



Fruits of the Spirit

Workbook & Journal

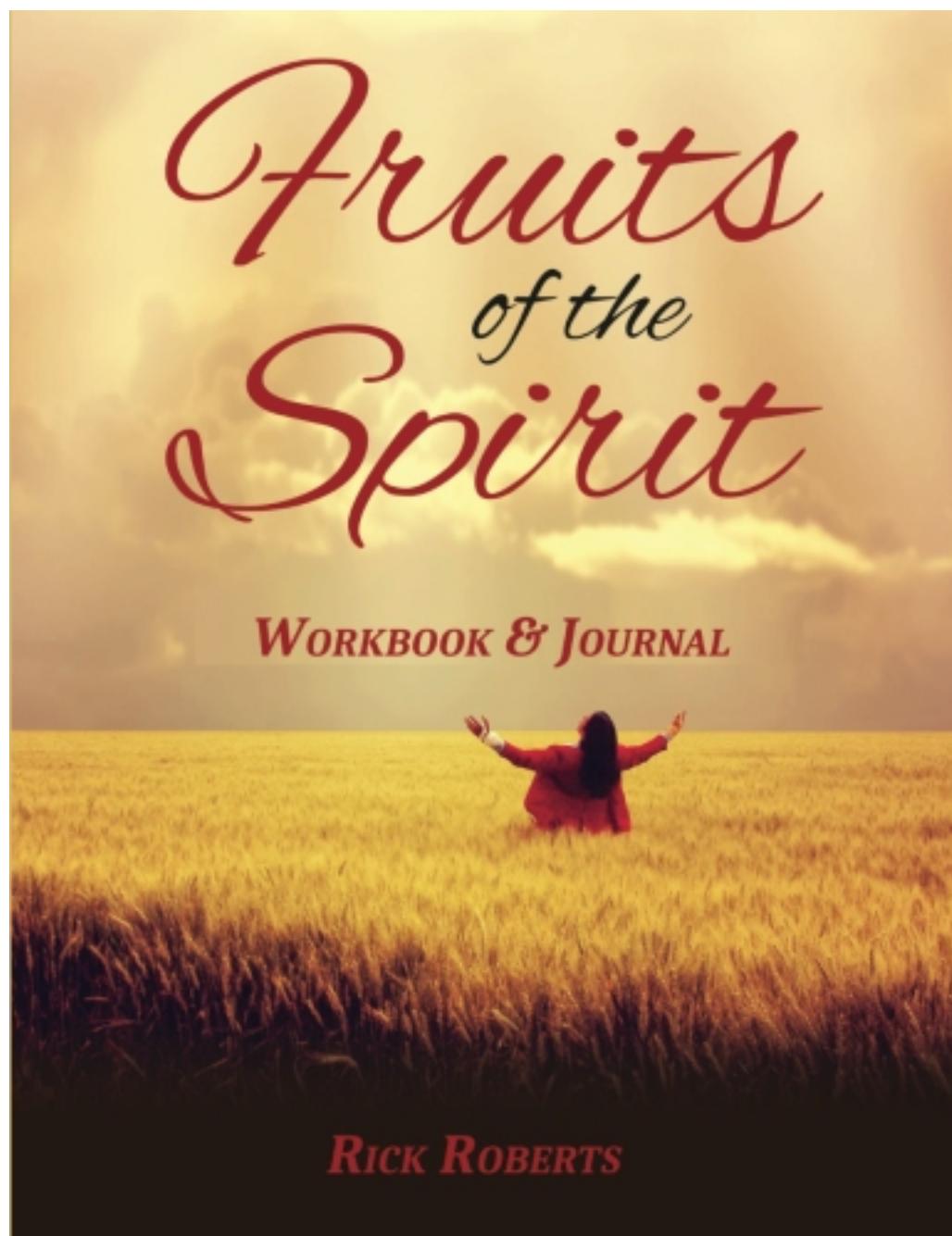
But the fruit of the Spirit is love, joy, peace, patience, gentleness, goodness, faithfulness, meekness and self control. Galatians 5:22-23



This is a sample taken from the Fruits of
The Spirit Workbook & Journal

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Fruits of the Spirit Recommended Passages

