

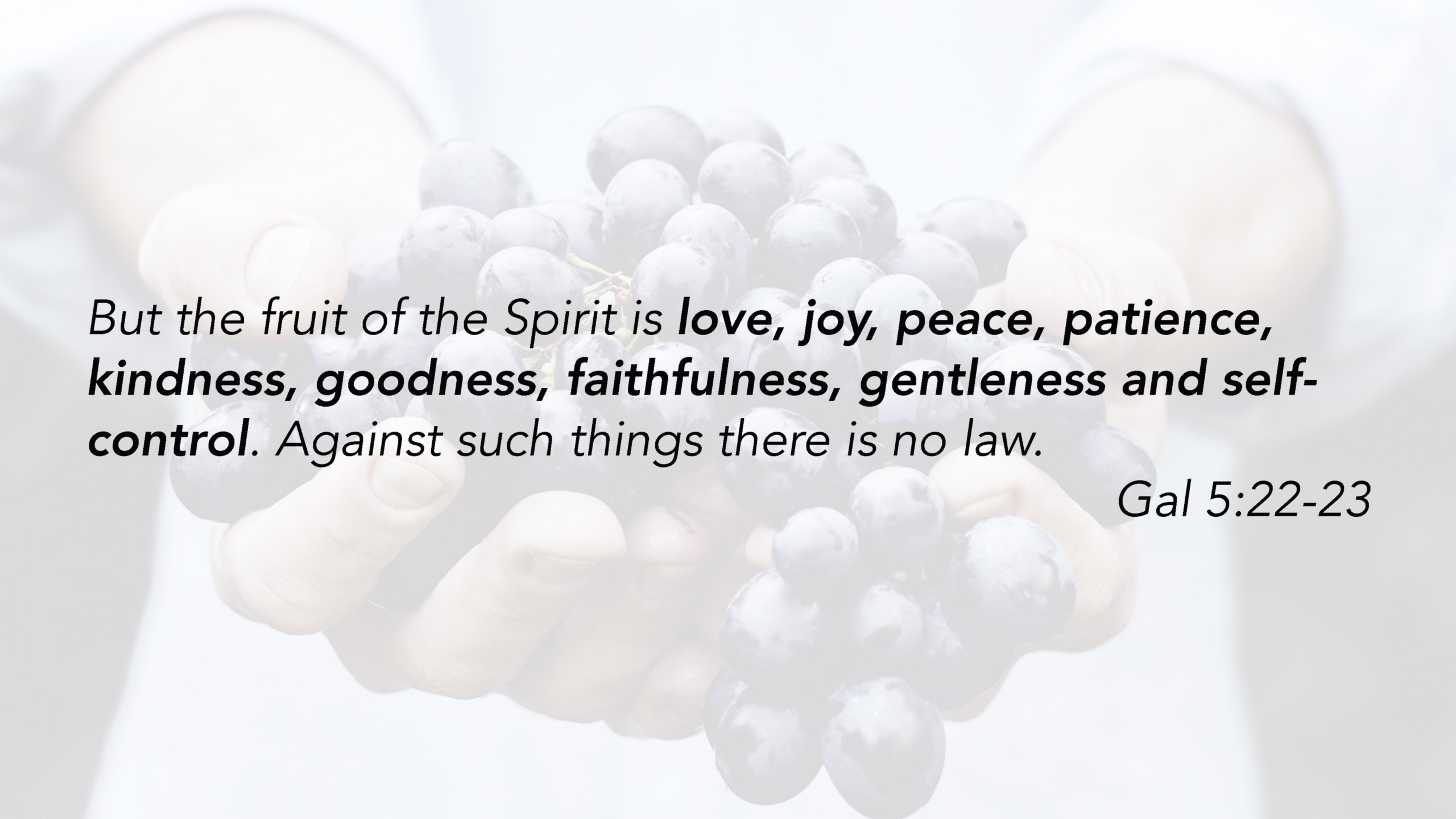


See
The
FRUIT OF THE SPIRIT

GALATIANS 5:22-23

SIF

Suzhou International Fellowship

A pair of hands is shown holding a bunch of blueberries. The hands are positioned at the top and bottom of the frame, with the fingers gently cupping the bunch of fruit. The blueberries are dark and glistening, and the background is a soft, out-of-focus light color. The text is overlaid on the image, centered horizontally and positioned in the middle of the frame.

*But the fruit of the Spirit is **love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.** Against such things there is no law.*

