

Devotions on **The Fruit of the Spirit**

Marc MacArthur

3rd January, 2025



Galatians 5:22-23

***[22] But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith,
[23] Meekness, temperance: against such there is no law.***

Disclaimer: Although I have written these devotional messages, they are as much a reminder to myself as they are to anyone else. While I know the standards of how I should live, I often fall short in practice. The truth is, we all will stumble at times, because only one was perfect, our Lord Jesus Christ. These reflections are not written from a place of achievement but as encouragement for all of us to strive to do our best, relying on His grace along the way.

Table of Contents

Love - The Foundation of Love.....	3
Love - The Manifestation of Love.....	4
Love - The Enduring Nature of Love.....	5
Love - A Poem.....	6
Joy - The Source of Joy.....	7
Joy - Joy in Trials.....	8
Joy - A Poem.....	9
Peace - The Peace of God.....	10
Peace - Peace with Others.....	11
Peace - A Poem.....	12
Longsuffering - The Patience of God.....	13
Longsuffering - Patience in Trials.....	14
Longsuffering - A Poem.....	15
Gentleness - The Gentleness of Christ.....	16
Gentleness - Gentle Correction.....	17
Gentleness - A Poem.....	18
Goodness - The Goodness of God.....	19
Goodness - Doing Good to Others.....	20
Goodness - A Poem.....	21
Faith - The Gift of Faith.....	22
Faith - Faith in Action.....	23
Faith - A Poem.....	24
Meekness - The Strength of Meekness.....	25
Meekness - Meekness in Relationships.....	26
Meekness - A Poem.....	27
Temperance - The Discipline of Temperance.....	28
Temperance - Temperance in Speech.....	29
Temperance - A Poem.....	30
In Closing.....	31



Love - The Foundation of Love

Love is the essence of Christian life and the foundation upon which other virtues are built. Paul, in his letter to the Galatians, lists love as the first fruit of the Spirit: “But the fruit of the Spirit is love...” (Galatians 5:22). This love is not a fleeting emotion but a deep, abiding commitment that reflects God’s nature in us.

In John 13:34, Jesus Christ gave His disciples a new commandment: “That ye love one another; as I have loved you, that ye also love one another.” This commandment sets a high standard, urging us to emulate the self-sacrificial love of Christ. The Lord Jesus’ love was demonstrated through His willingness to lay down His life for us (John 15:13). Such love is not only about affection or sentiment but about action and commitment to the well-being of others.

Paul elaborates in 1 Corinthians 13, He describes love as patient, kind, and not easily provoked. It bears all things, believes all things, hopes all things, and endures all things (1 Corinthians 13:4-7). This love is the hallmark of a believer’s life and should be evident in our relationships.

To cultivate this love, we must remain close to Christ, the source of true love. As we walk in the Spirit, love becomes the natural outflow of our relationship with Him. It transforms our interactions, making us more forgiving, more understanding, and more willing to serve others. This love should be our guide in all our dealings, reflecting the character of Christ to a world in desperate need of His grace.

As we reflect on the importance of love today, let us ask God to fill our hearts with His love, enabling us to love others genuinely and unconditionally. May our actions and attitudes be a testament to the love that Christ has put in our lives.



Love - The Manifestation of Love

Love is not merely an abstract concept; it is something that should be demonstrated in our lives. In 1 John 4:7, John writes, “Beloved, let us love one another: for love is of God; and every one that loveth is born of God, and knoweth God.” This verse emphasizes that true love originates from God and is a sign of our relationship with Him.

The act of love is seen in the way we treat others. The Lord Jesus Christ, in His teaching, makes it clear that our love should extend beyond our circle of friends and family. In Matthew 5:44, He tells us, “But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you.” This love is a reflection of God’s love for us, unconditional and all-encompassing.

Love can be demonstrated through acts of service and kindness. In 1 John 3:18, John urges us, “My little children, let us not love in word, neither in tongue; but in deed and in truth.” Genuine love is expressed through our actions, helping those in need, showing compassion to the suffering, and being an encouragement to those around us.

As we strive to live out this love, let’s remember that it is not always easy. It requires us to go beyond our comfort zones and to act in a way that reflects the character of Christ, as we yield to the Holy Spirit and allow Him to work through us, love becomes a more natural expression of our transformed hearts.

Today, let us seek opportunities to manifest love in practical ways. Through a kind word, a helpful act, a prayer for someone in need, let our love be a visible testimony of the presence of Christ in our lives.



