



## Love Others– The fruit of the Holy Spirit

### 1. Review

How have you done applying what we talked about last time?

### 2. Read

Listen to the podcast and read the scripture. What is the scripture saying? What truth of the gospel does it teach us?

### 3. Reflect

What impacts you most? What does this look like in your life? What would fruitfulness look like?

### 4. Respond

What is God speaking to you about and what are you going to do? Pray for one another

### 5. Reach

How would you share this good news? How has your personal witness been going?

### 1. Review

We recommend that you keep a discipleship journal on your phone or notebook – where you can record anything that you agree to do with the group. Take time to share how you are getting on. We encourage openness to the Holy Spirit and encouragement from your group to have an ongoing list of areas where you need to be intentional about growing.

### 2. Read

- **Gal 5:16-24**

We assume you have listened to the Podcast on the website for this topic prior to the meeting.

### 3. Reflect

- What does it mean to walk in the Spirit?
- What does it mean to put off the old self and put on the new ?
- The fruits of the Spirit are all embedded in our new self that just need to be nurtured and pruned – do you agree or disagree?
- How will this will impact and motivate the way we love others?
- Fill out the self-assessment questionnaire on the next page of this document
- Share the one or two fruits you believe you need to grow in

### 4. Respond

What actions or changes in attitude are you being prompted to make? Make a note of these and share them with each other. Don't discount yourself or get disconsolate or under pressure ask for more grace to make progress in this fundamental area of your growth.

Think about how you are going to make changes in your life so you have time to nurture these fruits in terms of practicing:

- a. Prayer
- b. Praise
- c. Meditation – word study on this fruit
- d. Confession
- e. Repentance
- f. Accountability
- g. Be real

Take some time to pray and praise God. Invite the Holy Spirit to give you counsel, guidance, words, pictures, scriptures, encouragement for each other on this whole topic of enjoying the fruits of the Spirit. This is a great time to practice the gifts of the Holy Spirit.

### 5. Reach

How do the fruits of the Spirit impact your witness?

# FRUIT OF THE SPIRIT ASSESSMENT

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Galatians 5:22-23 (NASB) 22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, self-control; against such things there is no law.

The fruit of the Spirit in reality is the character of God being worked into the fabric of your lives. As you yield to supernatural working of the Holy Spirit you are continually transformed and God's character, love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control are revealed with increasing regularity and purity. This must be the goal of every committed believer to become more like Christ (Ephesians 4.15).

This assessment will do two things. First it will reveal where the Holy Spirit has already been at work. Second it will highlight where God desires to continue to work in your live. Share your results with a friend and ask them to partner with you in prayer that you may continue to grow in your relationship with God.

After carefully reading each aspect of the fruit of the spirit, rate yourself on a scale of 1-5. Example: 1 - not true of me, 2 – seldom true of me, 3 – sometimes true of me, 4 - often true of me, 5 – always true of me.

**Love:** Gk 26 ἀγάπη, agape (ag-ah'-pay): love, which centers in moral *preference*, benevolence, good will, esteem, typically refers to *divine love* (= what *God prefers*).

The ability to accept others; to give ourselves in service to others without expecting anything in return. (John 3.16, 13.34-35; Rom 13.10; 1 Cor. 13.4-7, 13; Phil 2.2)

Are you being influenced by the Spirit in reaching out to others in a loving manner? Do you treat your family and those around you with love? Are you self-sacrificing, preferring others over yourself?  
Circle your response 1 2 3 4 5

**Joy:** Gk 5479 χαρά, chara (khar-ah'): joy, gladness, calm delight.

A deep, inner gladness that comes from your relationship with Jesus Christ. (Luke 24.52; John 15.10-11; 17.13; Acts 13.52; Rom 14.17-18, 15.13)

Is the Holy Spirit producing joy in your heart that overflows into your everyday life? Do you choose joy over worry? Do you rejoice in God's presence in your life? Circle your response 1 2 3 4 5

**Peace:** Gk 1515 εἰρήνη, eiréné (i-ray'-nay) peace, peace of mind, in the Hebraistic sense of the health (welfare) of an individual.

