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The seven gifts of the Holy Spirit are wisdom, understanding, counsel, knowledge, piety, fear of the Lord, and fortitude. Like virtues, they make us disposed to make proper choices and do the right thing. The fruits of the Holy Spirit are actions produced by these virtues, prompted by the Holy Spirit. We bear fruit in moral action through the gifts of the Holy Spirit. the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such there is no law (Galatians 5:22-23 RSV-CE). The Catechism of the Catholic Church defines this fruit as “perfections that the Holy Spirit forms in us as the first fruits of eternal glory” (CCC 1832). Basically, if we are living a “life of the Spirit,” these “fruits” will be found in our lives. Most translations of the above passage only list nine fruits, while the Latin Vulgate provides a list of 12 fruits, adding modesty, generosity, and chastity. But the fruit of the Spirit is, charity, joy, peace, patience, benignity, goodness, longanimity, mildness, faith, modesty, continency, chastity. Against such there is no law (Galatians 5:22-23 Douay-Rheims). According to the Catholic Encyclopedia, “there is no doubt that this list of twelve — three of the twelve are omitted in several Greek and Latin manuscripts — is not to be taken in a strictly limited sense, but, according to the rules of Scriptural language, as capable of being extended to include all acts of a similar character.” With this in mind, the Catholic Church has accepted these “extra” fruits and lists them in the Catechism. “The tradition of the Church lists twelve of them: ‘charity, joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control, chastity’” (CCC 1832). St. Thomas Aquinas defends this expanded list in his Summa Theologiae. The number of the twelve fruits enumerated by the Apostle is suitable, and that there may be a reference to them in the twelve fruits of which it is written (Apocalypse 22:2): “On both sides of the river was the tree bearing twelve fruits.” ... As Augustine says on Galatians 5:22-23, “the Apostle had no intention of teaching us how many [either works of the flesh, or fruits of the Spirit] there are; but to show how the former should be avoided, and the latter sought after.” Hence either more or fewer fruits might have been mentioned. At the same time, the Catechism also cites nine fruits of the spirit in a different paragraph, “By this power of the Spirit, God’s children can bear much fruit. He who has grafted us onto the true vine will make us bear ‘the fruit of the Spirit: ... love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.’ ‘We live by the Spirit’; the more we renounce ourselves, the more we ‘walk by the Spirit’” (CCC 736). In reality, the exact “number” of fruits is not something we need to focus on. Christians are called to live a life of the Spirit, producing much fruit that is shown through our thoughts, words and deeds. This is the meaning that St. Paul is going for, as he spells out the nine characteristics as, simply, fruit (singular) of the Spirit. Though the difference in number and lists might make memorization hard, it also is a reminder of God’s real message to us. As Jesus told his disciples, “By their fruits you shall know them” (Matthew 7:16).  
#####ARTICLEThe fruit of the Holy Spirit is not limited to nine attributes, as some scholars believe. Rather, it encompasses a broader range of virtues that emerge from a renewed nature within an individual who trusts in Christ. As stated in Galatians 5:22-23, the fruit of the Spirit includes love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. However, the Catholic Church has accepted additional fruits, such as modesty, continency, and chastity, which are also essential qualities that arise from a deepening relationship with God. The transformative power of the Holy Spirit is evident in the development of virtues that characterize a life transformed by Christ. Trustworthiness, Gentleness, Self-Control are essential qualities that embody the fruit of the Spirit, reflecting God’s nature formed within believers (2 Corinthians 3:18). These attributes are not merely moral aspirations but the inevitable result of union with Christ. While spiritual gifts equip believers for various ministries (1 Corinthians 12), they shape a believer’s character. The fruit of the Spirit, however, is a universal call to all believers, shaping their hearts and actions. It is essential to differentiate between spiritual gifts and the fruit of the Spirit, recognizing that while gifts may vary across individuals, all believers are called to develop and exhibit the full range of spiritual fruit (1 Corinthians 12:29-31; Galatians 5:22-23). A life bearing the fruit of the Holy Spirit involves both divine action and human cooperation. Believers are instructed to “walk by the Spirit” (Galatians 5:16), meaning they consistently yield to the Holy Spirit’s influence through practices like regular prayer, meditation on God’s Word, obedience to Scripture, fellowship with other believers, and accountability. Historically, the testimony of countless believers indicates that the fruit of the Spirit stands out as a striking evidence of genuine transformation. Early Christian writers and archaeological findings support