Gal 5:22-23



P₃

E₁

A₁

C₃

E₁

$$P (G + S + O) = x$$

Where

P: Peace

G: God

S: Self

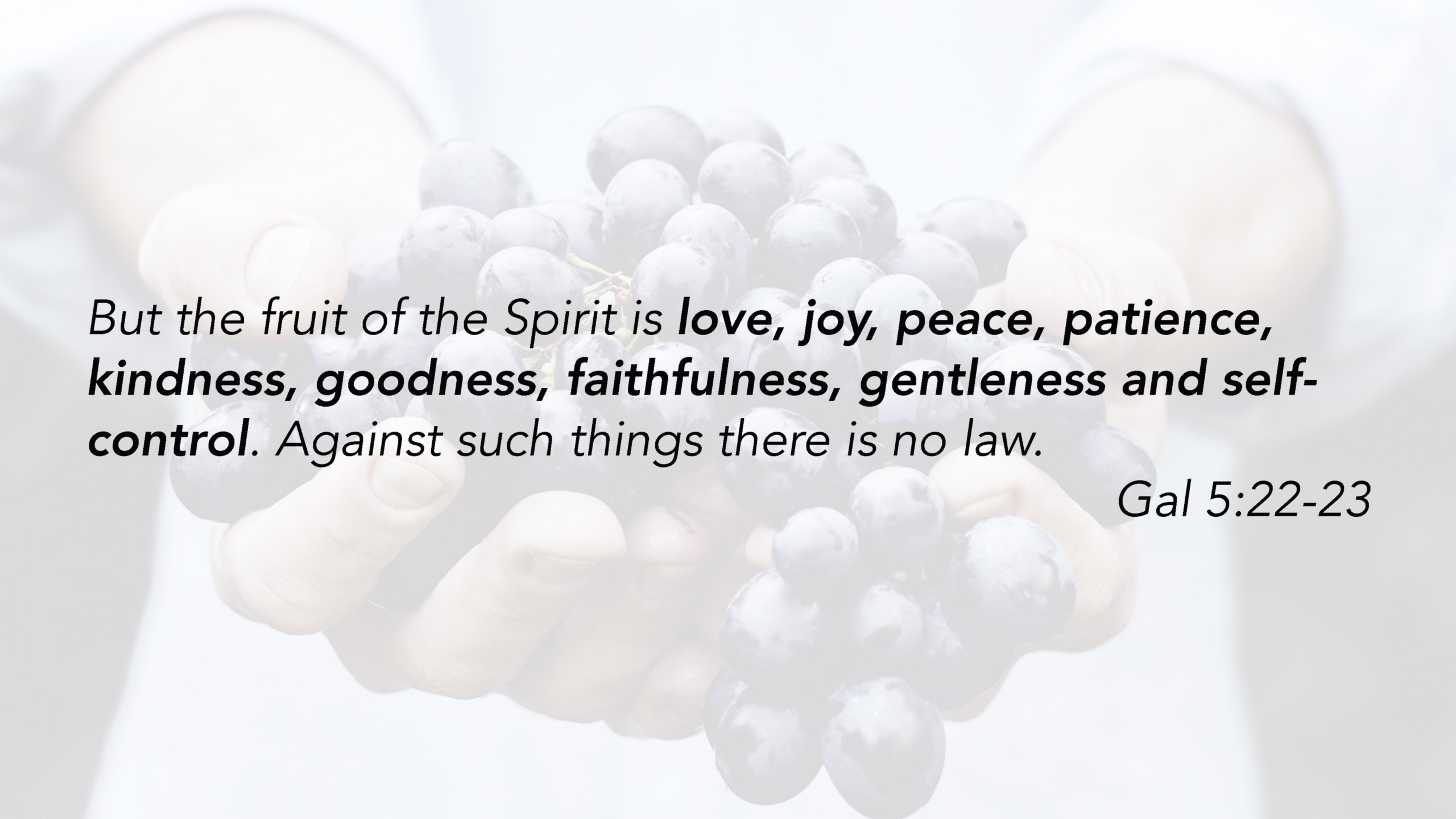
O: Others

x: value between 0 and 1

*The Peace
Equation*

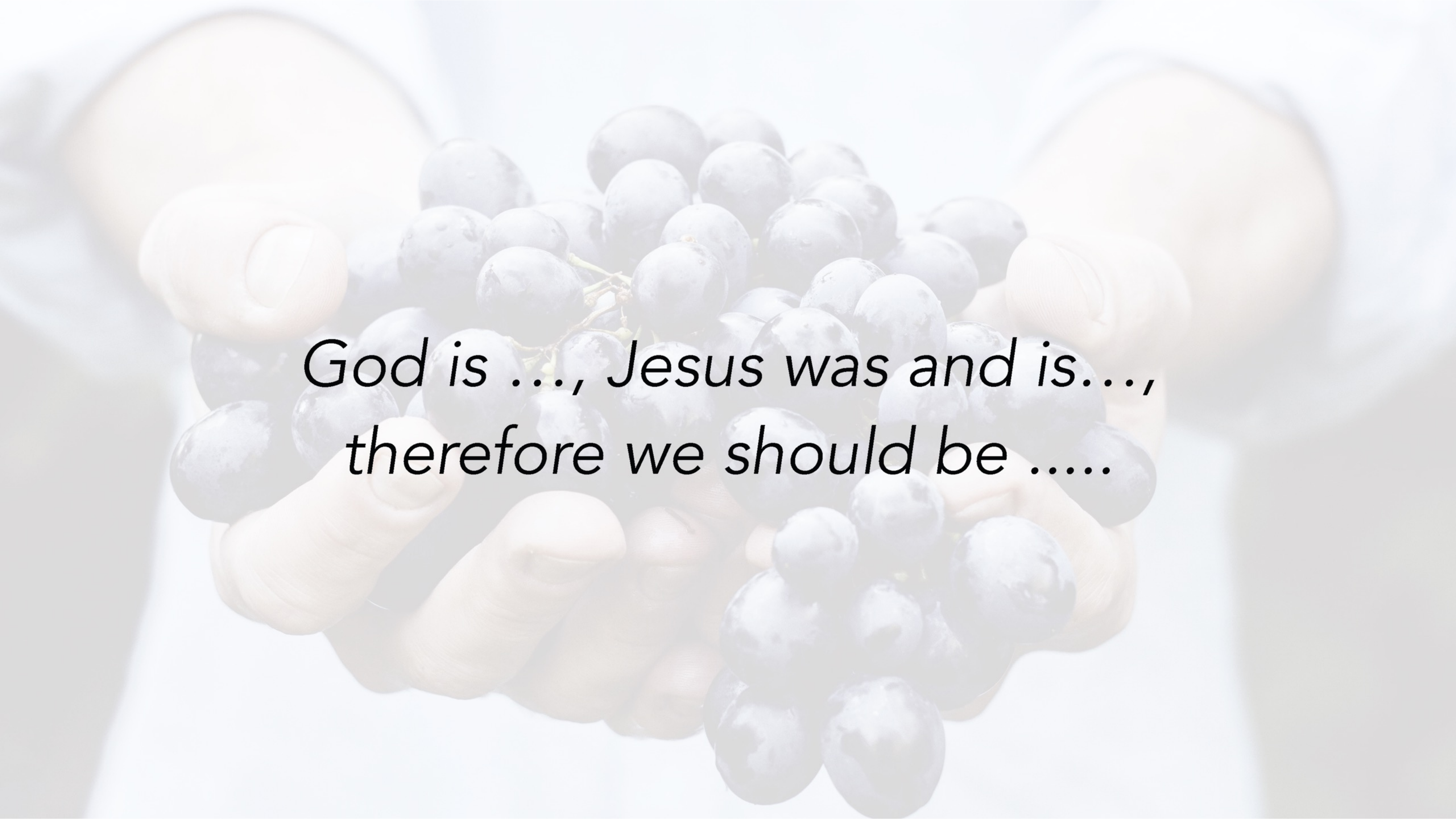
Dos and Don'ts

1. Do not backbite or slander
2. Listen to both sides
3. Seek Reconciliation/Forgiveness
4. Develop conflict-resolution skills
5. Temperance (control your anger)
6. Avoid unnecessary arguments/fights
7. Don't give destructive criticism
8. Don't discriminate
9. Give Honour and Respect
10. Celebrate what is good.

A pair of hands is shown holding a bunch of blueberries. The hands are positioned on either side of the bunch, with fingers gently gripping the stems. The blueberries are dark and clustered together. The background is a soft, out-of-focus light color, possibly a wall or a backdrop, which makes the hands and fruit stand out. The overall image has a clean, minimalist aesthetic.

*But the fruit of the Spirit is **love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.** Against such things there is no law.*

Gal 5:22-23

A pair of hands, one on the left and one on the right, are shown holding a bunch of ripe, dark blueberries. The hands are positioned as if presenting the fruit. The background is a soft, out-of-focus light blue and white. The text is overlaid in the center of the image.

*God is ..., Jesus was and is...,
therefore we should be*

Who do you know that is kind?



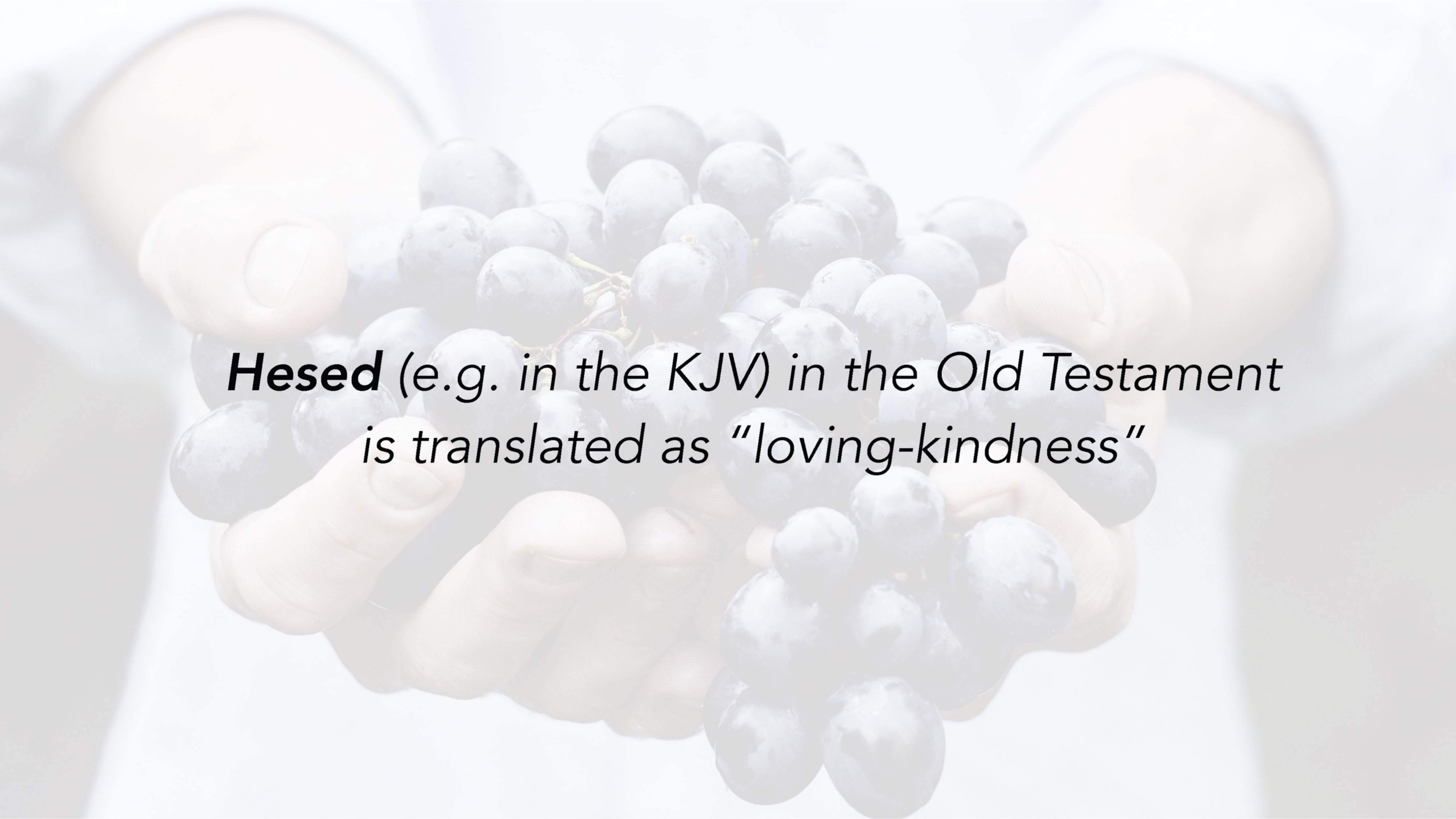
A pair of hands, one on the left and one on the right, are shown holding a large bunch of ripe, dark blueberries. The hands are positioned as if presenting the fruit. The background is a soft, out-of-focus light blue. The text "Kindness is Action" is centered over the image in a black, sans-serif font.

