

# **FRUIT OF THE SPIRIT Growth & Reflection worksheet**

## **How to use this sheet**

Fruit does not grow by effort or striving—it grows by abiding. Use this sheet to:

- Reflect honestly but not harshly. Think of your current state, not where you want to be.
- Identify where God is growing you
- Invite the Spirit into specific areas
- Anchor growth in God's unconditional love

Begin with the truth that God loves you unconditionally. Growth flows from love, not pressure.

*“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.” Galatians 5:22–23*

## **PART 1: DAILY HEART CHECK**

Check the word that best describes your current posture.

- ☐ Calm
- ☐ Anxious
- ☐ Hopeful
- ☐ Discouraged
- ☐ Connected
- ☐ Distant
- ☐ Grateful
- ☐ Overwhelmed

What happened recently that affected your heart?

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## PART 2: FRUIT ASSESSMENT

Rate each fruit characteristic honestly based on recent life. 1=struggling; 5=flowing naturally

FRUIT	1	2	3	4	5
Love	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Joy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Peace	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Patience	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kindness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Goodness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Faithfulness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gentleness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Self-control	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### **PART 3: NOTICE THE PATTERN**

Answer without judgment.

Which fruit feels weakest right now?

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Which fruit feels most natural right now?

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Where might God be inviting growth (remember growth is different from performance)?

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### **PART 4: ROOT CHECK**

Fruit problems usually reveal root issues.

Complete the sentence honestly.

“When I struggle with \_\_\_\_\_,  
I am often believing the lie that \_\_\_\_\_.”

Now replace the lie with truth. Truth I choose to believe:

God loves me unconditionally, even in my current state.

## PART 5: ABIDING PRACTICE

Choose one simple practice for the next 24 hours.

- ☐ Pause and breathe when triggered
- ☐ Speak gently to myself
- ☐ Release control to God
- ☐ Choose peace over reaction
- ☐ Practice gratitude
- ☐ Set a loving boundary
- ☐ Rest without guilt

My chosen practice:

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## PART 6: PRAYER OF FORMATION

Write or pray this aloud.

*God, I stop striving to produce fruit.*

*I choose to abide in Your love.*

*Grow in me what I cannot force—the fruit of Your Spirit.*

*I trust Your Spirit at work in me.*

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## **PART 7: DECLARATION**

Say it. Write it. Believe it.

*God loves me unconditionally.*

*Because I am loved, I am growing.*

*Because I am loved, I am not condemned.*

*Because I am loved, the Spirit of Christ is at work in me.*

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