

## **The Fruits of The Holy Spirit**

The first friends of Jesus used their new energy given through the Holy Spirit to spread the Good News of God's love for everyone. The effects of the coming of the Holy Spirit and the change and transformation the Spirit makes are called the 'fruits of the Spirit', because it is what grows in your heart through the power of the Holy Spirit.

### **Galatians 5: 16, 17, 20, 22-23**

Let the Holy Spirit guide all that you say and do. What our selfish selves want is the opposite of what the Holy Spirit wants. Selfishness keeps us from being the kind of people the Spirit wants us to be. When we think only of ourselves, we become rivals. We are jealous of one another and bad-tempered. We fight and disagree and get angry. We become enemies and divide up into groups and form gangs who hate one another. People who behave like this do not know what the Kingdom of God is about.

But if the Holy Spirit guides us, we live in love, joy and peace. We are patient, kind, full of goodness, trust, gentleness, faithfulness and self-control.

What I say is this: let the Spirit direct your lives, your selfish self is the opposite of what the Holy Spirit wants. The Spirit produces love, joy, peace, patience, kindness, goodness, faithfulness, humility and self-control.