

Fruit of the Spirit check up.

Date _____

Fruit	Notes	Examples or counter examples
Attitudes of Mind		
Love (agape)	Self-sacrificing love, motivated by the need of the other. Loving others as God loves us. (John 3:16, I Cor. 13)	
Joy (chara)	A deep and abiding inner rejoicing which does not depend on circumstances because it rests in God's sovereign control (Rom. 8:28, John 15:11)	
Peace (eirene)	An inner repose and quietness, even in the face of adverse circumstances; it defies human understanding. (John 14:27, Phil. 4:7)	
Behavior towards others		
Longsuffering (or Patience) (makrothumia)	The quality of forbearance under provocation (2 Cor. 6:6; Col. 1:11; 3:12)	
Gentleness (or Kindness) (chrestotes)	benevolence in action such as God demonstrated toward men. (Rom. 2:4; Eph. 2:7, 2 Cor. 6:6; Col. 3:12)	

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Goodness (agathosune)	reaching out to others to do good even when it is not deserved.	
General Conduct		
Faith (or Faithfulness) (pistis)	trustworthy or reliable (Luke 16:10-12)	
Meekness (or gentleness) (praotes)	Submissive to God's Word (James 1:21) Gentle in correcting others. (Gal. 6:1; 2 Tim. 2:25; 1 Cor. 4:21; Eph. 4:2; Col. 3:12; 1 Peter 3:16)	
Temperance (or self-control) (egkrateia)	self-mastery (Acts 24:25; 2 Peter 1:6; Gal. 5:16)	

Notes and thoughts.