Love - The Enduring Nature of Love

Love is a powerful and enduring force in the Christian life. It is a commitment that withstands trials and challenges. Paul, in 1 Corinthians 13:8, declares, “Charity never faileth.” This enduring nature of love is central to our walk with Christ and to our relationships with others.

The Lord Jesus' love for us is the perfect example of enduring love. Despite our flaws and failures, His love remains constant. Romans 5:8 reminds us, “But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us.” This sacrificial love did not waver with our shortcomings, it was demonstrated through the highest act of redemption.

In our relationships, we are called to mirror this enduring love. Ephesians 4:2 instructs us “With all lowliness and meekness, with longsuffering, forbearing one another in love.” which means handling each other's imperfections and extending grace even when it seems difficult. Enduring love is patient and kind, it is not quick to anger or easily offended (1 Corinthians 13:4-5).

The endurance of love is tested in times of adversity. During conflicts and disagreements, love acts as a covering, protecting relationships from being torn apart. It compels us to forgive and seek reconciliation, mirroring the forgiveness we have received from God.

Reflecting on the enduring nature of love in our own lives, are we demonstrating a love that endures, even in difficult circumstances? Are we willing to go the extra mile to show love to those around us?

Draw strength from God's unchanging love and allow it to flow through us, enabling us to love others with the same steadfastness that Christ shows us. Let our love be hope and a testament to the power of God's grace in our lives.



Love - A Poem

In Christ, love's foundation is laid so deep,
A call to emulate His sacrifice so pure.
Not fleeting, but a promise we must keep,
To bear all things, to patiently endure.
With Christ as the source, our hearts align,
In love's embrace, His virtues we define.

Love manifests, not in word, but in deed,
Extending beyond those close, to all we meet.
To enemies and friends alike, we are freed,
To bless, to serve, to make His joy complete.
For love in action speaks truth and grace,
As Christ in us, through love, leaves His trace.

Enduring love, steadfast through trials,
A commitment unbroken, a bond unshaken.
Mirroring Christ's love that never defiles,
Even when we falter, His love awakens.
In patience, kindness, and longsuffering we find,
A love eternal, in our hearts divinely entwined.



Joy - The Source of Joy

True joy is not dependent on circumstances but is rooted in our relationship with God. Nehemiah 8:10 reminds us, “The joy of the Lord is your strength.” This true joy comes from knowing God, and trusting in His promises. It is a deep-seated gladness that holds firm, even in the trials we face.

The world offers temporary happiness based on fleeting pleasures and external conditions. However, that joy that comes from God is different. It is not just an emotion but an assurance and contentment that comes from being in harmony with God’s will. This divine joy goes beyond the highs and lows of life, providing us with a foundation that anchors our hearts in peace, regardless of what we face.

Jesus Christ speaks of this joy in John 15:11, “These things have I spoken unto you, that my joy might remain in you, and that your joy might be full.” This joy is a gift from Christ. Unlike worldly happiness, this joy is eternal and unshakable.

As we reflect on the joy that God provides, let us focus on His goodness and faithfulness, and allow His joy to fill our hearts. Choose to rejoice in the Lord, knowing that His presence in our lives is the source of our true joy.



Joy - Joy in Trials

James 1:2-3 challenges us with its difficult truth: “My brethren, count it all joy when ye fall into divers temptations; Knowing this, that the trying of your faith worketh patience.” Joy in trials is not about enjoying our hardships, but is about trusting that God is at work in our lives, that He is refining and strengthening our faith.

The ability to find joy in the midst of adversity is not an easy task of faith. It shows a deeper understanding that God’s purposes are always for the good, even when the road may seem too hard. Trials, though painful, are opportunities for growth. They strip away the superficial and reveal the depth of a relationship with God. As we endure, our faith will become more resilient, and our joy, rooted in Christ Jesus, becomes more evident to those around us.

Paul, who faced many numerous trials, wrote in Philippians 4:4, “Rejoice in the Lord always: and again I say, Rejoice.” His joy was rooted in his relationship with Christ, not in that of his circumstances. He understood that trials were temporary, but the joy of the Lord is eternal.

When we face challenges, we can choose to rejoice, knowing God is using these situations to draw us in closer to Him. This joy is a powerful testimony to others, showing that our hope is not in this world but in the eternal promises of God.



Joy - A Poem

True joy's not swayed by what we see,
It's anchored deep in God's embrace.
Nehemiah's words, our strength decree,
In trials, His joy holds its place.
Worldly pleasures may come and go,
But God's joy remains, steadfast and slow.