Faithfulness

Lamentations 3: 22-23
Psalm 91: 4
1 Thessalonians 5: 24
2 Thessalonians 3: 3
Psalm 36: 5
Psalm 40: 10
2 Timothy 2: 13
Luke 16: 10
Isaiah 25: 1
Proverbs 28: 20
Psalm 119: 138
Matthew 25: 21(NKJV)
1 Corinthians 4: 2
Psalm 89: 2(NKJV)
Psalm 89: 8
Proverbs 14: 22
1 Corinthians 1: 9

Gentleness

2 Corinthians 10:1
2 Samuel 22:36
Psalms 18:35
Ephesians 4:2
Galatians 6:1
Galatians 5:23
Philippians 4:5
Colossians 3:12
1 Timothy 6:11
1 Peter 3:15

Goodness

Exodus 33:19
Exodus 34:6
Psalms 23:6
Psalms 33:5
Psalms 52:1
Proverbs 20:6
Isaiah 63:7
Jeremiah 31:12
Romans 2:4
Galatians 5:22
Ephesians 5:9
2 Thessalonians 1:11
Psalms 27:13
Psalms 69:16
Psalms 86:17
Psalms 109:21
Psalms 106:12
Galatians 5:22
2 Peter 1:3
2 Peter 1:5

Fruits of the Spirit Recommended Passages

Joy

Psalms 16:9
John 15:11
Philippians 4:4
Psalms 5:11
1 Chronicles 16:27
1 Chronicles 16:31
Zephaniah 3:17
1 Thessalonians 5:16
Psalms 16:11
Psalms 16:11
Psalms 33:1
Romans 5:3
Isaiah 12:3
Isaiah 51:11
Romans 15:13
Psalms 37:4
Psalms 32:11
Proverbs 15:13
Psalm 90:14
Nehemiah 8:10

Kindness

Ephesians 4:32
Colossians 3:12
Romans 12:9-13
Luke 6:27-31
Luke 6:35
1 Corinthians 13:4-7
Proverbs 15:1
Titus 3:3-5
1 Peter 2:2-3
Ephesians 1: 7-8
Romans 3:23-24
Romans 11:5-6
Psalms 145:17
2 Corinthians 6:1
1 Peter 5:10

Love

John 14:15
Proverbs 8:17
1 Timothy 1:5
Ephesians 2:4
Ephesians 5:2
John 13:34-35
Romans 12:9-10
Romans 8:35, 38-39
1 John 3:18
Ephesians 3:17-19
Deuteronomy 6:5
Colossians 3:14
Deuteronomy 7:9
1 Corinthians 16:14
Psalms 91:4
Ephesians 5:25-28
1 John 4:7-8
Proverbs 10:12
Romans 5:5
1 John 4:11
Romans 13:19
1 Corinthians 13:4-13
Hebrews 13:1
Proverbs 3:12
1 Corinthians 8:3

Fruits of the Spirit Recommended Passages

Patience

Luke 8:15
Luke 21:19
Romans 8:25
James 1:3
1 Timothy 1:16
Colossian 1:11
Hebrews 6:12
Hebrews 10:36
Hebrews 12:1
2 Peter 1:6
Titus 2:2
Colossians 3:12

Peace

James 3:18
Ephesians 2:14
Philippians
Psalms 4:8
Job 22:21
Isaiah 26:3
Isaiah 26:12
John 14:27
2 Thessalonians 3:16
Romans 12:18
1 Peter 3:11
Psalms 34:14
Hebrews 12:14
Colossians 3:15

Self Control

Proverbs 25:28
2 Timothy 1:7
2 Peter 1: 3
Proverbs 1:2
Ephesians 6:13
Hebrews 12:11
Proverbs 25:28
Proverbs 13:4
Galatians 5:22-23
1 Corinthians 9:27
Titus 2:11-14
2 Timothy 1:7
Titus 2:12
Titus 1:8
1 Corinthians 9:25
Proverbs 15:32
Proverbs 13:18
Galatians 5:23
Matthew 18:15-17
Proverbs 13:24
Romans 14:1
Matthew 7:1-2
Proverbs 22:6
Hebrews 10:30
Ephesians 6:4
Matthew 22:36-39
Proverbs 29:17
Proverbs 19:18
Proverbs 15:5

Introduction

This workbook journal is designed with the purpose of helping you come to terms with who you really are, who you currently perceive yourself to be and how to develop an attitude of placing yourself in a position for the Lord to change you into what 'He' wants you to be. This is the process of cultivating the fruit of the Spirit through daily introspection and application of the findings as the Holy Spirit leads you.

