

THE FRUITS OF THE SPIRIT

LOVE

It is self-giving love as opposed to self seeking love.
Caring for someone and not counting the personal cost.

JOY

A sense of wellbeing based on the belief that I am loved by God.
“You are precious to me and I love you.”

PEACE

Living in harmony with self, others and nature.
The ability to make peace with another and let go of grudges

PATIENCE

An acceptance of others, their limitations and ones own.
With patience our feelings do not dominate our actions.

KINDNESS

Kindness is a growing in the awareness of God's presence in others.
It involves allowing the goodness in you to reach out to the need of the other.
Kindness is a manifestation of care and compassion.

GOODNESS

Goodness means seeing everything as a reflection of God's love.
It is allowing the goodness in you to reach out to the goodness in the other.

FAITHFULNESS

It serves others without thinking of what is in it for me in return.
Faithfulness is a commitment and loyalty to the other.

GENTLENESS

Being happy in ones self. Being strong and firm in who we are.
It takes strength to be gentle. Gentleness is not weakness.

SELF CONTROL

The awareness of God's abiding presence in us.
'In Him I live and move and have my being'.
Hence the compulsive reaching out for esteem, power and status ceases.