

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?

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"/>				
Joy	<input type="checkbox"/>				
Peace	<input type="checkbox"/>				
Patience	<input type="checkbox"/>				
Kindness	<input type="checkbox"/>				
Goodness	<input type="checkbox"/>				
Faithfulness	<input type="checkbox"/>				
Gentleness	<input type="checkbox"/>				
Self-control	<input type="checkbox"/>				

PART 3: NOTICE THE PATTERN

Answer without judgment.

Which fruit feels weakest right now?

Which fruit feels most natural right now?

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

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:

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.

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.
