



ACTS OF THE FLESH VS THE FRUIT OF THE SPIRIT

acts of the flesh

The acts of the flesh are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

Galatians 5:19-21

fruit of the Spirit

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the flesh with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit. Let us not become conceited, provoking and envying each other.

Galatians 5:22-26

the thoughts of the flesh

“It is unfair that this is happening to me. I will turn to _____ for comfort.”

“I cannot tolerate this person. I am going to avoid them at all costs.”

“I have enough problems of my own, I cannot begin to help other people.”

“I will get revenge on this person because of _____.”

the thoughts of the Spirit

“God please help me find peace during this troubling time.”

“God please help me have patience with this difficult person.”

“God please help me show your love to the people around me.”

“God please help me forgive this person for hurting me.”





THE FRUIT OF THE SPIRIT

Love - “A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another.” (John 13:34-35)

Joy - “May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.” (Romans 15:13)

Peace - “Now may the Lord of peace himself give you peace at all times and in every way. The Lord be with all of you.” (2 Thessalonians 3:16)

Forbearance - “Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires.” (James 1:19-20)

Kindness - “Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” (Ephesians 4:32)

Goodness - “Let us not become weary in doing good... Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers.” (Galatians 6:9-10)

Faithfulness - “Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart. Then you will win favor and a good name in the sight of God and man.” (Proverbs 3:3-4)

Gentleness - “Remind the people to be subject to rulers and authorities, to be obedient, to be ready to do whatever is good, to slander no one, to be peaceable and considerate, and always to be gentle toward everyone.” (Titus 3:1-2)

Self-control - “For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.” (2 Timothy 1:7)