this biblical depiction, revealing inscriptions and gatherings that demonstrate hope, peace, joy, and unity among believers. However, some question whether the fruit of the Spirit can be artificially produced by human effort alone. Scripture clarifies that while disciplined effort matters, it is the indwelling Spirit that empowers such consistent character change (Philippians 2:13). The fruits of the Spirit are not merely “nice traits” but powerful evidence of divine life. Ultimately, the fruit of the Holy Spirit has a profound impact on evangelism and testimony. Demonstrating genuine love, joy, peace, and self-control can draw curiosity from those who do not believe (John 13:35), while peaceful interactions and control over one’s passions open avenues for sharing how God strengthens believers in trying times. Down into three categories so that you can see what these fruits look like in our lives. Qualities From God LoveJoyPeace Qualities Displayed Toward OthersPatienceKindnessGoodness Qualities Of SelfFaithfulnessGentlenessSelf-control Now, let’s look at each fruit of the Spirit individually and see what they are. It should be no surprise that the first fruit listed is love. Throughout God’s Word and especially the New Testament, love is the most prominent characteristic of God AND his followers. The word love here comes from the Greek word agape (ἀγάπη), which means perfect or unconditional love. This is the kind of love that can only come from God. Here Paul is saying that the fruit of the Spirit produces agape love in us. The world around us yearns for peace, but peace is hard to come by. Our lives are chaotic and the world around us is constantly in conflict. So while we desire peace it seems out of reach. But Jesus offers us a path towards eirene (εἰρήνη), peace. Much like joy, peace isn’t based on our circumstances. Peace is found when we fix our minds on the One who is bigger than our circumstances. I’m not patient person. When I have to wait even a few minutes I can get pretty agitated. Thankfully God is not that way with us. He’s very patient. The word for patient in Galatians 5:22 is makrothumia (μακροθυμία). It means to endure, be steadfast, long-suffering, and slow in avenging wrongs. The world is often not a kind place. Just look at the comment sections on social media. We excuse it as truth telling, but the reality is often we are just being mean and trying to assert ourselves over others. We are rarely kind with everyone we interact with. Paul uses the word chrēstotēs (χρηστότης) here to show how followers of Jesus should be different. We’ve sinned, committed wrongs against him, and he is patient with us. He waits for us to return to him. He doesn’t force us or get frustrated and give up. He is slow to anger, steadfast in his love, and endures our continued disobedience. He is patient with his children. The fruit of kindness is what shows those around us the love of God, not judgment and condemnation. The fruit of goodness is closely tied with kindness. The word used in Galatians 5:22 is agathosune (ἀγαθονοία). It means to show kindness and be upright. God cares deeply about how we treat those around us. Jesus says this in Matthew 22:36-40, our love for God is shown in how we treat those around us. He wants his followers to love people as he loves people. To be meek means to have your strength under control. Unlike our culture, which values being bold and forceful, God calls his followers to a different way – gentleness. He displays gentleness towards us, even when we could easily be destroyed by him. This is the quality we’re supposed to display towards others. The fruit of gentleness means keeping our strength under control and practicing it. To practice self-control, the Greek word egkrateia means being in control of one’s own body and desires. It means not letting anything, even good things, control us instead of remaining in control physically and mentally. Many think freedom is doing whatever they want when they want, but that actually leads to enslavement by their desires. Self-control leads to true freedom from God’s perspective. In Galatians 5:22-33, Paul contrasts the fruit of the Spirit with the desires of the flesh. He challenges his readers to evaluate their lives and see what kind of fruit they’re producing. Are you producing the fruits of the Spirit or just your own desires? The acts of the flesh are obvious - sexual immorality, impurity, debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions, and envy. This list is actually used to describe every aspect of our lives. When we decide to follow God, our lives should start looking different. Now, our lives should be marked by the fruit of the Spirit - love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control. So, which list does your life tend towards? Not perfectly, as we all struggle with the desires of the flesh, but which one is it leaning towards? God gives us grace for our mistakes, making it possible to continue producing fruit through his power. To better embody the fruits of the Spirit in your life, try spending more time with God. Here are some ideas to help - Spend 15 minutes daily reading from books like Core 52 and Quest 52 by Mark Moore. - Connect with God and understand the Bible better. Your fruit of the Spirit