Kindness is Action

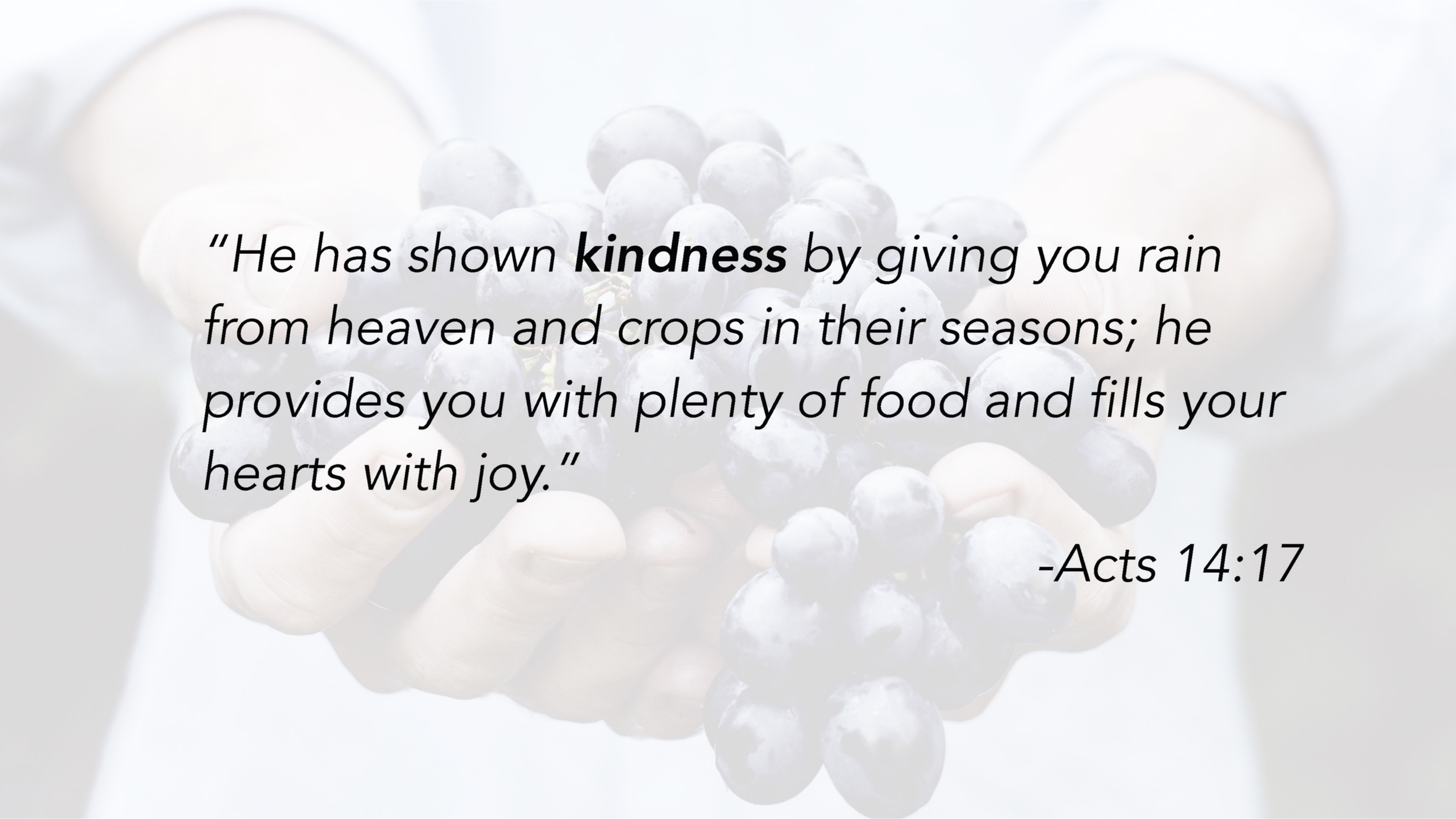
Chrestotes

Kindness, which is an ability to serve others practically in a way which makes you vulnerable, which comes from having a deep inner security.

Its opposite is envy, which leaves you unable to rejoice in another's joy. And its fake alternative is manipulative good deeds, doing good for others so you can congratulate yourself and feel you are "good enough" for others or for God.

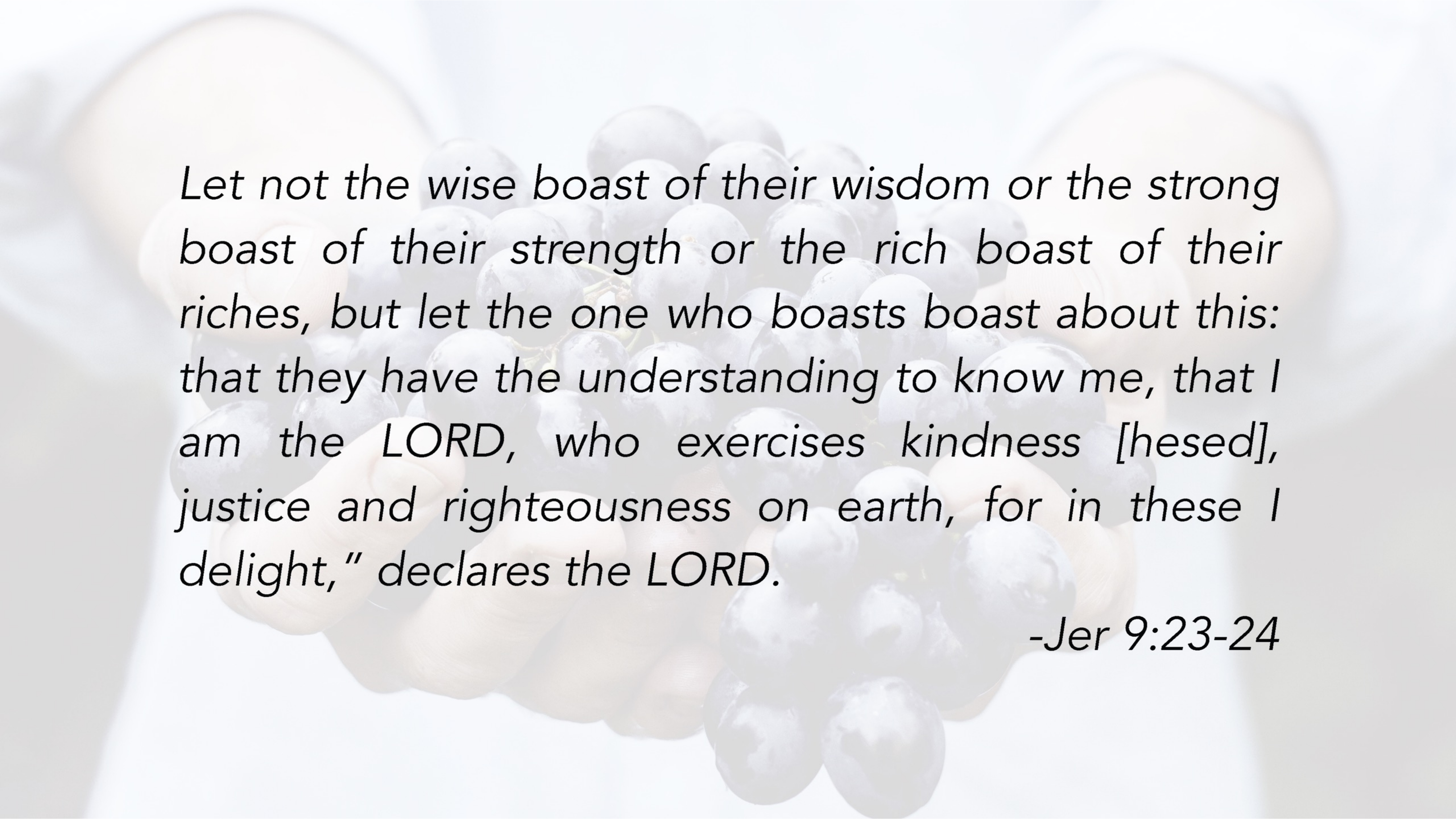
A pair of hands, one on the left and one on the right, are shown holding a large bunch of ripe, dark blueberries. The hands are positioned as if presenting the fruit. The background is a soft, out-of-focus light blue and white. The text is overlaid on the center of the image, partially covering the hands and the grapes.

Hesed (e.g. in the KJV) in the Old Testament
is translated as “loving-kindness”

A pair of hands is shown holding a bunch of blueberries. The hands are positioned at the top and bottom of the frame, with the fingers gently cupping the cluster of fruit. The blueberries are dark and glistening, and the background is a soft, out-of-focus light color. The text is overlaid on the image, centered horizontally and slightly above the middle vertically.

*“He has shown **kindness** by giving you rain from heaven and crops in their seasons; he provides you with plenty of food and fills your hearts with joy.”*

-Acts 14:17

A close-up photograph of a hand holding a bunch of ripe blueberries. The hand is positioned at the bottom, with fingers gently cupping the cluster. The blueberries are dark blue with a natural white bloom. The background is a soft, out-of-focus light color, creating a serene and natural atmosphere.

