

# Fruit of the Spirit

## PATIENCE

*Journey 7*

Patience is the grace of God to endure delay, trouble, offense or suffering without anger or complaint. Patience is not passivity or avoidance but a steadfast and persistent willingness to wait and even endure all things until the end.

"But I received mercy for this reason, that in me, as the foremost, Jesus Christ might display his perfect patience as an example to those who were to believe in him for eternal life."  
1 Timothy 1:16

## SELF-CONTROL

*Journey 8*

Self-control is a sober virtue whereby one exercises restraint over one's desires and actions and is therefore able to resist temptation. It is not merely behavior modification, but a holistic inclination and action in opposition to the desires of the flesh. It is marked by moderation and prevents liberty from becoming license in the Christian life.

"Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. So I do not run aimlessly; I do not box as one beating the air. But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified." 1 Corinthians 9: 24-27

## FAITHFULNESS

*Journey 9*

Faithfulness is the characteristic of being dependable, loyal, and trustworthy. It is not an abstract hope or contentless faith but always has as its object God and his own perfect trustworthiness. Faithfulness flows from a trust in God and results in a steadfast and uncompromising commitment to loving God and neighbor.

"Know therefore that the LORD your God is God, the faithful God who keeps covenant and steadfast love with those who love him and keep his commandments, to a thousand generations."  
Deuteronomy 7:9

## KINDNESS

*Journey 10*

Kindness is a constant readiness to help that originates from God's grace to sinners and is demonstrated through practical actions of caring. Kindness is not simply being tolerant but is an unconditional generous orientation of one's heart towards others.

"But when the goodness and loving kindness of God our Savior appeared, he saved us, not because of works done by us in righteousness, but according to his own mercy, by the washing of regeneration and renewal of the Holy Spirit."

Titus 3:4-5

## JOY

*Journey 11*

Joy is gladness in one's whole disposition produced by the Holy Spirit as he enlivens one's heart to the beauty of Jesus. It is not based on ideal circumstances or good feelings but is a settled delight in the gospel and its implications in the life of the believer. True, lasting joy is only found in Christ and is unchanging in the midst of one's circumstances.

"You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore."

Psalms 16:11

## PEACE

*Journey 12*

Peace is the wholeness and rest given to believers by God, who has completely restored the relationship severed by sin. It is not merely freedom from conflict but also unity within oneself, with others, and with God derived from a right standing before God in Christ.

"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

John 14:27