

Fruit of the Holy Spirit



The Fruit of the Holy Spirit

Saint Paul talks about the fruits that come from our sin: greed, anger, jealousy and other such characteristics.

He believed that by following in Jesus' footsteps and living as Jesus asked us to, we are filled with the Holy Spirit and this helps us to make positive choices.

The Bible talks about fruit but its a different kind of fruit, it's called the fruit of the Spirit. The fruit of the Spirit is a little like real fruit because they are each special and different too.

Christians believe the Spirit will give us some of this special fruit and as we grow and learn more about Jesus, the Spirit will give us more and more fruit and become more Christ-like.



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All of these fruits are seen as good to have. The Fruit of the Holy Spirit are:

joy

peace

love

kindness

goodness

patience

trustfulness

gentleness

self-control

Joy

Saint Paul believed that if we try to make life more joyful and happy for others, we will be showing the fruit of the Holy Spirit.

"The joy of the Lord is your strength." ([Nehemiah 8:10](#)).



Can you think of a time when you tried to make life more joyful for others?

Love

By showing love, compassion and understanding to others, Saint Paul believed that we are demonstrating God's love.

"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails" ([1 Corinthians 13:4-8](#)).



Can you think of a time when you showed love, compassion or understanding to others in your life?

Peace

When we seek peace where there is conflict or disagreement, Saint Paul believed that we are demonstrating a part of the Holy Spirit.

“May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.” ([Romans 15:13](#)).

Can you think of a time when you tried encourage peace?



Kindness

By being kind towards others, Saint Paul believed that people would show an aspect of the Holy Spirit.

“In purity, understanding, patience and kindness; in the Holy Spirit and in sincere love; 7 in truthful speech and in the power of God; with weapons of righteousness in the right hand and in the left.” 2
Corinthians 6:6-7

Can you think of a time when you showed kindness to people or living creatures?



Patience

Paul wrote that we allow the Holy Spirit into our life if we are patient towards other people.

"Be completely humble and gentle; be patient, bearing with one another in love." ([Ephesians 4:2](#)).



Can you think of a time when you showed patience at a time when it may have been challenging to do so?

Goodness

By putting the needs of others ahead of our own, we allow the Holy Spirit to be active in our lives.

"For the fruit of the Spirit is in all goodness and righteousness and truth." ([Ephesians 5:9](#))

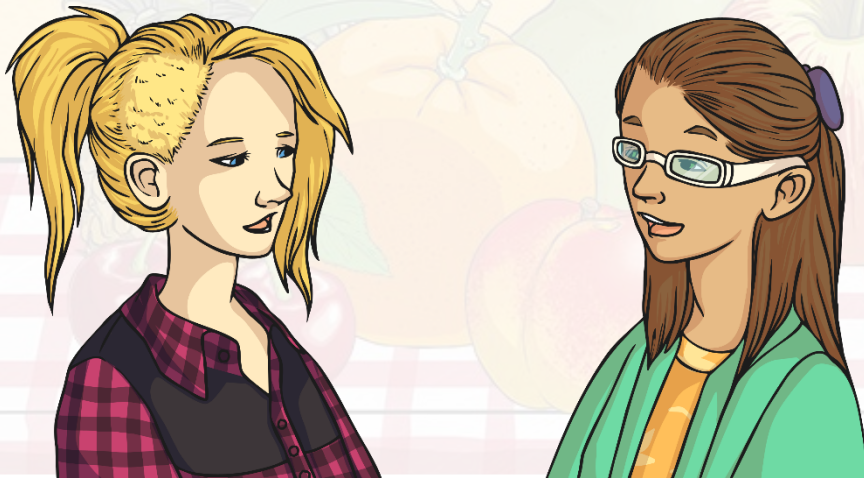
Can you think of a time when you put the needs of others ahead of your own?



Trustfulness

The Holy Spirit is active in our lives when we can trust us and when we put our trust in others.

"O Lord, thou art my God; I will exalt thee, I will praise thy name; for thou hast done wonderful things; thy counsels of old are faithfulness and truth." ([Isaiah 25:1](#))



Can you think of something you did which helped someone to put their trust in you?

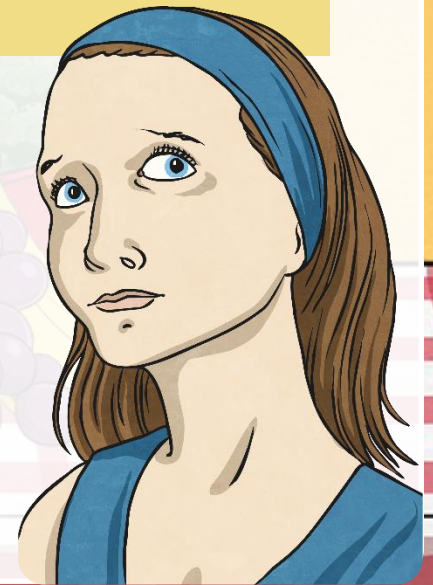
Can you think of something someone else did to encourage you to put your trust in them?

Self-Control

By having self-control, Saint Paul believed that we are demonstrating the Holy Spirit being active in their lives.

"But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, to knowledge self-control, to self-control perseverance, to perseverance godliness, to godliness brotherly kindness, and to brotherly kindness love." ([2 Peter 1:5-7](#)).

Can you think of a time when you practised self-control in your life?



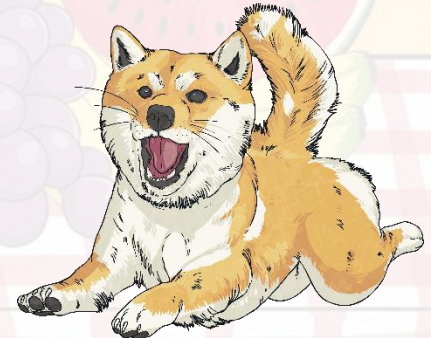
Gentleness

By being gentle and understanding towards other people, Saint Paul believed that we are demonstrating another important aspect of the Holy Spirit.

"With all lowliness and meekness, with longsuffering, forbearing one another in love." ([Ephesians 4:2](#)).



Can you think of a time when you showed gentleness towards another person or creature?





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