In trials, joy's not found in pain,
But in the faith that God refines.
Through hardship's storm, our hope's sustained,
In patience, true joy's light shines.
Temporary trials, eternal gain,
In Christ, our joy shall ever remain.



Peace - The Peace of God

Peace is a precious gift from God. Philippians 4:7 describes it as “the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.” This peace is not just the absence of external conflict, nor is it a fleeting sense of calm that depends on favorable circumstances. It is the profound presence of God in our lives, helping soothe our anxieties and fears in the midst of turmoil. The world has many forms of temporary peace, often dependent on circumstances, but the peace that God gives is steadfast and enduring.

The Lord Jesus, before His crucifixion, assured His disciples, “Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid” (John 14:27). His peace is not merely a comforting word but a divine promise that we can rely on always. It can sustain us through trials and tribulations, a peace that can calm the most turbulent storms. When we are anchored in this peace, we are not easily shaken by the uncertainties and challenges of life.

As we seek this peace, let us draw near to God in prayer and in His Word. By immersing ourselves in His presence, we allow His peace into every aspect of our being, guarding our hearts and minds against that which seeks to overwhelm us. This peace is not passive but active, empowering us to face life's challenges with confidence, knowing that God is in control. It is through this divine peace that we can navigate life's difficulties with a calm and steady heart, trusting that God's purpose will prevail.



Peace - Peace with Others

As followers of Christ, we are to be peacemakers, reflecting the peace we have received from God in our relationships with others. Jesus Christ said in Matthew 5:9, “Blessed are the peacemakers: for they shall be called the children of God.” This peace is not simply about avoiding conflict or keeping the peace at all costs. It is a proactive pursuit of reconciliation, healing, and harmony in our interactions. Being a peacemaker means being willing to step into uncomfortable situations, extending grace, and trying to bring understanding and unity where there is division.

Paul urges in Romans 12:18, “If it be possible, as much as lieth in you, live peaceably with all men.” This call to live peaceably is a challenge that has us attempt to embody humility, patience, and a readiness to forgive. Peace with others is a reflection of our peace received from God, and serves as a powerful testimony of God’s transformative power. When we choose to seek peace, we become conduits of God’s love.

In our daily interactions, we should strive to be instruments of peace, resolving conflicts with grace and love. Whether in our families, workplaces, or communities, we are called to bring Christ light into situations of discord. This active pursuit of peace will not only strengthen our relationships but also serve as a living testament to the peace that God offers to all. We can inspire others to seek the same peace, fostering a spirit of reconciliation and unity that honors God and advances His kingdom.



Peace - A Poem

God's peace transcends what we can know,
A calm that's steadfast, pure, and true.
It quiets fears when tempests grow,
A gift that Christ has left for you.
No storm can shake when anchored strong,
In Him we find where we belong.

As peacemakers, we must extend
A hand of grace where strife is found.
To heal, restore, and make amends,
In love, we walk on holy ground.
With every step, His peace we show,
Reflecting light where love may grow.



Longsuffering - The Patience of God

Longsuffering, or patience, is a reflection of God's merciful character. The Bible consistently reveals this divine quality through God's actions toward humanity. In 2 Peter 3:9, we read, "The Lord is not slack concerning his promise, as some men count slackness; but is longsuffering to us-ward, not willing that any should perish, but that all should come to repentance." God's patience is more than just a delay in His judgment, it is an expression of His deep desire for everyone to experience salvation and turn to Him. His willingness to withhold punishment, despite humanity's persistent rebellion, is a testament to His boundless grace and mercy.

As we seek to grow spiritually, we are called to imitate His divine patience in our daily lives. Ephesians 4:2 tells us to live "with all lowliness and meekness, with longsuffering, forbearing one another in love." This patience, especially with others, reflects the work of the Holy Spirit transforming us. It requires a conscious decision to withhold offenses, irritations, frustrations, and to respond with gentleness rather than anger or haste.

Let us attempt to pursue a heart of patience, one that trusts in God's perfect timing and dominion in all things. This trust should serve to give us the strength to endure life's challenges and to offer the same grace to others, just as God has so generously extended to us. Patience isn't passive but an expression of faith in God's unfolding plan, allowing us to rest in His promises while demonstrating His love to those around us.



