

Galatians Field Guide – Flesh fruit

Description	Other references	Questions	Observations
Sexual immorality (illicit relationships), impurity (unclean thoughts or actions), depravity (sensuality)	Eph 3:5, 5:3-13; Rom 1:24; 2 Tim 2:22	Is my use of the internet and social media pure?	
Idolatry (worship of idols), sorcery (witchcraft)	Col 3:5; Rom 1:21-25	Is something taking God's place in my life?	
Hostilities (rivalries, hatred), strife (discord, intrigues)	1 Tim 6:4-5; Tit 3:9	Am I contributing to the fight?	
Jealousy (self-centred focus), selfish rivalries (ambitions)	1 Cor 3:3-4; Jam 3:13-18; 1 Pet 5:5-7; 2 Tim 3:1-5	Am I being self-centred?	
Outbursts of anger (temper), murder	Matt 5:21-22; Eph 4:31-32; Jam 1:19-20	Is anger evident - either outburst or simmering?	
Dissensions, factions (divisions)	Rom 16:17-18; 2 Tim 2:23-26	Do my words divide or heal?	
Envy	1 Pet 2:1; 1 Jn 2:15-17; 1 Tim 6:6-10; Ex 20:17	Am I consumed with desires for what others have?	
Drunkenness, carousing	1 Pet 4:3-5; 1 Pet 1:13-16; Lk 22:34; Lk 8:14	Is there a carelessness to the way I live?	

Galatians Field Guide – Spirit Fruit

Description	Other references	Questions	Observations
Love	1 Cor 13; Gal 5:13-15; Rom 12:9-10; Col 3:14; Jn 13:34-35; Matt 22:36-40; 1 Jn 2:9-10, 3:11-18, 4:19-21; 1 Pet 4:8	Am I loving as Jesus loved me?	
Joy (cheerfulness, calm delight)	Phil 4:4; 1 Thess 5:16	Do thankfulness and joy characterize me?	
Peace (rest, quietness)	Col 3:15; Phil 4:6-7; Jam 3:13-18	Do I know, show, and grow peace?	
Patience (fortitude, suffering long)	Jam 2:12-13; Eph 4:1-3; Col 3:12-13	Am I “suffering long” with others?	
Kindness (graciousness)	1 Pet 1:3-9	Is God’s kindness to me reflected to others?	
Goodness (virtue)	Phil 4:8-9; Eph 5:7-10	Does goodness characterize me?	
Faithfulness	1 Tim 6:11-12, 4:12	Am I trustworthy and steady?	
Gentleness (humility, meekness)	Eph 4:1-3; Tit 3:1-2; Gal 6:1; Jam 3:13-18	Am I able to be small and quiet?	
Self-control	2 Tim 1:6-7	Does God’s Spirit tune and time my response?	