If you follow the outline of this workbook and journal accordingly, you will note that the fruit of the Spirit is a change in being. It is not to be viewed as a lifestyle but as a state of grace promoted from within. You will begin to focus on how to become more loving, patient, gentle or faithful. Why, because you will begin a conversion from the old into the new. Read I John 3:14. The fruit of the Spirit is the "new" in the life of a person who has passed from death unto life in Jesus Christ. "...old things have passed away; behold all things are become "new". (II Corinthians 5:17)

As you answer the questions honestly, you will see that the key is surrender, a willingness to die to self and live for God and for others. Let go of yourself and be reminded that it is ok. We are ALL sinners who have come short of the glory of the Lord. We all need the covering grace of Christ. You will be challenged to remember that the 'Fruit of the Spirit' is exactly that, the '**fruit**'; the **result** of salvation and not the means.

So be honest, dig deep and let go so that the spirit of the Lord can be upon you.

The Process

The structure of each section is designed to examine the nature of each fruit of the spirit as it relates to you and your responses to yourself, to God, your environment and your surroundings. Each fruit will reveal to you the nature of your true belief as you enter the subjective process of your own perceptions and thoughts, as it takes place deep within you. Allow this process to flow with you and through you. The way to allow this flow is not to analyze or interpret, but to view each thought, question, answer and step as a revelation, an unfolding process, and simply let go as the realization takes over your mind and begins to work within your heart.

Yes, I know at this point you are saying, “You said this was introspection.” Yes it is, but you are not the one performing it. Your only job is to go with the flow and allow the Holy Spirit to work. The introspection is a type of surgery being performed without anesthetics. You must be willing to allow the Master Physician to surgically apply this as ‘He’ carves out that which does not belong and replace it with what does. Without anesthetics is entirely up to you though. This is the only way that this procedure will truly work. It will require your full faith and trust in the Lord.

Follow the guidelines of this workbook as instructed, let go & let the Holy Spirit be your guide.

The Structure

1. Looking through your Questions
2. Scripture Reading
3. Reflection
4. Prayer
5. Answering the Questions
6. Searching the Heart
7. Journaling – The writing process
8. Feedback & Acceptance
9. Prayer
10. Letting Go

This workbook/journal is an instrument. Remember that.

The Instructions

For each fruit use the following guideline.

1. Scripture Reading, Reflection & Prayer (The blue box at the end of your fruit page)
 - a. Look through the questions, begin a thought process, but do not write. Read the scripture. What is your understanding? What does it mean to you? How do you see it in reflection to your own thoughts, ideas and your walk in life?
 - b. Pray for the truth to be revealed and a true understanding of the message coming forth in the scriptures to help you see yourself more clearly. When you begin the writing process, study all of the other scriptures, including your own, that you have listed and do the same.
 - c. Ask the Lord for guidance and purification of the heart.
2. Questions, searching the heart for the true answers.
 - a. Go through each question very carefully, several times if you have to. Make sure you understand each question thoroughly before you begin to write.
 - b. Search the heart. Be honest about your true understanding and true feelings before beginning the writing process. Then, as if it is your first time looking at each question, commit to your understanding and begin writing a true thought in your workbook. Transfer that thought to your journal and just let it all come out.
 - c. Begin Journaling: Find the definition of the word Journal and journal your thought. Take your time with each response. Sit back and take a true look at what your responses are. After a good look at what you have written, accept it. Then go deeper into the truth of your understanding of it and begin writing your thoughts more clearly.

