



L.I.G.H.T.  
Kingdom Kids®



# PARENT GUIDE

WHAT IS THE FRUIT OF THE SPIRIT?

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Adult Spiritual Growth Series

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L.I.G.H.T. Kingdom Kids®

# GOD-CENTERED CHARACTER FORMATION



Love  
Joy  
Peace  
Patience  
Kindness  
Goodness  
Faithfulness  
Gentleness  
Self-Control

“Fruit of  
the Spirit

*Galatians 5:22-23*



# FRUIT OF THE SPIRIT

## Adult Spiritual Growth Series

The Fruit of the Spirit (Galatians 5:22-23) are qualities or characteristics that should naturally grow in us as the Holy Spirit guides us to follow Jesus. These are essential characteristics of a Christian and are central to planting seeds in a child's formative years to teach character development. These qualities are like the "fruits" that grow from a good tree rooted in a relationship with God. They show that a person lives a life influenced by the Holy Spirit.

These qualities are:

1. **LOVE:** Wanting what is best for others by putting their needs above yours, speaking the truth to others, (even when the truth is not easy), and helping them avoid wrongdoing.
2. **JOY:** Joy is a permanent condition inside you (different than a changing feeling) that comes from knowing you are okay, even if your circumstances are not.
3. **PEACE:** A confidence and trust in God's control of your life and a calm heart, free of trouble and fear.
4. **PATIENCE:** Continuing to love while not being selfish, jealous, or angry, and not complaining or giving up when we don't get our way.
5. **KINDNESS:** Extending compassion, empathy, and goodwill toward others with gracious words and actions.
6. **GOODNESS:** Being kind, gracious, generous, and loving toward others while respecting them.
7. **FAITHFULNESS:** Being steadfast, loyal, trustworthy, reliable, and true to your word.
8. **GENTLENESS:** Being kind and respectful toward others using a mild tone and attitude in your speech and actions.
9. **SELF-CONTROL:** The ability to control your emotions, desires, and actions in a way that honors God and benefits others over yourself.



# I AM THE VINE

You are the branches.

Whoever abides in me bears much fruit.

Apart from me you can do nothing. (John 15:5)

The Fruit of the Spirit has three parts that are interdependent and will be present in different measures in every Christian life:

1. Our essential nature (love, joy, peace)
2. Our relationships with others (patience, kindness, goodness)
3. Our character before God (faithfulness, gentleness, self-control)

God promises that His followers will bear fruit. Fruit in the life of a Christian comes from abiding in Jesus.

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## *Christlike Character*

# Love

Wanting what is best for others by putting their needs above yours, speaking the truth, and helping them avoid wrongdoing.

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## *Christlike Character*

# Joy

Joy is a permanent condition inside you (different than a changing feeling) that comes from knowing you are okay, even if your circumstances are not.

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## *Christlike Character*

# Peace

A confidence and trust in God's control of your life and a calm heart, free of trouble and fear.



## *Christlike Character*

# Patience

Continuing to love while not being selfish, jealous, or angry and not complaining or giving up when we don't get our way.





## *Christlike Character*

# Kindness

Extending compassion, empathy,  
and goodwill toward others with  
gracious words and actions.

*Christlike Character*

# Goodness

Being kind, gracious, generous,  
and loving toward others while  
respecting them.

*Christlike Character*

# Faithfulness

Being steadfast, loyal, trustworthy, reliable, and true to your word.



## *Christlike Character*

# Gentleness

Being kind and respectful toward others using a mild tone and attitude in your speech and actions.

*Christlike Character*

# Self-control

The ability to control your emotions, desires, and actions in a way that honors God and benefits others over yourself.