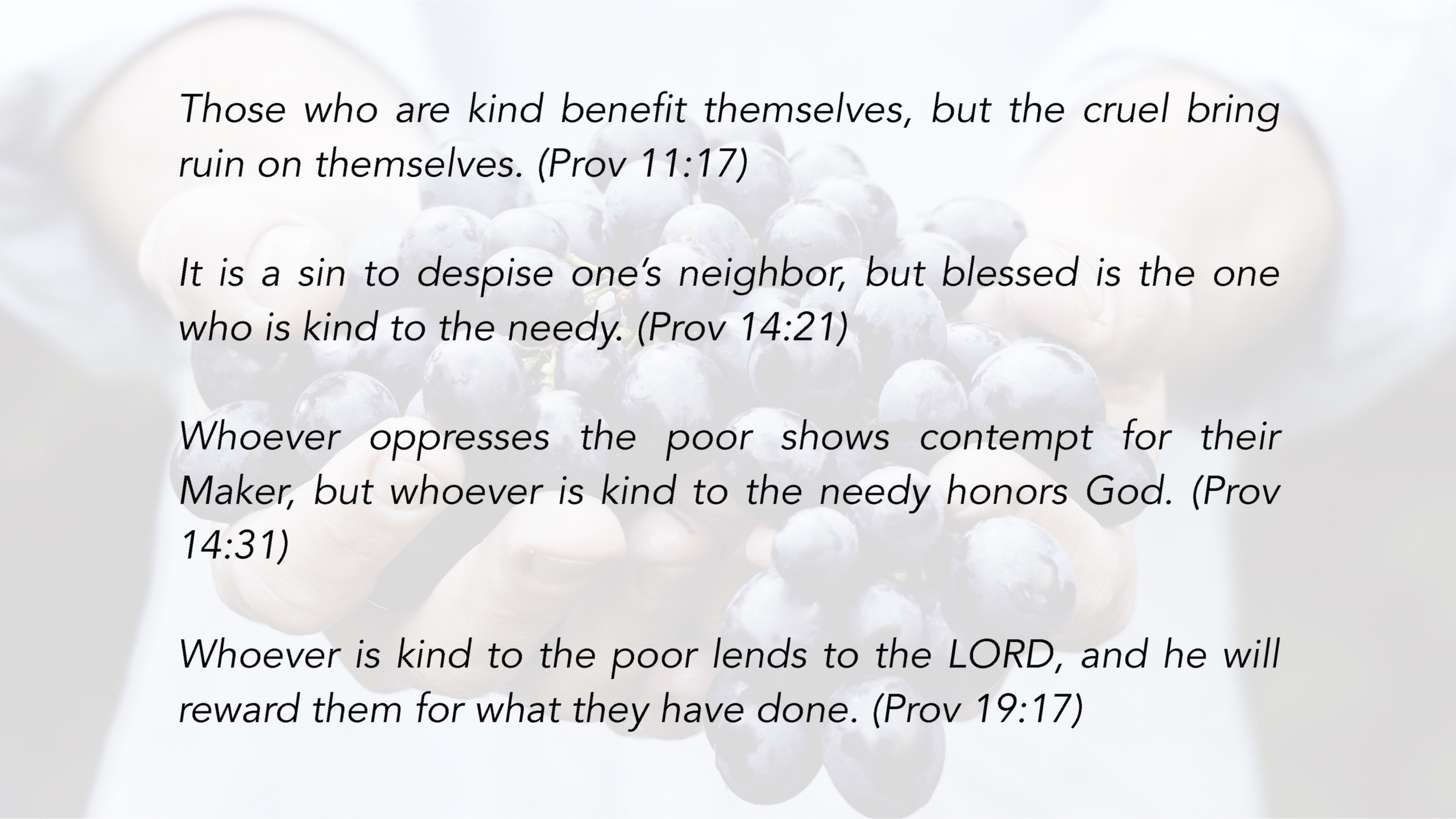
Let not the wise boast of their wisdom or the strong boast of their strength or the rich boast of their riches, but let the one who boasts boast about this: that they have the understanding to know me, that I am the LORD, who exercises kindness [hesed], justice and righteousness on earth, for in these I delight," declares the LORD.

-Jer 9:23-24

A pair of hands holding a bunch of blueberries. The hands are positioned as if offering or presenting the fruit. The background is a soft, out-of-focus light blue and white. The text is overlaid on the image.

Chrestotes

Kindness, which is an ability to serve others practically in a way which makes you vulnerable, which comes from having a deep inner security.

A pair of hands, one on the left and one on the right, are shown holding a bunch of blueberries. The hands are positioned as if presenting the fruit. The background is a soft, out-of-focus light color. The text is overlaid on the image in a black, sans-serif font.

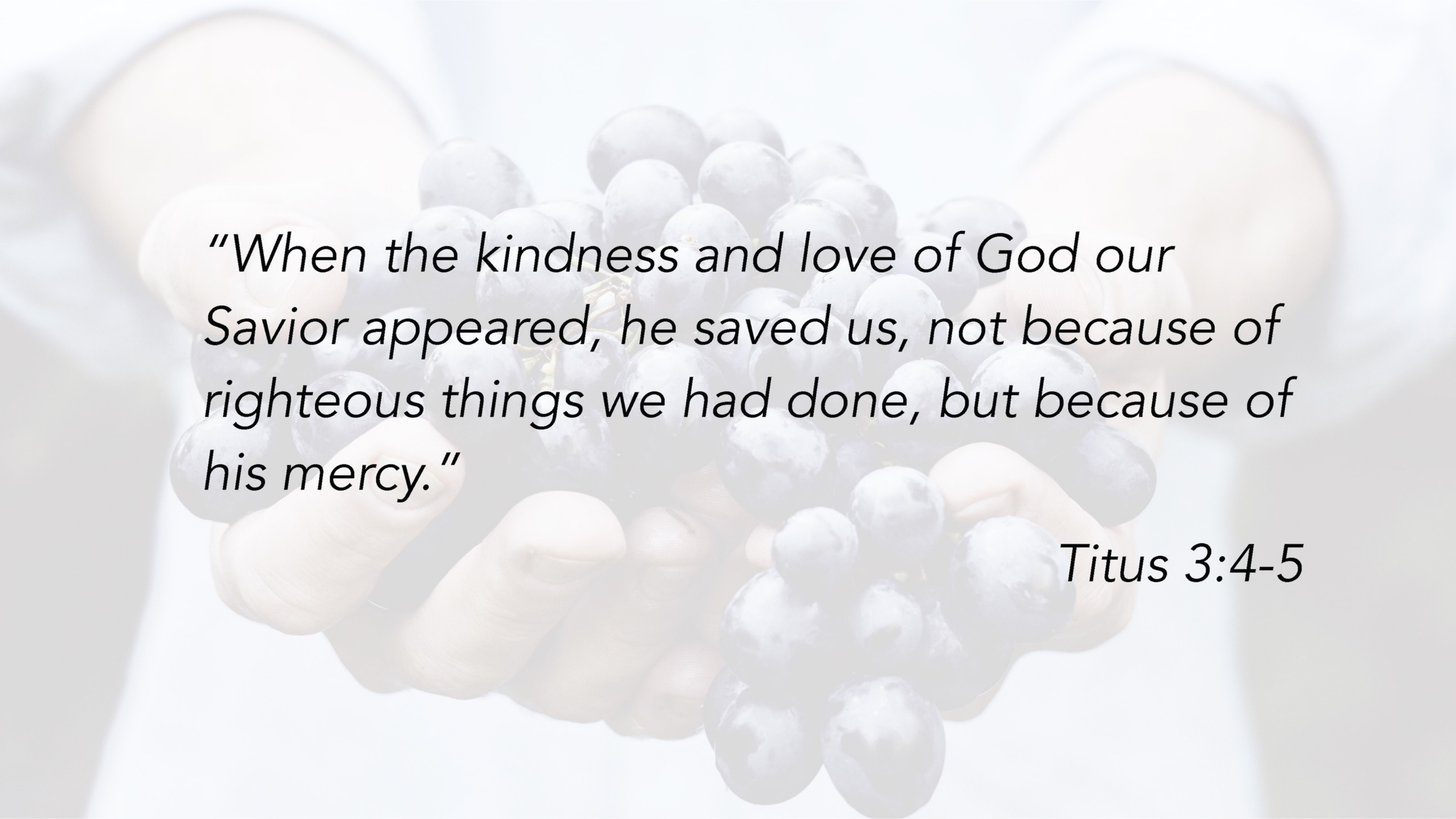
Those who are kind benefit themselves, but the cruel bring ruin on themselves. (Prov 11:17)

It is a sin to despise one's neighbor, but blessed is the one who is kind to the needy. (Prov 14:21)

Whoever oppresses the poor shows contempt for their Maker, but whoever is kind to the needy honors God. (Prov 14:31)

Whoever is kind to the poor lends to the LORD, and he will reward them for what they have done. (Prov 19:17)

