

| FRUIT | TRAINING | AGAINST | VICTORY |
|---------------|--|---|------------------------------|
| Love | Trust your will to | Envy, Fear, Covetousness, | Unselfishness |
| Joy | Praise and Worship | Depression, Heaviness, Grief and Hopelessness | Strength |
| Peace | Keeping your mind on Jesus-not on the problem | Worry, Fear, Nervousness, Dread | Freedom and a Carefree Life |
| Longsuffering | Prayer and Thanksgiving, Rejoicing | Anger, Resentment, Impatience | Patience |
| Gentleness | Accepting Imperfections of Others | Irritation, Criticalness, Judgment | Refines Love's Conduct |
| Goodness | Service to Others | Rejection, Defeat, Unworthiness | Keeping a Servant's Attitude |
| Faith | Trust in God's Word over what your own mind says | Doubt, Unbelief, Deception | Righteousness |
| Meekness | Submit to God's Will | Pride, Rebellion, Disobedience | Brokenness, a Contrite Heart |
| Temperance | Disciplining of Body and Soul | Lusts, Emotions in the Mind | Self Control |