

# Session 8: Personal Growth Plan

## Fruit of the Spirit Worksheet

Use the following scale and the definitions provided to rate yourself and identify any areas which are not fully submitted to and enabled by the Spirit to bear fruit in and through your life. Once you have rated yourself, briefly describe why you believe this is your current reality in the space provided.

1 = Not submitted or enabled and not trying to be, 2 = Not submitted or enabled but bothered by my resistance,

3 = Trying to submit and need to focus on this fruit;

4 = Growing in my submission and experiencing God's enablement, 5 = Strongly submitted and enabled

**Love** - How enabled are you right now in submitting your life to God's guidance and power and letting His love (being others centered and caring about their health and growth) flow in you and through you?

Rating (1-5)	_____
	_____

**Joy** - How enabled are you in living gratefully, joyfully and obediently on mission with God?

Rating (1-5)	_____
	_____

**Peace** - How enabled are you in living in and through the grace-filled shalom of God?

Rating (1-5)	_____
	_____

**Patience** - How enabled are you in being patient, forgiving and having grace for others?

Rating (1-5)	_____
	_____

**Kindness** - How enabled are you in being kind and hospitable (expecting nothing in return) to others?

Rating (1-5)	_____
	_____

**Goodness** - How enabled are you in letting God's goodness and power flow through you?

Rating (1-5)	_____
	_____

**Faithfulness** - How enabled are you in being a faithful and good steward of your life?

Rating (1-5)	_____
	_____

**Gentleness** - How enabled are you in being gentle and correcting others delicately?

Rating (1-5)	_____
	_____

**Self-control** - How enabled are you in being self-controlled, living the virtuous life and resisting temptation?

Rating (1-5)	_____
	_____

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<b>Fruit of the Spirit</b>	<b>Definition</b>	<b>Greek Definition</b>	<b>Opposite (O) and Counterfeit (C)</b>
<b>Love</b>	To serve a person for their good and intrinsic value, not for what the person brings to you. Not just emotions or feelings, love is a decision to commit for the wellbeing of others, unconditionally.	Agape: love which seeks the highest good of others.	(O) Fear, self-protection, selfish affection. (C) Rescuing someone but really rescuing self. Attracted not to a person, but to how this person's love makes you feel about yourself.
<b>Joy</b>	To delight in God and His salvation for the sheer beauty and worth of who He is, not based on circumstances. Obtained by doing the will of God.	Chara: gladness, delight, a special presence of God.	(O) Hopeless, despair. (C) Elation that comes with blessings not the Blessor. Mood swings based on circumstances.
<b>Peace</b>	A state of assurance, lack of fear provided only by God, the unity between believers, freedom from worry and oppressive thoughts. Confidence and rest in the wisdom and sovereignty of God more than your own.	Eirene: peace between individuals, harmony, unity.	(O) Anxiety and worry. (C) Indifference, apathy, not caring about something. "I don't care."
<b>Patience</b>	Slowness in avenging wrongs. The quality which keeps the believer from responding to negative situations out of hatred and anger.	Makrothum: long suffering, bearing fruits without complaint.	(O) Resentment toward God and others. (C) Cynicism, self-righteousness. "This is too small to be bothered about."
<b>Kindness</b>	Eagerness to put others at ease, a sweet and attractive temperament that shows friendly regard. Practical kindness with vulnerability out of deep inner security.	Chrestotes: merciful, easy to bear, morally good and upright.	(O) Envy. Unable to rejoice in another's joy. (C) Manipulative good deeds. "Right hand knowing what the left hand is doing." Self-congratulation and self-righteousness.
<b>Goodness</b>	Selfless desire to open yourself honestly, transparently and generous to others even when they don't deserve it.	Agathosune: useful, generous.	(O) Phoniness, hypocrisy (C) Truth without love. "Getting it off the chest" for your sake.
<b>Faithfulness</b>	Firm devotion to God, loyal to friends, discharging responsibilities properly. To be principle-driven, committed, utterly reliable. True to one's word.	Pistis: trust, conviction.	(O) Opportunist, fair-weather friend. (C) Love without truth, being loyal when you should be willing to confront or challenge.
<b>Gentleness</b>	A humble nonthreatening demeanor that derives from a position of strength and authority, and is useful in calming another's anger and correcting others. This in not being weak and passive.	Prautes: humble, meek.	(O) Superiority, self-absorbed harshness, self-aggrandizement. (C) Inferiority and false pride, disengaged self-consciousness.
<b>Self-control</b>	Temperate restraint of one's desires, emotions, thoughts and actions. To be in harmony with the will of God. Self-control is doing God's will, not living for one's self.	Egkratea: being in control of one's self.	(O) A driven, impulsive, uncontrolled person. (C) Will-power through pride or through more "functional" idols.

