



# LOVE

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.

1 Corinthians 13:4-7

*It looks like...*

**concern for others**

**sacrifice**

**dedication & commitment**

**goodwill**

**care & helping**

*Pray: Dear God, help me to treat the people in my life with unselfish love – putting their needs ahead of my own. Help me to be forgiving and to love those who are difficult to love. Amen.*



# JOY

Rejoice in the Lord always. I will say it again: Rejoice!

Philippians 4:4

*It looks like...*

**gladness**

**appreciative**

**thankfulness**

**contentment**

**calm delight**

*Pray: Dear God, help me to be joyful in Jesus. Always remembering what He has done for me, and so always being glad, thankful, and content with what I have. Amen.*



# PEACE

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:6-7

*It looks like...*

**quietness**

**rest**

**contentment**

**trust**

**confidence**

*Pray: Dear God, help me to know that in Jesus everything works out for my good according to Your plan for me. Help me to remember today that You are in control and love me. Amen.*



# PATIENCE

Be patient, then, brothers and sisters, until the Lord's coming. See how the farmer waits for the land to yield its valuable crop, patiently waiting for the autumn and spring rains. You too, be patient and stand firm, because the Lord's coming is near.

James 5:7-8

*It looks like...*

**endurance**

**thoughtfulness**

**longsuffering**

**persisting**

**uncomplaining**

*Pray: Dear God, help me to be calm and know how to wait for Your good timing in all things. Help me to trust in You and persevere in this life as Your child. Amen.*



# KINDNESS

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Ephesians 4:32

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*It looks like...*

**graciousness towards others**

**forgiving**

**generosity**

**compassion**

**practical help**

*Pray: Dear God, help me to treat others the way I wish to be treated – with respect, generosity, and with understanding. Help me to forgive quickly, remembering Your forgiveness. Amen.*



# GOODNESS

For you were once darkness, but now you are light in the Lord. Live as children of light (for the fruit of the light consists in all goodness, righteousness and truth) and find out what pleases the Lord. Have nothing to do with the fruitless deeds of darkness.

Ephesians 5:8-11

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*It looks like...*

**uprightness**

**virtue**

**integrity**

**decency**

**honesty**

*Pray: Dear God, help me to shine as a light in this world – standing out as different as I live for You. Help me to resist sin and love what is only good. Amen.*



# FAITHFULNESS

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.

Galatians 6:9

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*It looks like...*

**keeping your word**

**integrity**

**speaking honestly**

**always being there**

**trustworthiness**

*Pray: Dear God, help me to not grow weary of doing good and being faithful to what You command. Help me to live for You each day of my life and never give up. Amen.*



# GENTLENESS

Be completely humble and gentle; be patient, bearing with one another in love.

Ephesians 4:2

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*It looks like...*

**calmness**

**comforting**

**understanding**

**listening before talking**

**humility**

*Pray: Dear God, help me to help others by being gentle with my words and in the way I treat them. Help me to be humble and patient – thinking of others before myself. Amen.*



# SELF- CONTROL

Since an overseer manages God's household, he must be blameless - not overbearing, not quick-tempered, not given to drunkenness, not violent, not pursuing dishonest gain. Rather, he must be hospitable, one who loves what is good, who is self-controlled, upright, holy and disciplined.

Titus 1:7-8

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*It looks like...*

**calmness**

**being in control**

**restraint**

**discipline**

**peace**

*Pray: Dear God, control my thoughts, emotions and feelings, so that You would always guide me in the ways that I should go. May I be calm and determined to live for You today. Amen.*