

WORKSHEET: FRUITS AND ROOTS

Which of the marks of the “life of the flesh” from this passage do you feel challenged to deal with in your own life? Write these on the fruits on the left of the diagram.

Which of the fruits of the “life of the Spirit” from this passage do you feel particularly challenged to develop? Write these on the fruits on the right of the diagram.

Fruits come from being led by the Spirit or by our own flesh. Prayerfully invite the Holy Spirit to show you the work He wants to do in your life to help you deal with and grow in these areas. For example, what does He need to do in your heart to help you be more loving or less prone to fits of rage? Write your thoughts on the roots.

FRUIT OF THE FLESH

FRUIT OF THE SPIRIT