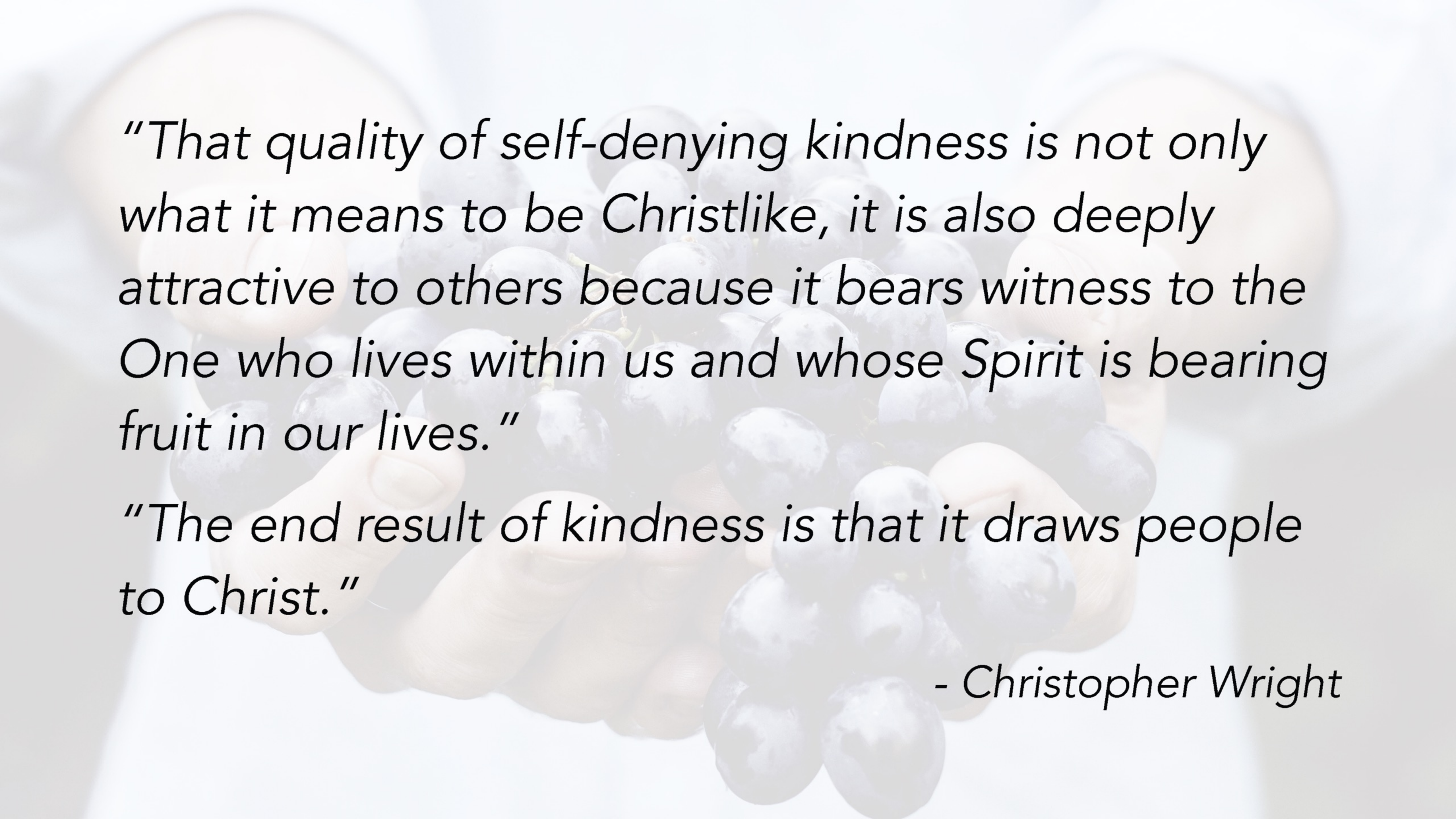


A pair of hands, one on the left and one on the right, are shown holding a large bunch of ripe blueberries. The hands are positioned as if presenting the fruit. The background is a soft, out-of-focus light color. The text is overlaid on the image in a black, serif font.

"When the kindness and love of God our Savior appeared, he saved us, not because of righteous things we had done, but because of his mercy."

Titus 3:4-5




A close-up photograph of a hand holding a bunch of ripe blueberries. The hand is positioned in the center, with the fingers gently cupping the cluster. The blueberries are dark and glistening, suggesting freshness. The background is a soft, out-of-focus light color, possibly a white surface or a bright background, which makes the hand and fruit stand out. The overall mood is gentle and nurturing.

“That quality of self-denying kindness is not only what it means to be Christlike, it is also deeply attractive to others because it bears witness to the One who lives within us and whose Spirit is bearing fruit in our lives.”

“The end result of kindness is that it draws people to Christ.”

- Christopher Wright

A close-up photograph of a pair of hands holding a bunch of ripe blueberries. The hands are positioned on either side of the bunch, with fingers gently cupping the fruit. The blueberries are dark purple with a natural white bloom. The background is a soft, out-of-focus light blue and white. The text is centered over the image.

Goodness is 'What you see is what you get!'

A pair of hands, one on the left and one on the right, are shown holding a large bunch of ripe, dark blueberries. The hands are positioned as if presenting the fruit. The background is a soft, out-of-focus light color. The text is overlaid on the image, centered horizontally.

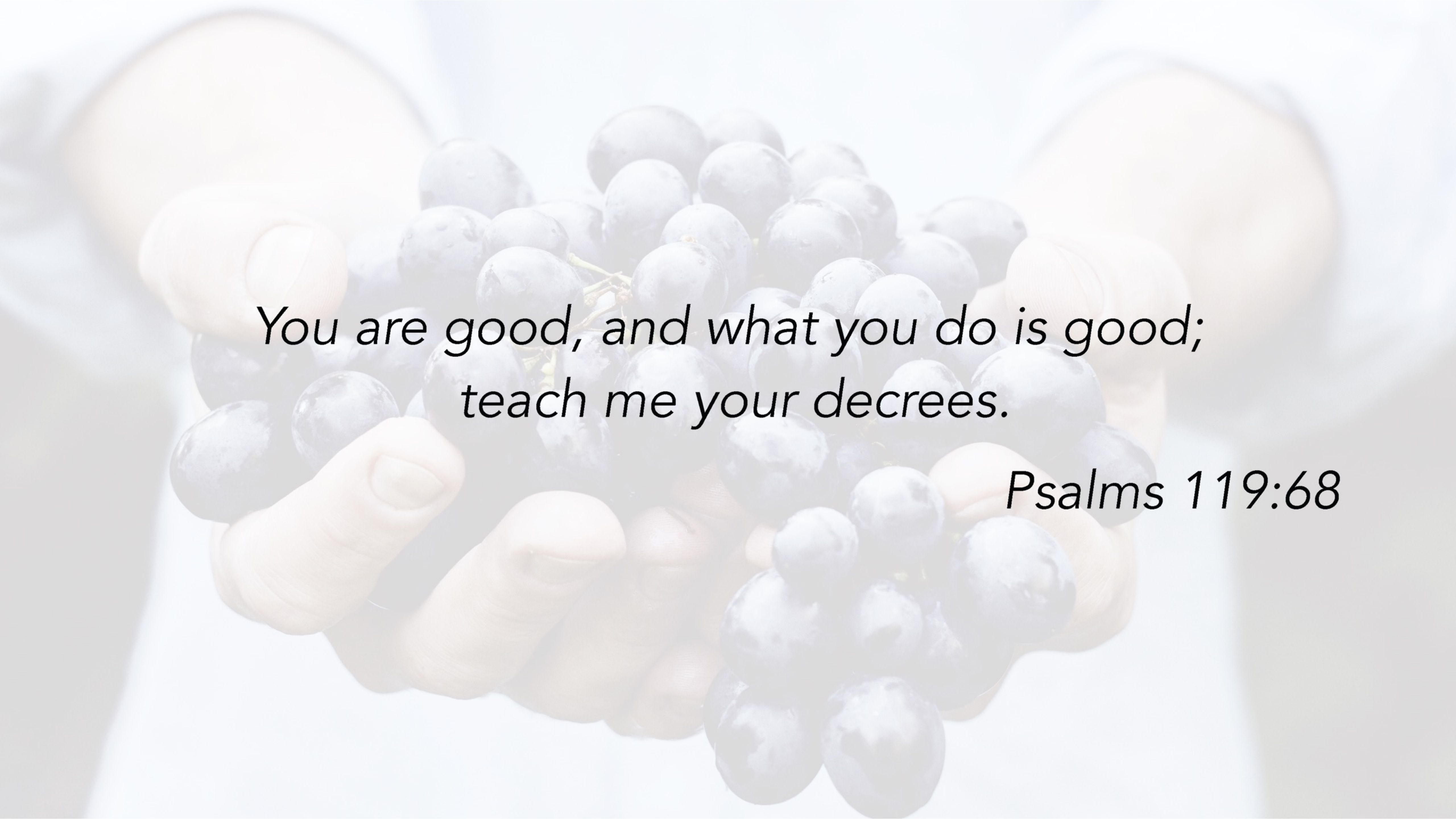
Agathosune

Goodness, integrity; being the same person in every situation, rather than a phony or a hypocrite. This is not the same as being always truthful but not always loving; getting things off your chest just to make yourself feel or look better.

A pair of hands, one on the left and one on the right, are shown holding a large bunch of ripe, dark blueberries. The hands are positioned as if presenting the fruit. The background is a soft, out-of-focus light blue and white. The text is overlaid on the center of the image.

