, patience unceasing, kindness unprejudiced, goodness unlimited, faithfulness uncompromising, gentleness unexacting, self-control unyielding.

These virtues are divine attributes of the new nature and find their perfect expression in the Lord Jesus:

- Love: unconditional resolve of heart that actively pursues the wellbeing of others
- Joy: state of inner delight in the Lord that transcends circumstances
- Peace: state of inner tranquility through confidence in God's love and power
- Patience: capacity to endure problems, suffering or delay without vexation
- Kindness: quality of being friendly, generous and considerate
- Goodness: moral righteousness in action for the blessing of others
- Faithfulness: quality of steadfast reliability and unwavering loyalty
- Gentleness: outward expression of meekness that shows tenderness and compassion to those with weaknesses or limitations
- Self-control: ability to regulate emotions, thoughts and behavior in the face of temptation

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Attribute	Example of the Lord Jesus	Daily Application
Love	1 Corinthians 13:4-8; Galatians 2:20	John 15:12
Joy	Hebrews 12:2	John 15:11
Peace	Luke 8:23	Philippians 4:6-7
Patience	Luke 23:34	James 1:2-4
Kindness	Mark 10:13-16; John 8:1-12	Ephesians 4:32
Goodness	Acts 10:38	Galatians 6:9-10; Ephesians 2:10
Faithfulness	John 8:29; 12:27	1 Corinthians 4:2
Gentleness	Matthew 11:28-30; John 13:1-17	Galatians 6:1; Ephesians 4:2
Self-control	Matthew 26:53-54; Luke 4:1-13	1 Corinthians 9:25-27

