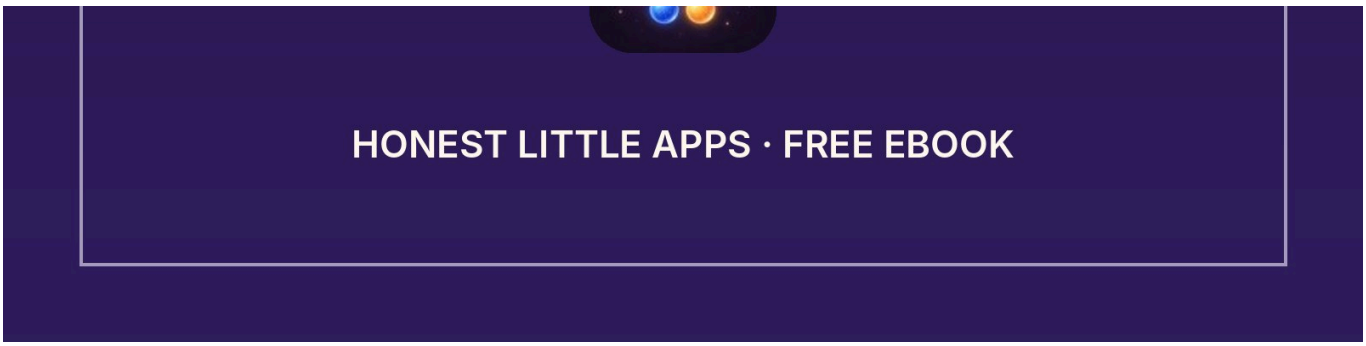
Fruit of the Spirit: A Nine-Week Study

Galatians 5:22–23, one fruit a week





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Nine weeks, nine fruits. Each week names the fruit, its Greek word, a key verse and one small thing to practise.

Fruit of the week: Love

This week's fruit: Love (Greek: agapē). Galatians 5:22–23 lists nine fruits of the Spirit. This week, focus on one. Key verse: 1 Corinthians 13:4–7.

Pick one step a day:

- Do one helpful thing for someone who can't repay you.
- Listen to someone for five minutes without checking your phone.
- Read 1 Corinthians 13:4–7 and put your own name in place of 'love'. Where does it stop being true?

At the end of the week, ask yourself where you saw this fruit grow, and where it didn't.

Fruit of the week: Joy

This week's fruit: Joy (Greek: chara). Galatians 5:22–23 lists nine fruits of the Spirit. This week, focus on one. Key verse: Philippians 4:4.

Pick one step a day:

- Write down three good things before bed.
- Thank God out loud for one ordinary thing.
- Share good news about someone else's win.

At the end of the week, ask yourself where you saw this fruit grow, and where it didn't.

Fruit of the week: Peace

This week's fruit: Peace (Greek: eirēnē). Galatians 5:22–23 lists nine fruits of the Spirit. This week, focus on one. Key verse: Philippians 4:6–7.

Pick one step a day:

- Turn one worry into a written prayer.
- Make peace with one person you've been avoiding.
- Take a quiet ten-minute walk with no audio.

At the end of the week, ask yourself where you saw this fruit grow, and where it didn't.

Fruit of the week: Patience

This week's fruit: Patience (Greek: makrothumia). Galatians 5:22–23 lists nine fruits of the Spirit. This week, focus on one. Key verse: James 1:19.

Pick one step a day:

- Let the other person finish talking every time today.
- Pick the longest checkout line on purpose.
- Wait 24 hours before replying to something that annoyed you.

At the end of the week, ask yourself where you saw this fruit grow, and where it didn't.

Fruit of the week: Kindness

This week's fruit: Kindness (Greek: chrēstotēs). Galatians 5:22–23 lists nine fruits of the Spirit. This week, focus on one. Key verse: Ephesians 4:32.

Pick one step a day:

- Send someone an encouraging message.
- Learn the name of someone who serves you regularly.
- Do one chore that's usually someone else's.

At the end of the week, ask yourself where you saw this fruit grow, and where it didn't.

Fruit of the week: Goodness

This week's fruit: Goodness (Greek: agathōsunē). Galatians 5:22–23 lists nine fruits of the Spirit. This week, focus on one. Key verse: Galatians 6:9–10.

Pick one step a day:

- Fix one small wrong you've been tolerating.
- Give generously to one need you hear about this week.
- Tell the truth in one moment where a white lie would be easier.

At the end of the week, ask yourself where you saw this fruit grow, and where it didn't.

Fruit of the week: Faithfulness

This week's fruit: Faithfulness (Greek: pistis). Galatians 5:22–23 lists nine fruits of the Spirit. This week, focus on one. Key verse: Luke 16:10.

Pick one step a day:

- Keep one small promise exactly as you said it.
- Show up early for one commitment.
- Finish one task you started and abandoned.

At the end of the week, ask yourself where you saw this fruit grow, and where it didn't.

Fruit of the week: Gentleness

This week's fruit: Gentleness (Greek: prautēs). Galatians 5:22–23 lists nine fruits of the Spirit. This week, focus on one. Key verse: Proverbs 15:1.

Pick one step a day:

- Lower your voice in your next disagreement.
- Correct someone privately instead of in public.
- Ask a question before you assume.

At the end of the week, ask yourself where you saw this fruit grow, and where it didn't.

Fruit of the week: Self-control

This week's fruit: Self-control (Greek: enkrateia). Galatians 5:22–23 lists nine fruits of the Spirit. This week, focus on one. Key verse: 1 Corinthians 9:25.

Pick one step a day:

- Say no to one craving today, just once.
- Put your phone in another room for an hour.
- Stop one task at the time you set, not later.

At the end of the week, ask yourself where you saw this fruit grow, and where it didn't.

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