An inner harmony and sense of wellbeing based on our faith that God is in control no matter what happens. (Jn 16.33, Rom 5.1; 2 Cor 1.2; Phil 4.4-7)

Is your life full of peace in spite of your circumstances? Are you trusting God and not fearful about what may happen in the future? Do you experience the peace of God that passes all our understanding?  
Circle your response 1 2 3 4 5

**Patience:** Gk 3115 μακροθυμία, makrothumia (mak-roth-oo-mee'-ah) patience, forbearance, longsuffering.

The ability to show restraint and calm in waiting on God, despite circumstances that may cause us to get angry. (Col 3.12-13, Eph 4.1-2; 2 Tim 4.2; Hew 6.12)

Do you accept interruptions and delays with grace and peace? Do you see God's larger plan at work in your circumstances? Do you surrender to God when things don't go your way?  
Circle your response 1 2 3 4 5

**Kindness:** Gk 5544 χρηστότης, chréstorés (khray-stot'-ace) Morally excellent (in character or demeanor) goodness, uprightness, kindness, gentleness.

The ability to treat others with openness, sensitivity, and love, and to share the kindness that comes from God. (Rom 2.4, 11.22; Eph 2.6-7; Col 3.12)

Is your first inclination to meet the needs of others, to be kind and avoid harshness? Do you have sensitivity to others and a willingness to put their needs ahead of yours?  
Circle your response 1 2 3 4 5

**Goodness:** Gk 19 ἀγαθωσύνη, agathosune (ag-ath-o-soo'-nay) intrinsic goodness, especially as a personal quality, with stress on the kindly (rather than the righteous) i.e. virtue or beneficence-goodness.

Having the nature of God, able to tell right from wrong, doing good to others and avoiding evil. (Rom 15.14; Eph 5.8-11; 2 Thes 1.11)

Are your thought, words and behavior of a high moral standard? Are you living a wholesome life that is honoring to God and others? Circle your response 1 2 3 4 5

**Faithfulness:** Gk 4102 πίστις, pístis (pis'-tis) moral conviction (of religious truth, or the truthfulness of God or a religious teacher), especially reliance upon Christ for salvation, faith, belief, trust, confidence; fidelity.

Unshakable loyalty, shows in being trustworthy, reliable, responsible and carrying out our commitments to God and others. (Matt 15.28, 21.21, 23.23-24; Luke 22.32; Acts 6.8; 1 Cor. 13.13; Heb 10.22)

Are you a person of your word? Do you follow through on what you start? Can others count on you? Are you faithful in your commitments? Circle your response 1 2 3 4 5

**Gentleness:** Gk 4240 πραΰτης, prautés (prah-oo'-tace) mildness, gentleness (compare 4236 *praótēs*, emphasizing the divine *origin* of the meekness) --meekness ("gentle strength") which expresses *power with reserve and gentleness*.

Showing consideration and thoughtfulness, putting my rights and strength under God's control in order to seek peace. It requires openness, humility, a teachable spirit. (1 Cor 4.21; 2 Cor 10.1; Gal 5.23, 6.1; Eph 4.2; Col 3.12; 2 Tim 2.25)

Are you quick to listen and slow to act and speak? Are you healthily assertive yet non-aggressive in your relationships? Are you meek in your approach to others? Circle your response 1 2 3 4 5

**Self-control:** Gk 1466 ἐγκράτεια, egkrateia (eng-krat'-i-ah) self-mastery, self-restraint, temperance.

The virtue of one who masters his desires and passions, especially his sensual appetites. ( Acts 24:25; 2 Peter 1:6)

Do you exercise restraint when tempted? Do you exercise discipline in your life? Are you free from addictions and uncontrollable behavior? Circle your response 1 2 3 4 5

Mark and score your top 3 strengths.

Love --- Score	Joy --- Score	Peace --- Score
Patience --- Score	Kindness --- Score	Goodness --- Score
Faithfulness --- Score	Gentleness --- Score	Self-control --- Score

Mark and score your lowest 3 growth areas.

Love --- Score	Joy --- Score	Peace --- Score
Patience --- Score	Kindness --- Score	Goodness --- Score
Faithfulness --- Score	Gentleness --- Score	Self-control --- Score