



FRUITS OF THE SPIRIT

JOURNAL

CHM

Christian Healthcare Ministries

Peace

"It seems like everything is out to steal your peace.



*Read
more*

Reflection Questions

What do you envision as “inner peace”? Does this align with what the Bible teaches?

Developing peace in our life often starts as a choice. How can you choose peace today?

What situation do you need to let go of and trust God to handle? Take a moment today to pray over it and fully place it in God's hands.



Reactions & reflections

This image shows a full page of primary-ruled paper. It features multiple sets of horizontal dashed lines spaced evenly down the page, providing a guide for handwriting practice. The lines are thin and black, set against a plain white background. There are no margins, text, or other markings on the page.

Actions to take

[illegible]

Joy

“Joy is a large part of our walk with Christ—and often misunderstood.



*Read
more*

Reflection Questions

What is the difference between happiness and joy? We’re called to exhibit joy, but are we called to be happy?

Think on some of the struggles you’ve faced/ are facing. What does it look like to rejoice even in hardship?

What are some steps you can take to choose joy everyday?

Actions to take



Love

“Regardless of why, we all struggle with love. Biblical love is a difficult concept to understand.



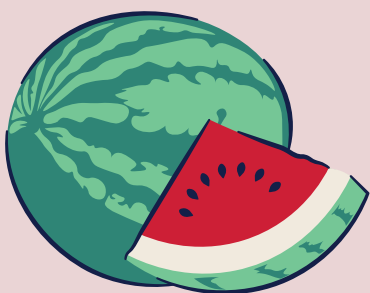
*Read
more*

Reflection Questions

Is it possible to love others without having a feeling of “love” for them?

Think of someone in your life who is difficult to love. What have you observed about how the Father has loved them?

How can you find moments in your day to draw closer to Him so that you can pour into others?




Reactions & reflections

[illegible]

Actions to take

[illegible]

Scan the QR code on the left for the kids lesson plan.

 Jesus is the perfect example of love. He knows everything about you, and He loves you no matter what. He created us to show love to others. Together, let's look for ways to be a blessing to our friends and family.

Reactions & reflections

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Actions to take

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Patience

"Having patience isn't easy, especially in our "on demand" society.



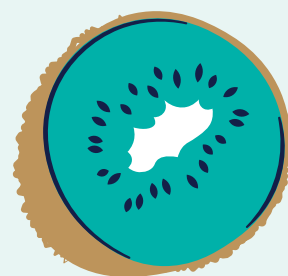
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more*

Reflection Questions

What does it mean to
prioritize patience?

What do you think a Spirit-led patience would look like?

What is a practical example of how you could “hand over the remote” of your life to God?



Faithfulness

“Jesus and God’s faithfulness towards us is vital to our understanding of God.



*Read
more*

Reflection Questions

God keeps His promises.
How specifically has He
revealed His faithfulness to
you?

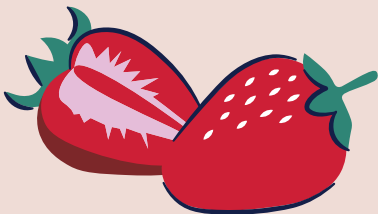
We know we can trust God. Is there anything in your life in which you question God's faithfulness? Is there something you haven't given up to Him?

How can we display
faithfulness back to God?

Reactions & reflections

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Actions to take

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“In today’s language, we use the word “good” so much that it’s almost meaningless.



Read more

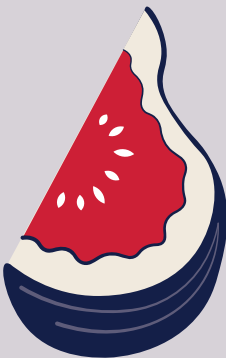
Reflection Questions

Can you think of an example of when the world’s definition of goodness and God’s definition of goodness are at odds with each other?

We know all good works come from God. Think of all the good that exists in the world. How does this goodness reflect God and His character?

How can we take steps to reflect God’s goodness?

Actions to take



Kindness

“Our call to kindness is meant for a greater purpose: to show the world Christ.

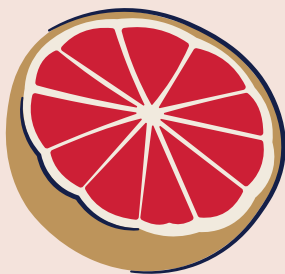


Reflection Questions:

What topics tend to trigger unkind thoughts or words for you? Take a few minutes to pray that God would touch these areas and show you how to respond.

How can you show kindness to someone today? Even a small act of kindness can start a chain reaction of goodness and love.

Showing kindness gives us a higher purpose. Where do you get your sense of purpose? How does knowing that kindness has purpose change your outlook on service?



Reactions & reflections

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Jesus is the perfect example of love. He knows everything about you, and He loves you no matter what. He created us to show love to others. Together, let’s look for ways to be a blessing to our friends and family.

“Much like Jesus, we can minister to people in ways never imagined through our gentleness.



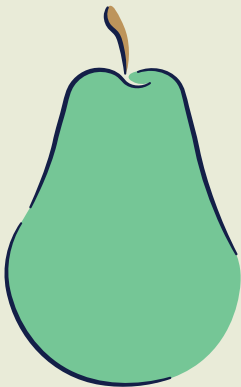
Reflection Questions

Reflect on how Jesus displayed gentleness in His life. How can we display that gentleness in your own life? Who specifically in your life could use a little gentleness?

Think of a time when you should have been gentle but weren't. What caused you to respond the way you did? How might it have played out if you had been gentle?

Why is gentleness important in as we minister to others?

Actions to take



Self-Control

“Just like our muscles need used to remain healthy, the muscles of self-control need used to build character.



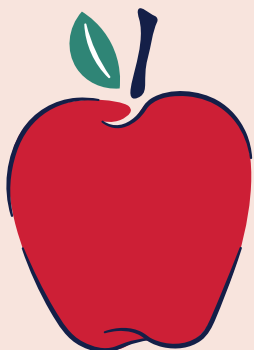
Read more

Reflection Questions

What are some of the ways in which Jesus ruled over his own flesh and blood to be an example for us?

Where does your sense of “self” come from? Write a list of all the ways you define yourself. Now write a list of how God defines you. Where do you see differences?

Self-control is listed as a fruit of the Spirit for a reason. How can you rest in God's sense of sovereign control? What does it mean to exercise self-control in God's eyes?



Reactions & reflections

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Actions to take

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