

The Fruits of the Holy Spirit

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Every one of us has our own gifts, but we cannot just access them nor get their full potential if we do not know what they are and what we need to maximize our gifts. The fruit of the spirit is the way to access our gifts and get full potential and maximizing them means practicing these fruits of the spirit. So what are these fruits of the spirit?

- Love - everybody needs love. We should practice love, to love people, love our neighbors, love our family, love our work, love anything that is necessary. But there are also things that we should not love, like love of money which is the root of all evil, and we should not love any evil things that could destroy us, like holding on to grudge, anger, despair and bitterness. Love can negate evil things that lurks around our minds and we just have to access it through HIS word by opening the Bible, which talks a lot about love and how we can maximize its potential.
- Patience - when we are impatient, the fruits become unstable and unusable because we lose our patience. Patience helps us gather all the fruits of the spirit so we can maximize its potential to help us get through what we need to know, feel and hear. We have to open our hearts for us to be patient. When we get impatient and try to rush things, we only start to worry, and get insecure. Insecurities come from the feeling of not being patient, that is why when we get insecure, we have to be more patient so that we can live our lives a worry free life.
- Kindness - kindness doesn't just mean giving to the needy and providing them with what they need and want. It is also being kind to ourselves not being consumed by evil and not being consumed by hatred. When we let evil things consume us, it just tells us that we do not love ourselves and we get immersed into oblivion. Always remember that our body is the temple of God, and when we do not exercise kindness to ourselves, we become unkind to the temple of God as well.
- Peace - primarily, conflicts do start when there is no peace. And when there is no peace means the fruits of the spirit also gets negated and no matter how we try to exercise them, when there is no peace, everything will just fall apart like an unsupported structure. It is one of the fruits of the spirit that provides support to the whole structure of being kind, loving, and patient.
- Joy - we need this to be able to survive this chaotic world too, beside peace. Where there is joy in our hearts, we will be happy. Being happy means having joy in our hearts, and when this is absent, it will make us fall apart into pieces.
- Gentleness - when we become ungentle, everything is affected, our relationships, our work, our faith towards God is also affected. We have to be gentle to be able to withstand the troubles

that this life brings to us. Practicing gentleness is like taking care a flock of sheep and feeding them with the richest, greenest pastures that they need, and nurturing them.

- Goodness - being good towards our fellow men (and women) not by earthly standards, but with the kingdom of heaven. The spirit of our fellow depends on how good you are to them and by being good means practicing the other fruits of the spirit towards them
- Faithfulness - building our spiritual gifts needs a lot of faith, and by being faithful to what we believe in especially to what is right and what we should practice needs a lot of attention so that we can still be faithful even when the going gets tough.
- Self-control - this is the most common thing that everybody forgets, because we tend to lose control on even the smallest of things thus affecting everything. The other fruits of the spirit also is dependent on this one because people sees you as who you are, and they can look past all your gifts if this one is not with you.

Every part of the fruits of the spirit is dependent on each other. It is up to us how we can practice it and even give meaning to it. The best way is to practice them altogether (which in some people is hard) but with us trusting the word of God, the fruits will just flourish even without forcing them to be shown towards our fellow men.