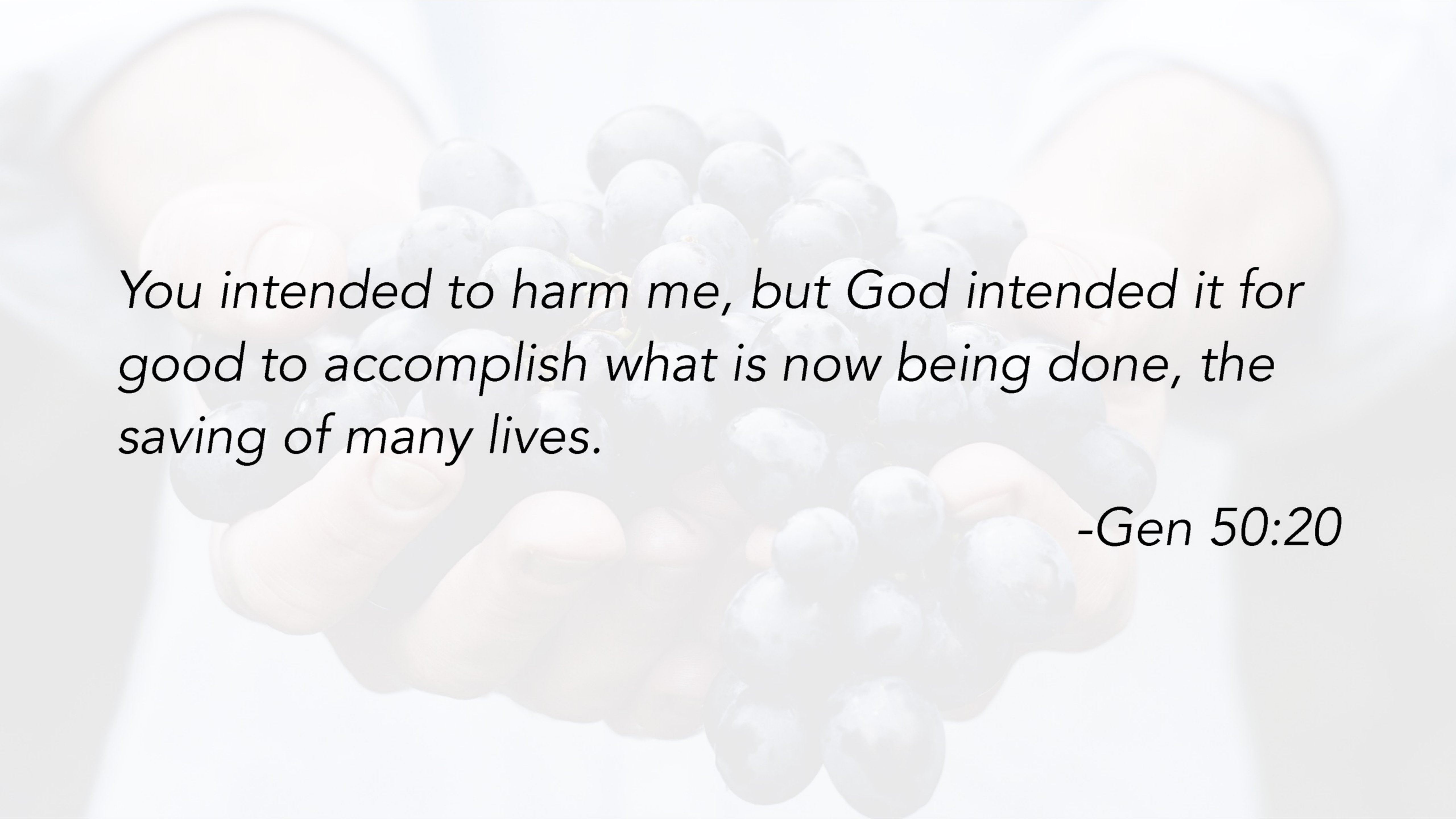
*Give thanks to the Lord, for he is good.
His love endures forever.*

Psalms 136:1

A pair of hands, one on the left and one on the right, are shown holding a large bunch of ripe, dark blueberries. The hands are positioned as if presenting the fruit. The background is a soft, out-of-focus light blue and white. The text is overlaid on the image in a black, serif font.

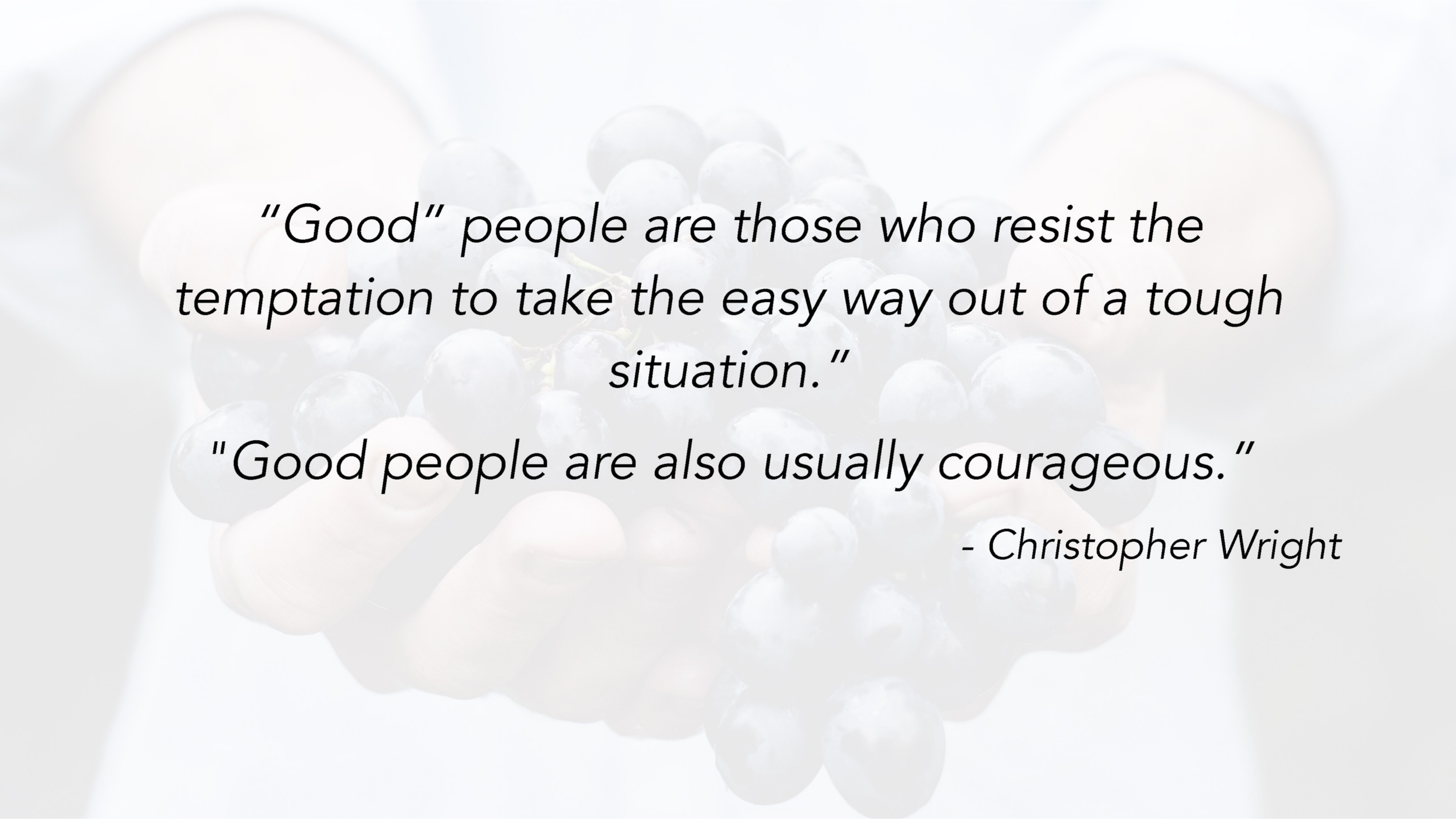
*You are good, and what you do is good;
teach me your decrees.*

Psalms 119:68

A pair of hands, one on the left and one on the right, are shown holding a large bunch of ripe blueberries. The hands are positioned as if presenting the fruit. The background is a soft, out-of-focus light color. The text is overlaid on the image in a black, serif font.

You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives.

-Gen 50:20

A pair of hands, one on the left and one on the right, are shown holding a bunch of blueberries. The hands are positioned as if presenting the fruit. The background is a soft, out-of-focus light color. The text is overlaid on the image in a black, serif font.

"Good" people are those who resist the temptation to take the easy way out of a tough situation."

"Good people are also usually courageous."