looks appetizing when it’s ripe and plentiful. It consists of love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control. All believers have this fruit available to them. However, you may need to ask God for a greater yield on a daily basis. The size of your spiritual fruit varies among believers. Forbearance is a Fruit That Translates Experience as you navigate the challenges of faith, particularly during times of trial. Kindness is another term for forbearance; it’s already within you, so there’s no need to pray for patience. Instead, focus on being kind in your words and actions, just as the Bible instructs: “A gentle word, a soft answer, or a helping hand—all demonstrate the fruit of kindness in this culture of rudeness and selfishness.” Goodness is about imitating what’s good and avoiding evil; it’s not perfection, but rather reflecting God’s integrity. A person who demonstrates goodness tends to believe the best about others, making them more likely to show faithfulness and gentleness as well. Faithfulness represents God’s Spirit within you, urging you to complete every good work for His glory. It’s crucial to cultivate this quality, especially when it comes to dependability and steadiness in your faith. Gentleness is a meek spirit that brings grace freely and consistently; it’s essential to be gentle around those who live or work with you. Self-control is about mastering your appetites rather than letting them control you. As believers, we can demonstrate self-discipline even in a world that encourages gluttony. With the Spirit’s guidance, you have the power to control your cravings and grow spiritual fruit. The key is to keep growing, regardless of how much you’re currently producing. In the end, it’s not about reaching a certain percentage but about consistently bearing fruit through Jesus’ light, the Spirit’s wind, God’s Word, and fellowship with others. Love is patient, kind, and gentle; it’s a reflection of God’s love within us. By walking in the Spirit, we can rejoice always, pray without ceasing, and give thanks in everything. Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. This message highlights the importance of being in Christ to experience His peace. We must abide in Him, walk with Him, and dwell in Him day in and day out to experience this fruit in our lives. The Bible emphasizes that we should take everything to God through prayer and thanksgiving, and only then will we be able to experience His peace. Furthermore, Paul tells us how this is carried out practically. Love suffers long and is kind. Many translations call this fruit “patience” but I prefer the translation “longsuffering”. We aren’t just called to be patient throughout scripture, we are called to suffer long. Jesus suffered on earth as He did for us, leaving an example that we should follow His steps. Suffering for our faith is consistent teaching throughout scripture and it should be preached more often. We are to rejoice in the midst of suffering and take it patiently. We must remain kind in the midst of the trial. Love suffers long and is kind. How many of us when we came to a trial, did we suffer for a long period of time and remain kind in the midst of it? None of that is Christ. When Jesus was betrayed by one of His closest followers and was taken into questioning, He remained silent. He didn’t say one word. He let them speak. And Peter says that He “committed no sin. Nor was deceit found in His mouth”; who, when He was reviled, did not revile in return; when He suffered, He did not threaten, but committed Himself to Him who judges righteously. Do not be overcome by evil, but overcome evil with good. The goodness of the world has a limit and its limit is simple; if you do good to me then I will do good to you. This is the best man can come up with. The problem is man was created to be like God and God does good no matter what happens, not because things are always good around Him, but because He is always good. Jesus told all of His followers to do the same. In the same way, God was good to us, at all times, in the midst of all of our evil and sin, so we should also do good to everyone who treats us well and to those that treat us badly. We are to do good constantly. Not because good is done unto us, but because we are good. This message emphasizes the importance of walking with God and being gentle towards others. The Lord is at hand; let your gentleness be known to all men. A servant of the Lord must not quarrel but be gentle to all, able to teach, patient. True Gentleness in Christ’s Image is a Divine Virtue Gentle followers of Christ are characterized by their ability to teach, be patient with others, and show kindness towards all people. This gentleness stems from the spirit’s guidance and the realization that frustrations and annoyances arise from humanity’s fallen nature. The Bible teaches us to remain in fellowship with God, allowing His gentle nature to flow through us into our interactions with others. Gentle followers of Christ are not limited by their own human limitations; instead, they yield to God’s will, trusting Him to guide them. God gave us a spirit that is empowered with power and love, rather than fear. This enables us to overcome sensual appetites such as overeating, drunkenness, or sexual