Longsuffering - Patience in Trials

Trials and difficulties often can challenge our patience, but they also present a chance for us to develop this essential fruit of the Spirit. James 1:4 encourages us, "But let patience have her perfect work, that ye may be perfect and entire, wanting nothing." This passage shows how patience, when allowed to work within us, leads to spiritual completeness and maturity. During these times of hardship that patience is refined, and teaches us to rely on God and to wait for His wisdom and direction. Patience in trials is not just about survival; it is growth and transformation, allowing God to shape us into His likeness.

Paul further emphasizes this in Romans 5:3-4: "And not only so, but we glory in tribulations also: knowing that tribulation worketh patience; And patience, experience; and experience, hope." Paul shows how patience is not an isolated virtue but one that connects to a deeper experience of God's faithfulness. Tribulations lead us to develop patience, and through this patience, we gain experience in trusting God's provision. This experience then produces hope, of God fulfilling His promises in our lives. It is in this process that we learn not only to endure but to find joy in God's work in the midst of our trials.

During difficult times, let us remember that patience is not a form of passive resignation but an active expression of trust in God's divine plan. This kind of patience is forged through challenges, but it yields a peace and assurance that comes from knowing we are in God's hands, even when we cannot see the outcome. Patience draws us closer to the fulfillment of God's promises and gives us the strength to persevere in faith.



Longsuffering - A Poem

In longsuffering, God's mercy shines so bright,
He waits with patience, holding back His hand,
Desiring all to turn and find His light,
With gentle grace, He meets each soul's demand.
His perfect plan unfolds with love so true,
In patience, we reflect His mercy too.

Through trials hard, our patience starts to grow,
Refined in fire, we trust His sovereign grace,
Tribulations teach us what we need to know,
That hope and strength are found in His embrace.
Each hardship leads to joy and peace untold,
For in His hands, our futures He will hold.



Gentleness - The Gentleness of Christ

In the Gospels we find the gentleness of Jesus Christ in every aspect of His life. He didn't come to dominate or oppress, but to serve and heal. In Matthew 11:29, He invites us to: "Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls." This invitation reveals the depth of His gentleness and also the peace that comes when we hold ourselves to His ways. His gentleness is an outflow of His deep love and care for humanity.

Unlike what the world might perceive as a weakness, Jesus Christ's gentleness is a true strength, a strength that is patient, understanding, and compassionate. When He encountered the broken, the weary, and the sinful, His response was never harsh or condemning, but was marked by mercy and grace. The gentleness of Lord Jesus is not just in His words but also in His actions, as He tenderly reached out to those that society rejected, offering healing and hope.

Paul echoed Jesus Christ's example, encouraging us in Philippians 4:5, "Let your moderation be known unto all men. The Lord is at hand." Gentleness should help to shape how we treat others, especially those in pain or in need of grace. As we follow Jesus Christ, we should hope to embody this same gentleness. In every moment whether in conflict or peace, let us reflect the gentleness of our Savior, bringing a gentle word where it is most needed.



Gentleness - Gentle Correction

Gentleness is not only a characteristic we are to incorporate in everyday life, but is essential in how we offer correction to others. Paul, in Galatians 6:1, calls us to be mindful of our own position when approaching someone who has fallen to sin. He writes, “Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of meekness; considering thyself, lest thou also be tempted.” This spirit of meekness, gentleness, shows our own vulnerability and the grace we’ve received from God.

Correcting others, especially in spiritual matters, is not about proving someone wrong or acting superior. It is about restoring a brother, or sister, with humility and grace. We are called to be instruments of God’s healing, and it is through gentleness that this restoration can take place. Without gentleness, correction can become harmful, crushing the spirit instead of nurturing growth. The goal should always be to help the other person while preserving their dignity and encouraging them toward spiritual maturity.

Paul emphasizes this also in 2 Timothy 2:24-25, where he instructs, “And the servant of the Lord must not strive; but be gentle unto all men, apt to teach, patient, In meekness instructing those that oppose themselves...” By correcting others with gentleness, we allow room for God’s Spirit to work in their hearts, leading to repentance and growth. As we guide others, let us always remember our own need for grace and strive to extend the same gentleness that Christ has shown to us. Our aim should be always to lift up, never to tear down, trusting that in gentleness, God’s truth and love can bring lasting change.



Gentleness - A Poem

In Christ's embrace, so gentle and kind,
He calls us to follow His meek, loving way.
His strength is in mercy, His heart aligned,
With those who are lost, those gone astray.
In word and deed, His touch heals the soul,
Through gentleness, broken lives become whole.