- Christopher Wright



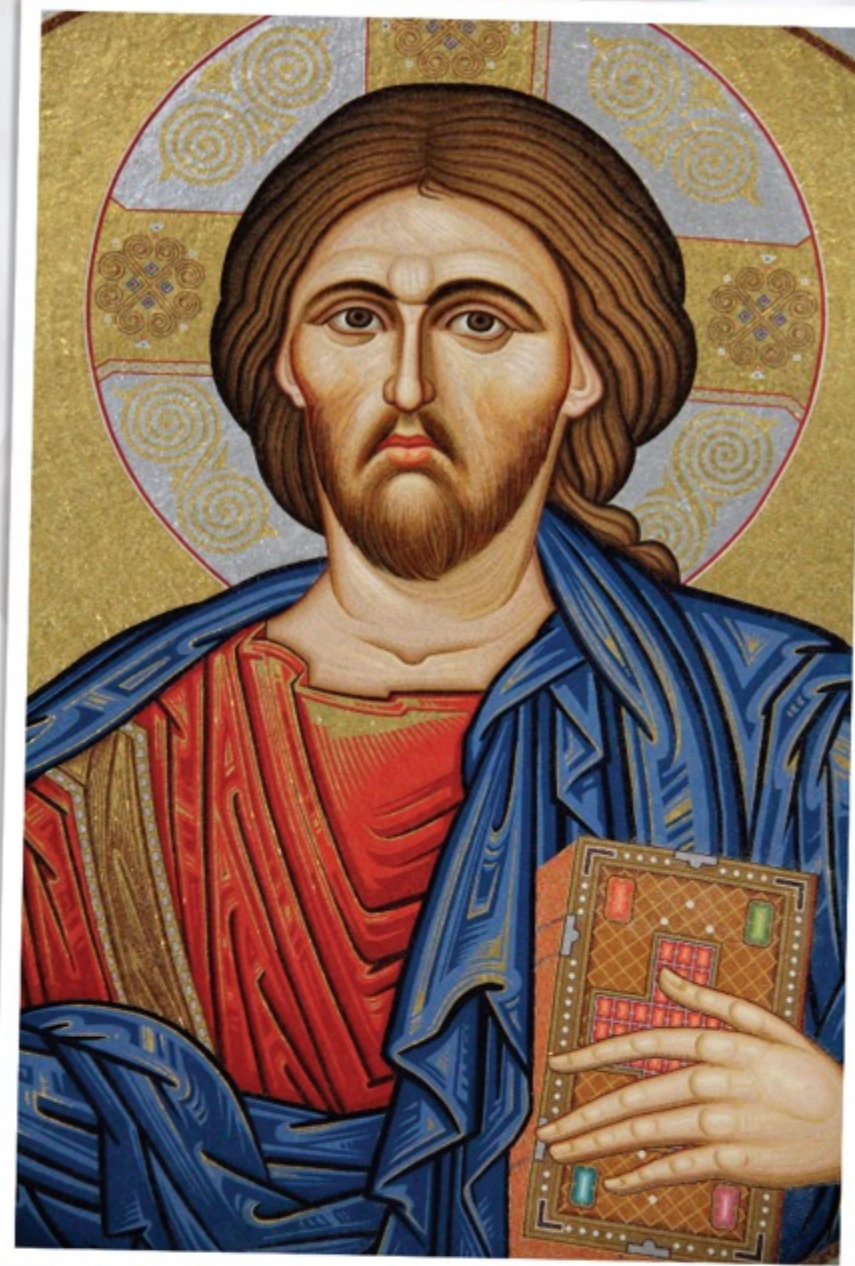


GO

UP

GALATIANS

Christ + Something else = Acceptance by God

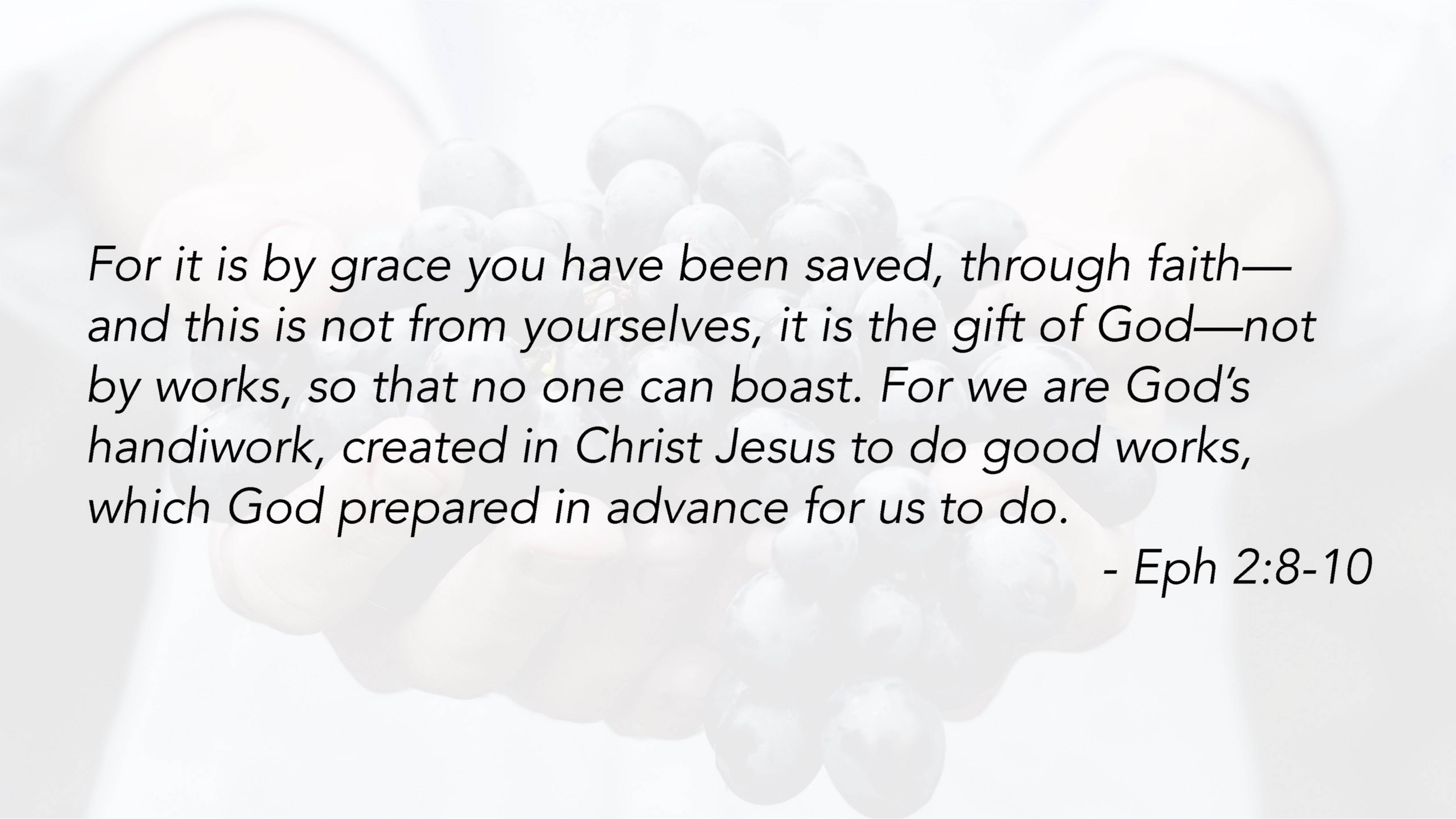


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A pair of hands, one on the left and one on the right, are shown holding a large bunch of blueberries. The hands are positioned as if presenting the fruit. The background is a soft, light blue gradient. The text is overlaid on the image in a black, serif font.

*For it is by grace you have been saved, through faith—
and this is not from yourselves, it is the gift of God—not
by works, so that no one can boast. For we are God’s
handiwork, created in Christ Jesus to do good works,
which God prepared in advance for us to do.*