indulgence. The fruit of self-control allows us to overcome fleeting desires and live holy lives. As we walk in the Spirit, we grow in our relationship with God, becoming completely selfless and loving. We are no longer controlled by offense or unforgiveness, but rather choose love, which is the first fruit of the Spirit. This results in us being better spouses, parents, friends, or co-workers, living free from sin and experiencing true happiness and peace. Gentleness shines through our actions even when we are facing trials or difficulties, as it comes from an outside source - God’s Spirit. By yielding to Him, we can overcome our limitations and be all that He desires us to be. So let us emulate Christ’s character traits by growing in the fruits of the Spirit, which include love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control, and holiness. By doing so, we will maintain a healthy relationship with God and become better individuals in every sphere of influence. The fruit of the Spirit refers to a list of virtues and character traits outlined in the New Testament of the Bible, specifically in the book of Galatians 5:22-23. These qualities are produced by the Holy Spirit within believers and are essential to living a Christian life. The Bible teaches that believers can grow in moral excellence and integrity through the fruit of the Spirit. This concept is found in Romans 2:4, where it says that God’s mercy and grace should lead us to repentance, not judgment. Are ravenous wolves bearing fruit? You will recognize them by the grapes they gather from thornbushes, or figs from thistles? Every healthy tree bears good fruit, but the diseased tree bears bad fruit. A healthy tree cannot bear bad fruit, nor can a diseased tree bear good fruit. So as to walk in a manner worthy of the Lord, fully pleasing to him: bearing fruit in every good work and increasing in the knowledge of God. But now that you have been set free from sin and have become slaves of God, the fruit you get leads to sanctification and its end, eternal life. In this episode of The Dwell On These Things Podcast, John Stange dives into the fruit of the Spirit and how we can know if we are bearing fruit. Related Resource: What Is the Fruit of the Spirit? The Apostle Paul describes “the fruit of the Spirit” as love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control. These qualities reflect God’s character and the behavior of those living according to God’s Spirit. When we participate with God, we’re like new branches that are grafted into a living vine, which begin to yield the fruit of that vine. So if God is loving, patient, and always emanating peace, then as we participate with God, we will bear that same spiritual fruit, like love, patience, and peace. We can better understand the nature and purpose of these spiritual fruits by exploring their source and the nuanced way they connect with other parts of Scripture. The Source of the Fruit of the Spirit By describing these characteristics as the fruit of the Spirit, the Apostle Paul is saying they come from the Holy Spirit, who is God. The Spirit cultivates them within us as part of God’s work of restoring all of creation. To learn more about who the Spirit is and the Spirit’s transformative work, watch this theme video about the Holy Spirit. Biblical ThemesHoly Spirit We cannot produce “spiritual fruit on our own; we can’t simply will ourselves to be more gentle or work harder to be more joyful or faithful. But Scripture does suggest that human beings somehow take part in providing the conditions for the growth of spiritual fruit. In order for the life of the vine to grow fruit in us, we have to firmly connect ourselves to the vine by pursuing God’s way of life over our own. When writing his letter to the churches in Galatia, Paul expresses frustration because many are disconnecting from God’s way of life. Rather than trusting Jesus’ Gospel, they’ve begun to follow a “different gospel” (see Gal. 1:6-7). As a result, they’re accepting or rejecting one another based on human traditions and social status, instead of sharing and experiencing God’s gracious love with each other. They’re embracing a way of division that opposes God’s Spirit and works against the loving, unifying Gospel of Christ (see Gal. 3:28-29). So Paul teaches them to return to Jesus’ real Gospel and to participate with (rather than oppose) the Spirit’s work, which provides the conditions needed for spiritual fruit to grow. Paul encourages people to “walk (or live) by the Spirit” (Gal. 5:16). But what does that really mean? Some traditions describe walking by the Spirit as a kind of personal surrender to the Spirit’s transforming work in our minds and hearts. As the Spirit changes our hearts, our behavior also changes, leading us to bear fruit. Other traditions suggest that walking by the Spirit is about choosing to trust God by following his instruction. For example, the choice to love and forgive our neighbor is also a choice to participate with God’s Spirit, which leads to more and more spiritual fruit. However we understand the mysterious interplay between divine and human action, Paul invites us to cooperate with what the Spirit is doing in us, so that we can join in God’s work of restoring all things, including our own