



THE FRUIT OF THE SPIRIT



"The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control..."

— Galatians 5:22-23 (Vulgate 12 Fruits Tradition)



1. LOVE

Loving God with all your heart and caring for others just like Jesus does!

☀ Superpower: Give a big hug!



2. JOY

A happy heart that shines inside you, even when things get tough!

☀ Superpower: Smile and sing!



3. PEACE

Feeling calm and quiet inside because you know God is in control.

☀ Superpower: Take a deep breath!



4. PATIENCE

Waiting nicely without getting upset or complaining when things take time.

☀ Superpower: Wait your turn!



5. KINDNESS

Being nice, helpful, and sweet to everyone around you every single day!

☀ Superpower: Share your toys!



6. GOODNESS

Doing the right thing because it pleases God, even when no one is looking!

☀ Superpower: Help clean up!



7. PERSEVERANCE

Never giving up when things get hard, and trusting God's timing!

☀ Superpower: Keep trying!



8. GENTLENESS

Being soft-spoken, tender, and careful with other people's feelings.

☀ Superpower: Speak soft words!



9. FAITHFULNESS

Keeping your promises and sticking by God and your friends no matter what!

☀ Superpower: Be a true friend!



10. MODESTY

Being humble and letting your inner light shine without showing off!

☀ Superpower: Cheer for others!



11. SELF-CONTROL

In charge of your body and feelings so you make good, smart choices!

☀ Superpower: Stop & think first!



12. CHASTITY

Keeping your heart, mind, and actions clean, pure, and holy for God!

☀ Superpower: Choose pure things!



"When we stay connected to Jesus, the Holy Spirit grows these beautiful fruits in our hearts!"

