

# Spiritual Fitness for 2010

## The fruit of the Spirit

Love	5	Joy	5	Peace <sup>2</sup>	5
	4		4		4
	3		3		3
	2		2		2
	1		1		1
Patience	5	Kindness	5	Goodness	5
	4		4		4
	3		3		3
	2		2		2
	1		1		1
Faithfulness	5	Gentleness	5	Self-control	5
	4		4		4
	3		3		3
	2		2		2
	1		1		1

<sup>2</sup> **Peace** – the Bible's idea of this comes from the Hebrew word shalom which means 'completeness' or 'wholeness' rather than a feeling of inner calm. In scoring this ask yourself, 'Is my life spiritually focused or am I chasing too many goals for too many reasons?'

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

**Galatians 5:22-23**

*Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the measure of faith God has given you.*

**Romans 12:3**

Find a quiet place and ask God for the faith to be honest with yourself then reflect on the fruit of the Spirit. Where 5 is high and 1 is quite low, score yourself on each of these Christian virtues. Put a ring around the appropriate number.

Give the other half of this to someone who knows you really well and ask them to score you too. Compare what they think with yourself. Then reflect on these questions:

- What can I learn from this?
- Where are my main strengths
- What are my big weaknesses

Now pray about this and, with a friend or your cell group, work and pray for change!

*Bethany City Church*

**Note:** *you cannot score zero, each fruit is in there somewhere!*

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## Spiritual Fitness

Christians seek to develop virtues that make them more like Jesus, we call these the fruit of the Spirit. Here is a verse from the Bible which sets some of them out:

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

**Galatians 5:22-23**

The person who gave you this is interested to know how they are doing!

Could you use the chart over the page to score that person on each of these virtues, where 5 is very good and 1 not so good? You cannot score zero... no-one is that bad!

It would be helpful if, when you have finished, you and your friend could have a coffee together and discuss the results.

Be honest!