To guide with grace when others may fall,
We must be gentle, restoring with care.
Correcting with meekness, not harshness at all,
So growth can flourish in hearts laid bare.
For God's tender love will work through our hand,
If we lift up in grace, and follow His plan.



Goodness - The Goodness of God

God's goodness is a central, unwavering theme throughout Scripture. Psalm 34:8 calls us, "O taste and see that the Lord is good: blessed is the man that trusteth in him." This invitation is not just to observe but to personally experience His goodness, which is not limited to His actions but rooted in His very nature.

Paul echoes this in Romans 2:4, saying, "Or despisest thou the riches of his goodness and forbearance and longsuffering; not knowing that the goodness of God leadeth thee to repentance?" Here we see that God's goodness draws us toward repentance and new life. It is His kindness that moves our hearts, leading us from darkness to light.

As we grow in our faith, we are called to reflect this goodness, allowing it to shape our actions toward others. Through kindness and compassion, we become living testimonies to God's love. May we embrace this calling, letting His goodness shine through us in all that we do.



Goodness - Doing Good to Others

Goodness in the life of a believer goes beyond moral uprightness; it's about actively seeking to do good for others. Galatians 6:10 reminds us, 'As we have therefore opportunity, let us do good unto all men, especially unto them who are of the household of faith.' Our actions reflect the Spirit's work within us, revealing God's love through our deeds.

Jesus Christ calls us to this purpose in Matthew 5:16: 'Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.' Our good deeds are a reflection of God's goodness and serve as a witness to the world of His love and grace.

We should make it our goal to look for opportunities to show kindness and grace, not for our own recognition, but to reveal God's love. In each act of kindness, may His light shine through us, bearing witness to His goodness in a world that deeply needs it.



Goodness - A Poem

The Lord's goodness, steadfast and true,
Invites each heart to taste and see,
His mercy deep as morning's dew,
A gift that leads to purity.
His kindness calls from dark to light,
With gentle love, our guiding sight.

Our calling now, to do the same,
To serve with kindness, pure and clear.
Reflecting Christ, we bear His name,
In every act of love sincere.
Let goodness shine, a light to show,
God's grace through us, where'er we go.



Faith - The Gift of Faith

Faith is a foundational aspect of the Christian life. Hebrews 11:1 defines it as “the substance of things hoped for, the evidence of things not seen.” This faith is not just belief but trust in God’s promises, even when we cannot see the outcome.

Paul writes in Ephesians 2:8-9 “For by grace are ye saved through faith; and that not of yourselves: it is the gift of God: Not of works, lest any man should boast.” Faith is a gift from God, and it is through faith that we receive His grace and salvation. This means that our faith is not something we earn or even achieve, but a gift from God’s own hand, meant to lead us into a relationship with Him.

As we grow in faith, we must remember that it is not about the strength of our belief, but the strength of the One we believe in. Trusting in God’s promises, let us walk by faith and not by sight, knowing that He is faithful to fulfill His word. Faith draws us closer to His presence, teaching us to lean into His guidance in every circumstance.



Faith - Faith in Action

James 2:17 tells us, “Even so faith, if it hath not works, is dead, being alone.” True faith is not just belief but action. It compels us to live out our trust in God through our deeds, demonstrating the reality of our faith to the world. A faith that is vibrant and alive moves us to serve, to love, and to obey God, showing others that we are deeply rooted in the promises of His Word.

In Hebrews 11, the “Hall of Faith,” we see examples of men and women whose faith was demonstrated through their actions. Abraham obeyed God, even when it meant leaving his home and offering his son. Moses led the Israelites out of Egypt, trusting in God’s promise. Their faith was made evident by their obedience. These acts of obedience were not easy, they required courage and a firm conviction in the God who had called them, reminding us that faith often requires us to step into the unknown.

As we reflect on our own lives, consider how our faith is being put into action. Are we living in a way that demonstrates our trust in God? Let our faith be more than words; let it be a powerful testimony of God’s work in our lives. In every choice and action, may our faith show the world the strength, compassion, and grace of our Savior.



Faith - A Poem

Faith is the essence of things we await,
A trust in the promise of God's perfect plan.
Not built by our strength, but a gift of His grace,
It anchors our souls in the work of His hand.
Through trials and storms, His Word is our stay,
By faith we draw nearer, each step of the way.

Yet faith without action is empty and cold,
A light left unlit, no warmth to impart.
Like Abraham's steps to a land unknown,
Or Moses who trusted the sea would part.
Our deeds make it living, a flame burning bright,
Proclaiming His love through the dark of the night.



