

# What is the Fruit of the Spirit?

**Love:** agape; a love more of decision than of the spontaneous heart; it chooses to love the undeserving. It is a foundational fruit because it impacts and influences all other eight. God is the source of love and is our example of what real love is and does. Do my actions reflect a heart that is loving toward others even those who I may even think are “undeserving”? God wants me to love others as He has loved me.

**Joy:** a calm delight, a gladness. This is a joy whose foundation is God and it can abide and remain even in the most difficult of circumstances. Joy does not mean I have a smile on my face because I am happy about my difficult circumstances but I can smile through the tears because I know who is holding my hand.  
Do I reflect a joy whose foundation is in God to the watching world?

**Peace:** the tranquil state of a soul assured of its salvation through Christ, and so fearing nothing from God and content with its earthly lot, of whatsoever sort that is.

*“Not just freedom from trouble but everything that makes for a man’s highest good. Here it means that tranquility of heart which derives from the all-pervading consciousness that our times are in the hands of God. A positive peace, filled with blessing and goodness - not simply the absence of fighting.”* - Enduring Word

Do I trust God even in the midst of a storm? He is sovereign over all.

**Longsuffering:** patience with annoying people. What if that person was sent by God to help mature me?

*“When the devil finds that he cannot overcome certain persons by force he tries to overcome them in the long run... to withstand his continued assaults we must be longsuffering.”* - Martin Luther

**Gentleness:** carries the idea of excellence in character and demeanor. *“It is the grace which pervades the whole nature, mellowing all which would be harsh and austere.”* Enduring Word. Does my behavior reflect the gentleness and grace of God?

**Goodness:** defined as Beneficence - of a person, generous or doing good. God is good and we are to reflect Him to the world through our words and actions.

**Faith:** moral conviction (of religious truth, or the truthfulness of God. It is the characteristic of one who is reliable. Am I a good steward of what God has given to me. Will I hear Him say “Well done thou good and faithful servant?”

**Meekness:** gentleness, humility; to be teachable, not having a superior attitude, not demanding one’s rights. It is strength under control just as the horse is controlled by a bit I must be under the control of the Spirit.

**Temperance:** self-control, a virtue of one who masters their desires and passions, especially sensual appetites.  
Am I mastering self or does self master me?