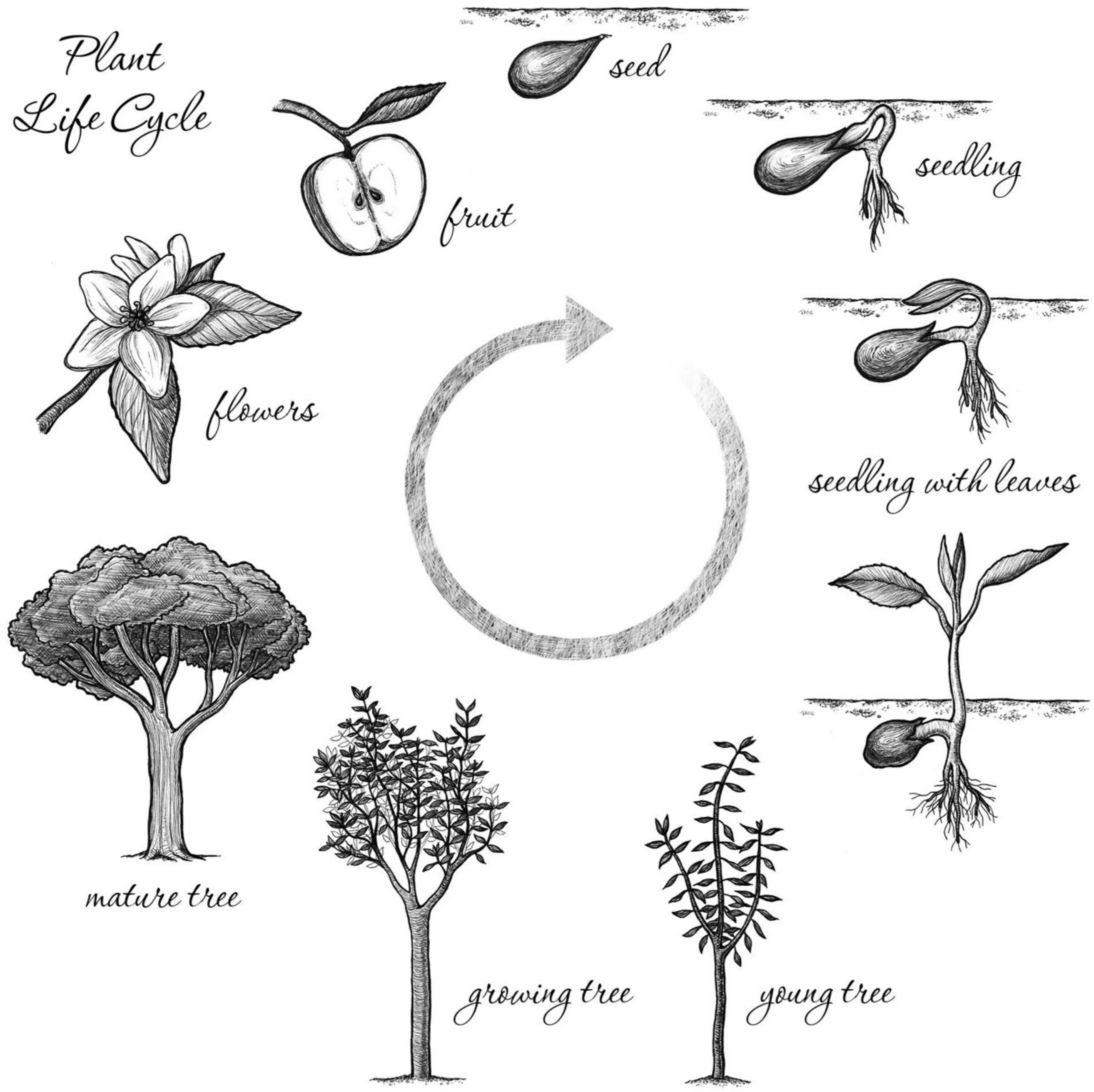
- Eph 2:8-10



Smart Women Hold it Together

I AM A
GOOD
PERSON

*Plant
Life Cycle*



fruit



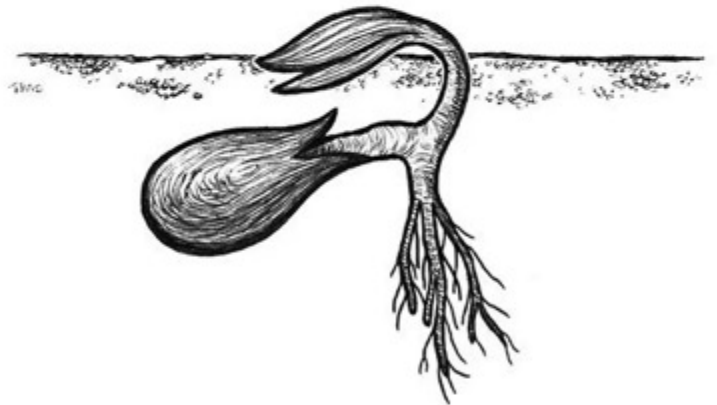
flowers



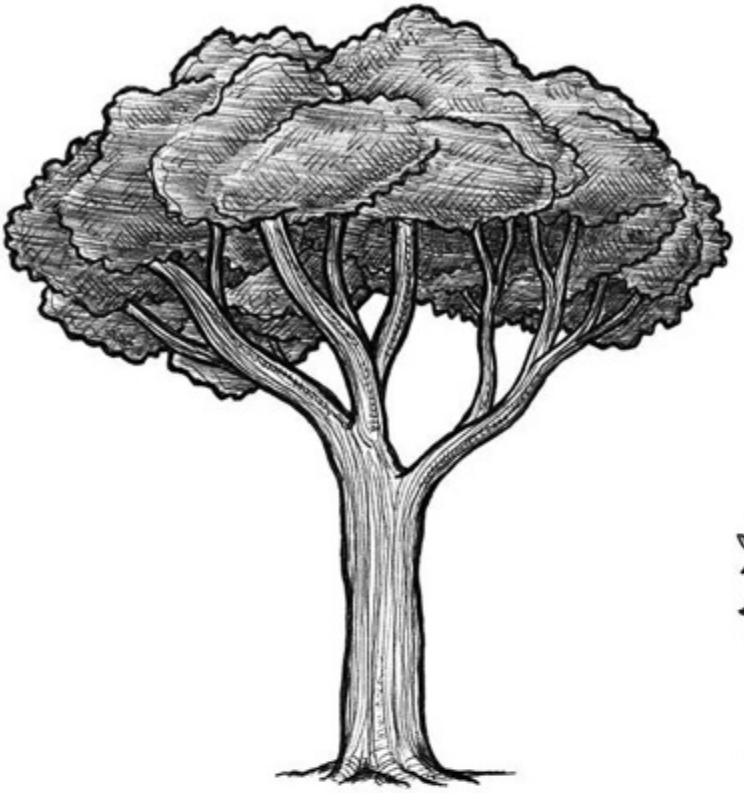
seed



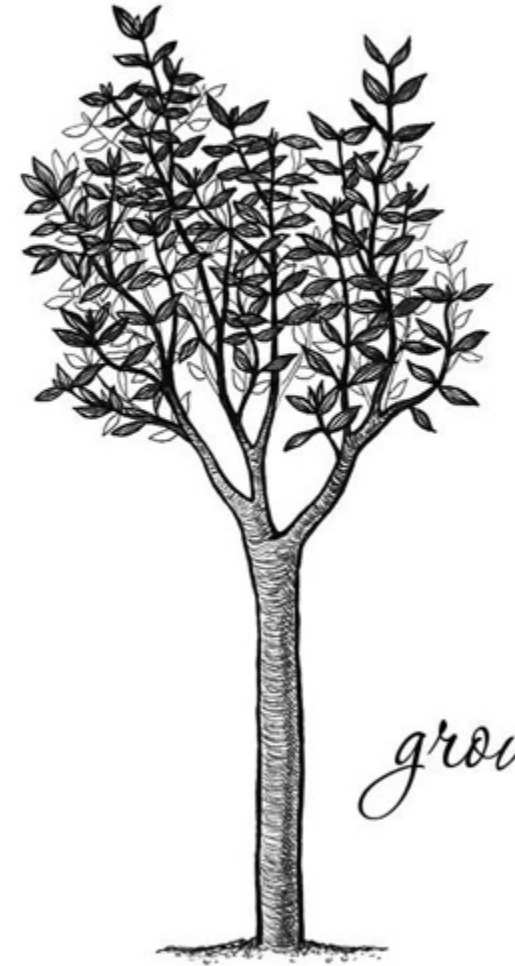
seedling



seedling with leaves



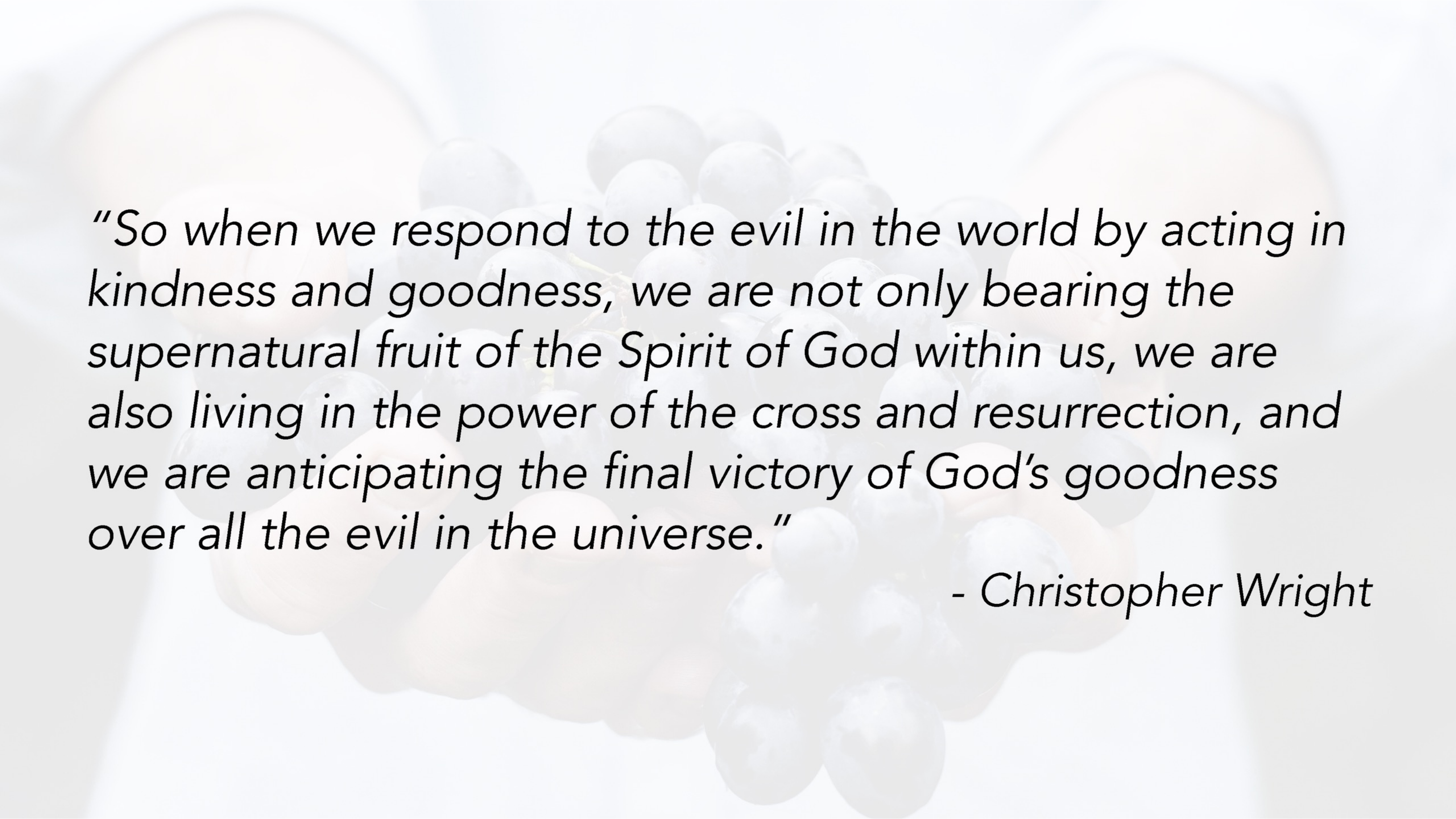
mature tree



growing tree



young tree



“So when we respond to the evil in the world by acting in kindness and goodness, we are not only bearing the supernatural fruit of the Spirit of God within us, we are also living in the power of the cross and resurrection, and we are anticipating the final victory of God’s goodness over all the evil in the universe.”

- Christopher Wright



The
FRUIT OF THE SPIRIT

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