Meekness - The Strength of Meekness

Meekness is often misunderstood and thought of as weakness, but in the Bible, it is described as strength under control. In Matthew 5:5 Jesus Christ says, “Blessed are the meek: for they shall inherit the earth.” Meekness is a spirit of humility and gentleness that reflects the character of Christ.

In 1 Peter 3:4, meekness is described as “the ornament of a meek and quiet spirit, which is in the sight of God of great price.” Meekness is valuable in the eyes of God’s because it shows a heart that is surrendered unto Him, willing to submit to His will and to serve others.

As we seek to grow in meekness, let us remember that it is not about diminishing ourselves but is about exalting Jesus Christ in our lives. By embracing meekness, we show the strength of a life that is fully yielded to God.



Meekness - Meekness in Relationships

Meekness is essential to our relationships with others. In Ephesians 4:2, Paul urges us to walk “with all lowliness and meekness, with longsuffering, forbearing one another in love.” Meekness is what helps us to be patient and forgiving, by putting the needs of others before our own.

Jesus Christ, who is our perfect example, demonstrated his meekness in interactions with others. He washed the disciples' feet, He served the marginalized, and He responded with gentleness for those who would oppose Him. His meekness was not a weakness but was a powerful display of His love and humility.

In our relationships, let us strive to reflect this meekness of Jesus Christ, treating others with a gentleness and respect, and seeking peace and reconciliation in our interactions.



Meekness - A Poem

Blessed are the meek, the Savior did say,
For they shall inherit the earth's vast expanse.
A heart that surrenders, His will to obey,
Displays gentle strength in life's every dance.
To exalt the Lord and His name proclaim,
This meekness adorns with a holy flame.

With patience and love, let meekness abide,
Forbearing with others in humble embrace.
Through Christ's own example, our hearts are supplied,
To walk in His footsteps, reflecting His grace.
In peace and respect, let our lives impart,
The meekness of Jesus—a servant's heart.



Temperance - The Discipline of Temperance

Temperance, self-control, is a vital aspect of spiritual growth. Proverbs 25:28 warns, “He that hath no rule over his own spirit is like a city that is broken down, and without walls.” Self-control helps to protect us from destructive behaviors and helps us to live a disciplined and godly life.

Paul writes in 1 Corinthians 9:25, “And every man that striveth for the mastery is temperate in all things.” Just as athletes exercise self-control to achieve their goals, we too must practice temperance to grow in our faith and pursue godliness.

Let us seek to cultivate self-control in our lives, relying on the Holy Spirit to guide our actions and decisions. By practicing temperance, we align our lives with God’s will and reflect His character to the world.



Temperance - Temperance in Speech

James 1:19 instructs, “Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath.” Temperance in speech is an essential for maintaining our healthy relationships and avoiding unnecessary conflicts.

Proverbs 15:1 reminds us, “A soft answer turneth away wrath: but grievous words stir up anger.” By practicing self-control in our speech, we can help to prevent misunderstandings and promote peace. Our words, our tongue, have the power to build things up or to tear them down, and our temperance helps us to choose the correct words wisely.

Let us ask the Holy Spirit to help us exercise temperance in our speech, speaking words that are seasoned with grace and truth. By doing so, we can hope to reflect the love and wisdom of Christ in our conversations.



Temperance - A Poem

A city guarded, strong and true,
Is one who reigns the heart's desire.
Through discipline, we're made anew,
Refined like gold within the fire.
The Spirit leads, our will to mold,
In Him, our strength and peace unfold.

A gentle word, a calm reply,
Can turn away the wrathful flame.
The tongue, though small, can lift or lie,
And temperance guards its sacred aim.
With grace and truth, let speech impart,
A mirror of Christ's loving heart.



In Closing

As these reflections on the Fruit of the Spirit conclude, let us carry forward the lessons of love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, and temperance. Each of these virtues, though challenging to cultivate, is a gift from the Holy Spirit that transforms us into the likeness of Christ. May we strive daily to walk in the Spirit, allowing His work in our lives to shine brightly in a world that so desperately needs His light. Through His grace, we are empowered to live out these truths, bringing glory to God and encouragement to one another.

***In Spirit's fruit, our lives take root,
A harvest pure, both firm and sweet.
With love, joy, peace, and patience mute,
God's perfect work in us complete.
Each step we yield, His way we seek,
Through Him, we grow—strong, yet meek.***