

Fruits of the Holy Spirit

- **Love** – Loving God and freely showing his love to others
- **Joy** – Responding to life in a positive way
- **Peace** – Creating a bridge between God, others and yourself
- **Patience** – Being able to wait and hope
- **Kindness** – Taking care of the goodness inside everyone
- **Goodness** – Loving what is right
- **Faithfulness** – Believing that God will always be there
- **Gentleness** – Going easy on yourself and others
- **Self Control** – Centering your life on God's loving direction
- **Long Suffering** – Knowing that tough times end and dreams are worth the effort
- **Truthfulness** – Facing yourself and others honestly
- **Chastity** – Respecting the power and beauty of faithfulness and sexuality