lives. Paul’s fruit imagery echoes the tree of life in the garden of Eden (Genesis 2-3). And it recalls the metaphorical tree in Psalm 1, which suggests that people can be like strong trees that bear fruit in season if they are rooted by “streams of water” (Ps. 1:3). The fruit in Psalm 1 symbolizes God’s torah, that is, God’s “law” or “instruction” (see Ps. 1:2). But elsewhere in the Bible, streams of water can also represent the Spirit (see Isa. 44:3), who empowers us to follow God’s teaching (Ezek. 36:26-27). As we drink the nourishing water of the Spirit by trusting and following God’s instruction, we grow into strong trees of life, producing fruit that brings healing and wholeness to the world around us. The Individual Fruits of the Spirit When Paul lists individual fruits in Galatians 5:22-23, he is not attempting an exhaustive list. He could have expanded it with characteristics like compassion and humility (see Col. 3:12) or steadfastness (see 2 Tim. 3:10). But the nine fruits Paul mentions in Galatians offer a summary sketch of what life in the Spirit looks like, so let’s examine key details and nuances for each of the nine fruits that Paul outlines. Love Love tops Paul’s list, which is not surprising because he frequently teaches that love is more essential to human life and spiritual flourishing than anything else. In 1 Corinthians 13:4-7, he compares it to other fruits of the Spirit to demonstrate the superiority of love, which, as New Testament scholar Ernest DeWitt Burton says, may suggest that Paul sees love as “the source from which all the rest flow.” Love always chooses to act in ways that support their greatest good. Love often involves feelings of tenderness or affection but is not limited to emotions alone. It is a choice to serve others and prioritize their well-being over our own interests. It is a choice to love and forgive our neighbor is also a choice to participate with God’s nature, who is love itself. The Bible portrays God as a loving father who rescues his children and welcomes them into a relationship with Him. This divine love is demonstrated most fully in Jesus Christ, who took on human form to heal humanity and creation. To love someone means to give from one’s own life to care for another, and the Spirit empowers us to respond to God’s love by showing kindness to others. Joy is not just a feeling of delight, but a heart-swelling kind of happiness that can grow out of gratitude or hope in God’s promises. It can be experienced in the midst of hardship, as seen in James’ invitation to consider trials as opportunities for joy and growth. Joy is not dependent on comfortable lives, but rather it is a fruit of the Spirit that can accompany any circumstance when we trust in God’s ongoing work. Peace, or eirene, refers to both internal peace and relational peace with others. Jesus tells his followers that they can be filled with peace even in times of trouble because He has overcome the world. Paul invites us to bring our concerns to God, who holds the world in balance, and this allows His peace to grow in our hearts. Patience is not just about waiting calmly, but about being slow to anger like God. When we have long nostrils, or patience, we don’t immediately act in anger, but instead choose to forgive and extend mercy to others. The Spirit helps us see people as God does, giving us the strength to treat them with divine patience. Kindness and goodness are overlapping spiritual fruits that describe what is good, beautiful, and just. God shows His kindness by offering humanity true life through Jesus, and we can show kindness to others by doing good to those who may not deserve it. Faithfulness is not about following rules or doing the right thing for the sake of doing so, but rather about trusting and obeying God’s will, even when it’s hard. As Jesus prayed in the garden of Gethsemane, he showed his commitment to God’s will by saying “not my will, but yours be done.” This is a clear picture of faithfulness, as we choose to follow God’s way, even if it means giving up our own desires and plans. And do what’s right in our own eyes means we reflect a corrupted image of God because God is pure love always working for the good of others not at all self centered. We cant lose Gods image but often distort it and this allows Gods spiritual fruit to wither and die. We exchance the good life for something as valuable as rotten apple. But biblical authors invite us to trust when we live in way of Jesus who bears every spiritual fruit we also participate in Spirit’s work. God renews his own image within us see 2 Cor. 3:18. Walking by Spirit creates conditions necessary for God to cultivate within us spiritual fruit of love joy peace patience kindness goodness faithfulness gentleness and self control priceless fruit that brings healing and life to everyone. Ernest DeWitt Burton A Critical and Exegetical Commentary on the Epistle to the Galatians International Critical Commentary London T&T Clark 1988 314.Gordon Fee Gods Empowering Presence The Holy Spirit in the Letters of Paul Grand Rapids Baker Academic 2009 450.On humility as key aspect of Greek root see discussion of related adjective praus in “The Powerless Grieving and Unimportant Beatitudes Pt. 2”

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