

Spiritual Growth Exercise for August 2017

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The Best Fruits

We read in Galatians 5:22 of the New Living Translation bible, “the fruit of the spirit is love, joy, peace, patience, kindness, goodness faithfulness, gentleness and self-control”. During the month of August take some time to check in with your spirit and determine whether or not you are living your life based on these spiritual fruits.

Answer the following questions and then find ways to increase each of these fruits in your life.

1. How do I show **love**?
2. When do I experience **joy**?
3. Am I at **peace** with my life?
4. Do I practice **patience**?
5. How do I show **kindness**?
6. What place does **goodness** have in my life?
7. Do I exhibit **faithfulness**?
8. How do I demonstrate **gentleness**?
9. Where do I need more **self-control** in my life?



The fruit of the Spirit

Galatians 5:22