

## The Fruit of the Spirit Definitions

1. Love is giving yourself unselfishly to others even if they don't deserve it.
2. Joy is being cheerful and pleasant despite your outward circumstances.
3. Peace is mental and emotional calmness in the midst of problems.
4. Patience is a willingness to wait without complaining in difficult situations.
5. Kindness is being concerned about people.
6. Goodness is doing good deeds for people.
7. Faithfulness is trustworthiness in all situations and with everything you have.
8. Gentleness is being humble rather than proud, rough or revengeful.
9. Self-control is being disciplined in all areas of your life.

## The Fruit of the Spirit Quiz

Rate yourself from 1 to 10 to indicate how much of it is ripe in your life. Ten equals a bumper crop; one means it's barely present.

- \_\_\_ Love: I give of myself and what I have to other people, even if they don't deserve it.
- \_\_\_ Joy: I am cheerful and pleasant, even when everything is going wrong.
- \_\_\_ Peace: I remain calm instead of worrying when faced with problems and hard times.
- \_\_\_ Patience: I can wait in difficult and irritating situations without complaining or getting angry.
- \_\_\_ Kindness: I'm concerned about other people instead of thinking only of myself.
- \_\_\_ Goodness: I regularly do good deeds for other people.
- \_\_\_ Faithfulness: I am dependable and trustworthy.
- \_\_\_ Gentleness: I am humble and submissive to God instead of being proud, rough or revengeful.
- \_\_\_ Self-control: I am basically a disciplined person.

**How well did you do?** Total: \_\_\_\_\_

If your ratings were low, don't despair. There is hope for increasing your fruit crop. If they were high, don't get overconfident. You can be even more fruitful.