

Galatians 5:22-23 NLT *But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!*

### Love

Exclusive affection.

We cherish and treasure.

We demonstrate loving kindness.

We regard people with benevolence.

We take delight in people's story and journey.

We cause people around us to become beloved themselves.

### Joy

Intense gladness

You can't be filled with joy and be quiet all the time. It bubbles out of you!

Joy is a delight.

It shows in your eyes and face. In the way you wiggle!

It's like being a small puppy.

Rejoice over people

Taking delight when something good happens to someone.

It's Elation

A sense of wonder

Approaching life with a big smile and grin

Jubilant, cheerful, celebratory.

### Peace

A state of being quiet, calm, restful

A freedom from disturbance

A stillness, ease of mind

Inclination to being calm, undisturbed, untroubled

Content

Free from strife.

### Patience

The quality of being able to persevere under pressure with a smile on your face.

The ability to stand with a good heart and mind.

Endurance without complaint

Not easily provoked

A calm expectation

Even tempered  
A quiet persistence in the nature of God.

#### Kindness

Considerate  
Thoughtful toward someone  
Compassionate  
Generous, loving  
Showing superior qualities of grace

#### Goodness

Looking out for someone's welfare  
Acting with honor  
Caring  
Moving in blessing  
Lifting people up  
Giving people divine advantage

#### Faithfulness

Being consistent  
Unceasing  
Firm in your promise  
Loyal  
Keeping your word  
Trustworthy

#### Gentleness

Caring tenderly  
Being polite  
Our power and might is restrained  
Humility and Grace  
Giving up the right to judge  
A strong hand with a soft touch  
Considerate in disposition

#### Self-Control

Restrained  
Being discreet  
Believing the best

Even tempered

The fruit of the Spirit = the nature of God.

This is who God is.

This is God's relationship with us!

He is unchanging.

**He is relentless!** (constant, continual, never-ending, showing or promising no abatement of severity, intensity, strength, or pace)

What fruit of the Spirit is God developing in you right now?

Put the word relentless in front of that fruit = that's who God is to you!

If God is teaching you kindness – there will not be a day in your life when you won't experience the relentless kindness of God.

Notes from Graham Cooke – The Fruits of the Spirit

<https://www.god.tv/deeper-conference/video/deeper-conference/the-fruits-of-the-spirit-part-1>