DATE: NUMBER

Galatians 5:22-23

New International Version

22 But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law.

The above scripture says the holy spirit needs to cultivate his fruits in our lives so that what you have read and seen on the spiritual list can be carried out by us in joy and peace. Do not worry, we are humans, its going to take time, its painful to most of us mainly if you passed through difficult situations. If you take heart and be open to let him freely work these fruits in you, it will get easier and easier and later on this journey with him you will find out that you can do what is on the spiritual list easily because the holy spirit will walk them out with you.

WEEKLY NOTES.

THIS IS NOT TO ASSESS YOUR GROWTH BECAUSE IF WE SAY WEEKLY EVALUATION MANY WILL STRIVE INSTEAD OF LETTING THE HOLY SPIRIT DO THE PERFECT WORK IN OUR LIVES. WE SHALL SOMETIMES FALL BUT JUST AS DAVID WAS AFTER GOD'S HEART, HE REPENTED AND GOT BACK ON THE RIGHT TRACK. WE ARE TO COPY THIS. IF I SAY THIS IS EVALUATING OURSELVES MANY WILL GIVE UP THINKING THAT THIS IS HARD. ITS TRUE ITS GOING TO BE WORK. IT WILL TAKE OBEDIENCE IN HUMILITY IN OUR RELATIONSHIP WITH GOD THAT PRIDE WILL BE OUT OF THE WINDOW AND LET THE GRACE OF GOD EMPOWER US TO LIVE THROUGH THIS JOURNEY SO THAT WE CAN WRITE POSITIVE NOTES ON THE WEEKLY NOTES IN ALL THE GAPS. MIND YOU BE VERY HONEST IN THE WEEKLY NOTES.



DATE	NUMBER NUMBER
7	DID YOU ENVY SOMEBODY THIS WEEK?
	DID PRIDE COME OUT OF YOU THIS WEEK EITHER THROUGH WORDS OR ACTIONS?
	DID YOU BOAST ABOUT ANYTHING THIS WEEK APART FROM BOASTING IN WHAT CHRIST HAS WORKED IN YOU?
	DID YOU DISHONOR ANYONE THIS WEEK?
	DID ANYONE OR ANYTHING EASILY ANGER YOU THIS
	WEEK?

DATE:	NUMBER
<u></u>	ARE YOU KEEPING ANY RECORDS OF WRONGS TOWARDS YOU AGAINST ANYONE THIS WEEK?
	ARE YOU, SELF-SEEKING IN ANY OF YOUR RELATIONSHIPS THIS WEEK?
	ARE YOU DELIGHTING YOURSELF IN DOING EVIL OR REJOICING IN TRUTH THIS WEEK?
	ARE YOU PROTECTING ANYONE AGAINST ANYTHING OR ANYONE THROUGH WHAT YOU SPEAK OR DO THIS WEEK?
	ARE YOU TRUSTING THIS WEEK?
T	

NUMBER
ARE YOU HOPING THIS WEEK?
ARE YOU PERSEVERING THIS WEEK?
give your general view on your spiritual life.