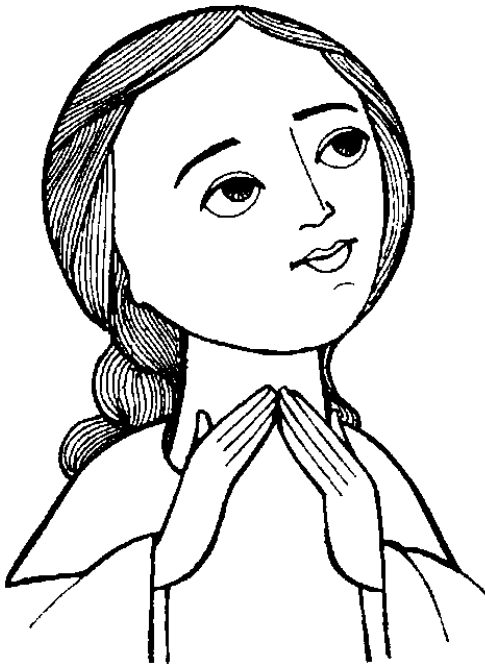




# The Fruit of the Spirit of God

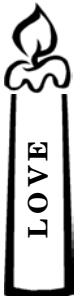


*Our Lord Jesus Christ once said that a tree will be known by its **fruit**. In other words, by our actions people will know who we really are. If we have the **fruit of the Spirit** of God inside of us, then we will truly be called the sons of our Father in Heaven.*

Saint Paul writes to us what the **Fruit of the Holy Spirit** is in his letter to the Galatians in chapter 5 verse 22.

*Each virtue in the **Fruit of the Spirit** can be shown by our action. I will give you an example of the individual virtue of the **Fruit** and you can give another example.*

*The **Fruit of the Spirit** is*



If someone says something to hurt me, I will forgive him or her, the way our Master in Heaven forgave us our mistakes.

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I will try to spread joy to anyone who may be sad, especially if they lost a loved one in an accident. I can spread joy when I talk about my Lord Jesus Christ and all He has done for me.

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I will try not to fight with my brother or sister and if I see someone fighting in school I will try to make them stop.

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When I see that my parents are talking, I will not interrupt but will be patient and wait until they finish before I ask my question.

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If I see that some people are mean to someone in my class, I will try to be kind to that person and not be mean like the other kids.

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I will be careful of my behavior so that I will give no one a chance to call me a bad person. I can do this by not cursing, not lying, not cheating and not fighting.

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When I make a promise I will keep it, even if I really don't want to. I will be faithful in what I promise.

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I will deal with everyone in a gentle way, even if they look and/or act differently than me. I will not join those who hurt others because that will upset my Lord Jesus Christ.

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If someone does something to make me angry, I will count to ten to calm down before I react in anger. Someone once said that a man who can control his emotion is better than a king who can control a country.

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