

## The Fruit of the Spirit

The Bible tells us about 9 values that God wants us to show in our lives. You can read about these in Galatians 5:22-23

- **Love** - loving with the same kind of love that God has for us; loving God and treating others the way you would like to be treated yourself.
- **Joy** - the happiness that God gives; sharing God's happiness with others.
- **Peace** - a calm feeling inside, knowing that God is looking after you; letting God take all your worries.
- **Patience** - learning to wait; not getting angry when things are not going as we'd like; sticking to a job and not giving up.
- **kindness** - treating others with special care; thinking about how other people feel; doing special things for others.
- **gentleness** - showing kindness and understanding; not being 'pushy'; considering the feelings of others.
- **goodness** - obeying God's word and doing the right thing.
- **Faithfulness** – never leaving or giving up on someone.
- **self-control** - not losing your temper; knowing when to stop; saying 'no' when you feel like doing the wrong thing.

How do these Fruits make you feel? Copy the table and draw a picture for each.

<b>Love</b> – I feel warm inside	<b>Joy</b> – I feel happy!	<b>Peace</b> – I feel calm inside
<b>Patience</b> – I do not feel annoyed	<b>Kindness</b> – I feel cared for	<b>Gentleness</b> – I am careful with things and careful with people's feelings
<b>Goodness</b> – I feel clean inside	<b>Faithfulness</b> – I feel loyal to my friend	<b>Self-control</b> – I stop myself from showing bad behaviour