3. Acceptance: the willingness to let go and let God. Prayer

- a. Always begin with the Word and end with the Word. Start with prayer, and finish with prayer. Read through what you have written and accept it as the truth about yourself and pray for guidance. The Holy Spirit will guide you into all truth and teach you how to accept your short coming(s) and how to accept Gods help. Acceptance is KEY.

This workbook/journal is an instrument, but you are both an instrument and a vessel. Remember that.

‘And the fruit of the Spirit is LOVE’

Let us begin with the most important fruit of all ‘LOVE’

1. What is your definition of Love? What does this word truly mean to you?
2. When you think of it, what Bible definitions come quickly to your memory?
Write down the scripture or scriptures here.
3. According to your understanding of what Love is, how is Love used in the Bible? Give an account of this example from the Bible.
4. In your perception, what does this fruit look like in your life at this present moment?
5. Write some background information on your own personal account and understanding on why it looks this way. What do you truly believe you have done or failed to do? Why?
6. Have you noticed any developments of this fruit in your life? If so, describe how the Holy Spirit is developing this fruit in your life.
7. How loving do you really think you are in the following six areas in your life?
Write your thoughts and feelings about that love separately for each.

1. **Love God**
2. **Love yourself**
3. **Love your family**
4. **Love your friends**
5. **Love your neighbors**
6. **Love your enemies**

The first 4 areas are much easier to learn how to do than the last two areas – especially the last one in being able to love your enemies and those who will try and hurt you in this life.

Remember that the only one reading these thoughts are you. Though we will never be able to love in the perfect way that Jesus can, since none of us will ever become the fourth person of the Holy Trinity, we can still try to do the best we can in our dealings and relationships with other people. But when writing, be very honest about the true nature of your thoughts and your ways concerning each. Loving most of your family and friends is very easy because of the strong natural bonds that we have already established with them. **But** learning how to love some of your neighbors, whom you have no real special bond with, or total strangers, will be much harder for you to do. With the way that our world has become, so many people are keeping to themselves and we are afraid to trust anyone, from loving God to being able to love the worst of your enemies.

Reminder: ‘the fruit of the Spirit’ OPPOSES that of ‘the works of the flesh’

LOVE

The Apostle Paul makes one of the most classic statements ever made on the importance of love and how this quality fits into the big picture as far as God is concerned.

Nothing will touch other people more deeply than having the love of God shining through you and your life. With the quality of love being a universal language that everyone can understand and witness to, this quality, more than any other quality, will be the main one that can lead nonbelievers to salvation in the Lord. It will also lead other believers into a deeper walk with God. It seems it is no coincidence then, that love is listed as the very first fruit of the Holy Spirit in Galatians 5:22.

Paul says that you can have the greatest gifts of tongues, prophecy, understanding of all the mysteries and knowledge of God, the highest levels of faith in God, and do some of the greatest works for God.

But if you do not have the love of God operating in your life, then all of this gifting, power, knowledge, and works in the Lord will all be for nothing! Imagine that. Meditate on this thought as you respond to questions #4 and #5.

Think on it, all of the good fruit you may have produced for the Lord in this lifetime will mean absolutely nothing to Him, if you did not walk all of it out in the spirit of love.

Do you think this is the reason why each and every Christian is prompted daily to make it their #1 goal and priority in this life to learn how to walk in the love of God for their lives?

Here are two very profound verses that will show us how important the quality of love really is in the big picture. Study them along with the others you have listed for yourself as you accept the truth about yourself and how you love. Allow the Holy Spirit to lead.

1. **“And now abide faith, hope, love, these three; but the greatest of these is love.”**

(I Cor.13:13)

2. **“Though I speak with the tongues of men and angels, but have not love, I have become as sounding brass or a clanging cymbal. And though I have the gift of prophecy, and understand all mysteries and all knowledge, and though I have all faith, so that I could remove mountains, but have not love, I am nothing. And though I bestow all my goods to feed the poor, and though I give my body to be burned, but have not love, it profits me nothing.”**

(I Cor. 13:1-3)



'And the fruit of the Spirit is LOVE'

TODAY'S PASSAGE

DATE

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LORD I HEAR YOU SAYING

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LORD HEAR ME SAYING

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Prayer Requests:

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I AM THANKFUL FOR:

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