

- Memorize 1 Corinthians 10:13 and claim the promises in the verse.
- _____.
- _____.
- _____.

Gentleness (πραΰτης)

This word means meekness and humility. It's the person that is considerate of others, the truly humble person.

- Begin the day acknowledging your dependence upon God in prayer.
- Each day express gratefulness to at least one person in your life.
- What person really exposes your pride? Pray for them and ask God to bless that person.
- _____.
- _____.
- _____.

Self-Control (ἐγκράτεια)

It means discipline, temperance, the ability to tell your body no. Daily your body is producing desires that are not holy or are not best. You need to be able to tell yourself no.

- John Piper claims it helps if there is something that we love more than what we are giving up. Read a chapter in a Gospel each day and write down one reason from what you read that Jesus is amazing and worthy of your love.
- Journal the times you lack self-control over the next week. For each incident answer three questions: What did I want? What choice should I have made? What could I do differently next time?
- The battle for self-control begins in the mind. Develop a plan for controlling your thoughts and put it on an index card. One of the steps should talk about confession and repentance. Review your plan when you find yourself thinking thoughts that are not God-honoring.
- _____.
- _____.
- _____.

Applications of the Fruit of the Spirit

Galatians 5:22-23

Read the definitions and determine 2 or 3 ways to live each one.

The Fruit Of The Spirit is...

Love (ἀγάπη)

Acts in the best interests of others. It involves sacrifice (Jn. 3:16). The idea is loving others the way you would normally love yourself (Gal. 5:14).

- Memorize some of the one-another passages in the NT (there are at least 47). These describe how Christians are supposed to relate to each other. (e.g., John 15:12; Romans 12:10; Romans 14:19)
- Read and meditate on 1 Corinthians 13—the love chapter. Or write a one-page essay on what 1 Corinthians 13 love would look like in your life.
- _____.
- _____.
- _____.

Joy (χαρά)

Joy means great happiness or gladness. It is a feeling that is independent of circumstances. In other words, you and I can have great joy in Christ even though our situation may be difficult.

- Read a book on the cross (Like CJ Mahaney's, *The Cross-Centered Life*) to remember what Jesus has done for you.
- Listen to a sermon on the crucifixion from sermonaudio.com or a website like desiringgod.org or gty.org.
- Develop a list of 50 reasons that you can have joy in the midst of your circumstances. Reflect on this list until you are choosing joy in your troubles.
- Memorize Romans 8:28-29 and give five examples this week of when this passage encouraged you.
- _____.
- _____.
- _____.

Peace (εἰρήνη)

This grace means to be without trouble, have tranquility, it's being free from worry.

- Make a list of our fears and worries and confess them as sin. In prayer give them one by one to God since He cares for you (1 Peter 5:7).
- Write a one-sentence prayer each day addressing your current worry. Review that prayer during the day.
- List 20 ways you can control your thoughts when you are tempted to worry (e.g., sing, quote specific Scripture, pray for someone, etc.) and implement them.
- _____.
- _____.
- _____.

Patience (μακροθυμία)

Longsuffering, emotional calm in the face of provocation or misfortune. It doesn't fly off the handle quickly. A long holding of the mind before it reacts passionately. It takes a long time before it bursts into flame. It is not quick to resent an injury. It doesn't have a hair trigger. Rather, it recognizes that other people will make mistakes and even sin against you. It doesn't take that personally. It doesn't let violations of my agenda become major issues. It sees irritations as minor issues.

- Create a list of God's attributes and an explanation for why each attribute makes it easier for you to wait on God. Reflect on this list each morning this week.
- Remember that God has designed people to teach you patience, and you will be grateful for the opportunity to learn it.
- Respond to the delays/interruptions to your schedule by prayerfully thanking God for His sovereign control of your days.
- Read Ezekiel 16 and note every example of God's patience. Ask God to create His patience in you.
- _____.
- _____.
- _____.

Kindness (χρηστότης)

This word means that which helps people, benevolence. This fruit has a gracious manner towards others. It is sweet and nice. Its words are edifying, not destructive. It treats others tenderly. It is behaving towards other as God has behaved towards you.

- When you belittle others, by God's grace immediately ask their forgiveness.
- Each day look for one person to praise and encourage.
- Implement seven purposeful ways that you will be kind to those around you (one per day.) Not accidental, after-the-fact ways, but ways that you plan ahead to express kindness.
- _____.
- _____.
- _____.

Goodness (ἀγαθωσύνη)

It implies some type of activity involving others. Reaching out to others even when they don't deserve it. It often involves unmerited generosity. It remind us of... Romans 12:21 (NKJV) Do not be overcome by evil, but overcome evil with good.

- Pray each day for one person that gets under your skin. Ask God to bless him or her in specific ways (i.e., health, finances, academics, relationships, etc.).
- Write an encouraging note or card to this person where you list 10 reasons you are thankful for them.
- _____.
- _____.
- _____.

Faithfulness (πίστις)

This word means trust or confidence. It can also have the idea of loyalty. Are you reliable or trustworthy? A person that can be counted on or is dependable.

- Read about Bible characters that were faithful to God in spite of very trying circumstances (Daniel 1- 6; Genesis 37-50 [Joseph]; The Book Of Acts [Peter, Paul, and the early church]).