

Bite-Sized,
No. 01

The Fruits
of the Spirit

The Source of Good Things

God's Spirit is the source of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and moderation in your life.



Memorize it:

The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control (Galatians 5:22–23 NIV).

Action:

In your journal, list some of the experiences you've had recently in which you felt one of the fruits of the Spirit (listed above) present in your life.



Read the full article, "**Power-Up Devotional #1: The Source of Good Things.**"