



WEEK TWO

GALATIANS 5:22-23
The Fruit of the Spirit

SAY THIS

**The Holy Spirit helps me
grow love, joy, and peace.**

DO THIS



MEAL TIME

While you eat breakfast, encourage your family to join you in a JOY CHALLENGE! Say, "Little disappointments and aggravations throughout the day can try to steal our joy. Today, let's all choose to protect our joy with praise! Whenever something happens that threatens your joy, think of a reason to praise or thank God and then speak it out loud to Him!"

REMEMBER THIS

"But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control."
Galatians 5:22-23, NLT