

Actions of the Flesh

1. **Sensual –**
 - a. Any sex acts outside of marriage
 - b. Any sexual acts without marriage
 - c. Any lustful pleasures without marriage
2. **Idolatrous –**
 - a. Loving someone more than God
 - b. Loving something more than God
 - c. Loving anything as God
3. **Dreaming –**
 - a. Wanting drugs/alcohol to make life good
 - b. Wanting money to cure unhappiness
 - c. Risking harm or wrong to receive
4. **Hateful –**
 - a. Wanting bad things to happen to others
 - b. Short-tempered and argumentative
 - c. Fits of rage or angry conflict with others
5. **Selfish –**
 - a. Consumed with what you want
 - b. Jealous over the things of others
 - c. Envious of how better others have it
6. **Discontent –**
 - a. Miserable with your life situations
 - b. Forcing your agenda to happen
 - c. Dividing others into groups or cliques
7. **Resentful –**
 - a. Blaming others for lack of achievement
 - b. Blaming others for not loving you
 - c. Blaming others for not respecting you
8. **Explosive –**
 - a. Join the party or get away
 - b. Bored unless filled with high energy
 - c. Hiding high emotions under the surface
9. **Addictive –**
 - a. Consumed by winning
 - b. Consumed by having fun
 - c. Abusing large amounts of drugs/alcohol

Fruits of the Spirit

1. **Love –**
 - a. Love God
 - b. Love God's purposes in me
 - c. Love helping others
2. **Joy –**
 - a. Thrilled with Jesus salvation of me
 - b. Anxious to serve God
 - c. Satisfied with what I have
3. **Peace –**
 - a. Hope for better outcomes, not worrying
 - b. Moving forward while facing fear
 - c. Trusting God in my life
4. **Patience –**
 - a. Praying for Answers
 - b. Waiting without complaining
 - c. Waiting without interfering
5. **Kindness –**
 - a. Planning kind things to do today
 - b. Doing something nice for others today
 - c. Willing to be nice to everyone
6. **Goodness –**
 - a. Deciding what is the right thing to do
 - b. Changing thoughts to the right things
 - c. Doing what is right for others
7. **Faithfulness –**
 - a. Admitting you're weary or frustrated
 - b. Decide to nap or push through
 - c. Not willing to quit doing right
8. **Gentleness –**
 - a. Prepare to be hurt
 - b. Hurt people hurt others
 - c. Care for others that may/have hurt you
9. **Self-Control –**
 - a. Plan your schedule for the day
 - b. Recognize difficult steps
 - c. Think before you react