

INDICATORS OF THE FRUIT OF THE SPIRIT IN YOUR LIFE

Skim through this now (I'm actually giving you permission), but come back, spend time reading the Scripture references listed, and let some of it soak in later:

Indicators of Love

- You measure your actions, thoughts, and decisions against the Word of God. Love is not conditional, temporary, or optional. If we bear the fruit of love, we will strive to practice it in our hearts, souls, and minds at all times (Matt. 22:37, 1 Cor. 16:14).
- You go out of your way to serve everyone . . . not just the people who are easy to love (Matt. 5:44, Luke 6:32).
- Your actions line up with your talk (1 John 3:18).
- You hate the things that displease and dishonor God (Amos 5:15a, Rom. 12:9).
- You think of others before yourself. Love is both selfless and sacrificial (Matt. 22:39b, John 15:13, Rom. 13:10).

Indicators of Joy

- Your circumstances don't define you. True joy does not come and go; instead, joy is rooted in the hope found in Christ alone (Neh. 8:10, John 16:22).
- Trials strengthen your faith (Ps. 30:5, James 1:2).
- You eagerly seek time with the Lord now and anticipate His coming (Hab. 3:18, Rom. 15:13).
- You pursue the unity of the church. This means you are present, serving, loving, and encouraging your fellow believers (Phil. 2:2).

Indicators of Peace

- You keep your heart and mind focused on the Lord (Isa. 26:3, Col. 3:15).
- You avoid unrighteous conflict and seek to live in harmony (Isa. 32:17, Heb. 12:14).
- Even in chaos, you are calm. You trust the One who stills the storm (Mark 4:39, 1 Cor. 14:33).
- Your heart is light. You don't constantly bear the burden of fear and anxiety (John 14:27, Phil. 4:6–7).
- You are confident in your relationship with God because you know what Jesus did for you (Rom. 5:1, Eph. 2:14).

Indicators of Patience

- You accept that growth takes time and are willing to do the work, day by day (Luke 8:15).
- You work to fulfill your calling by genuinely loving and caring for those around you (Eph. 4:1–2, 1 Cor. 13:4, 1 Thess. 5:14).

Indicators of the Fruit of the Spirit in Your Life

- You know trials are temporary, so you endure with hope, knowing Jesus is coming again (Rom. 12:12, James 5:7–8).
- You believe that it's not too late for anyone to be saved (1 Tim. 1:16, 2 Peter 3:9).

Indicators of Kindness

- Your words and actions are an extension of God's kindness that leads others to repentance and salvation (Rom. 2:4).
- You see the needs and hurts of others and do what you can to help. The kind person speaks words of life and encouragement to others (Zech. 7:9–10).
- Your kindness is contagious. It challenges and teaches others to follow your example (Prov. 31:26, 2 Tim. 2:24–25a).
- When others are cruel, you are kind, imitating the kindness and forgiveness God shows us (Luke 6:35, Eph. 4:32).

Indicators of Goodness

- You are aware of your deep need for the only One who is truly good. We can only bear the fruit of goodness because of salvation in Jesus and His work in our lives (Titus 3:4–5, Ps. 86:5).
- Laziness, weariness, and/or busyness do not keep you from doing the right thing (Gal. 6:9–10, Mic. 6:8).
- You regularly ask the Lord for wisdom. You are able to rightly discern between good and evil (Isa. 5:20, 1 Tim. 4:4a).
- Your goodness is not contingent on the actions and attitudes of those around you. Goodness is a heart issue (Luke 6:27–28, 45).

Indicators of Faithfulness

- Your life is steady, consistent, and focused on eternity. You cling to the promises of God (Prov. 20:6, 1 Thess. 5:24).
- You know even small responsibilities and stewardships matter (Luke 16:10, Rom. 1:17).
- You consistently tell others about God's faithfulness to you (Ps. 89:1, Lam. 3:22–23).
- You stand firm when troubles come. You refuse to abandon the ways of the Lord. Faithfulness is believing God is who He says He is and remaining steadfast in your belief despite the uncertainties of life (Prov. 3:3, 2 Cor. 5:6–7).
- Your prayer life reflects your beliefs about God. You ask big things because you know He is able (Matt. 17:20, Heb. 11:1).

Indicators of Gentleness

- You seek comfort and rest in the arms of Jesus—the One who is available and ready to take your burdens (Matt. 11:28–30).
- You combat the severity and harshness of the world with a meek and humble spirit, desiring all to be saved (2 Tim. 2:24–25).
- When a brother or sister in Christ is caught in sin, you seek to restore them, knowing you, too, are vulnerable to sin (Gal. 6:1).
- You know your calling and your value. You display characteristics that are pleasing to God (Eph. 4:1–2, 1 Peter 3:4).

Indicators of Self-Control

- Your perspective is eternal; regularly training your flesh to yield its desires to the things of the Lord. The self-controlled person lives with the end in mind (1 Cor. 9:25–27a, 1 Peter 4:7).
- You don't respond to offense and hardship with anger. You don't willingly yield your peace to anyone or anything (Prov. 25:28, James 1:19–20).
- You rely on the Holy Spirit within you—not your own feelings, emotions, or reactions (2 Tim. 1:7).
- You intentionally train, mentor, and disciple those coming behind you. Your life is worth imitating (Titus 2:3b–6, 1 Cor. 11:1).

NOTES

1. Ben Stuart, *Rest & War: Rhythms of a Well-Fought Life* (Nashville: Thomas Nelson, 2022), 145.
2. I wrote about this incident at <https://www.samanthadeckerwrites.com/blog/the-danger-of-doing-it-all>.
3. Sam Paul, “American Families Barely Spend Quality Time Together,” *New York Post*, March 20, 2018, <https://nypost.com/2018/03/20/american-families-barely-spend-quality-time-together/>.
4. “Be Thou My Vision,” Hymnary.org, https://hymnary.org/text/be_thou_my_vision_o_lord_of_my_heart.
5. *Merriam-Webster.com Dictionary*, s.v. “margin,” <https://www.merriam-webster.com/dictionary/margin>.
6. “1254. bara’,” Bible Hub, accessed March 1, 2023, <https://biblehub.com/hebrew/1254.htm>.
7. I wrote about this busy time at <https://www.risenmotherhood.com/articles/strains-of-the-season-parties>.
8. John Piper, “What Is an Idol?,” *Desiring God*, January 5, 2024, <https://www.desiringgod.org/interviews/what-is-an-idol>.
9. “Pastors Share Top Reasons They’ve Considered Quitting Ministry in the Past Year,” Barna Group, April 27, 2022, <https://www.barna.com/research/pastors-quitting-ministry/>.
10. I wrote about memorizing Scripture at <https://www.samanthadeckerwrites.com/blog/more-than-just-memorization>.
11. C. S. Lewis, *Mere Christianity* (New York: HarperCollins, 2001), 74.

12. "Matthew 6:19–21," Spurgeon's Notes on Matthew, <https://gracegems.org/32/amatthew.htm>.
13. Dwayne Milioni, *A New Baptist Catechism: Important Questions and Answers to Instruct Children about God and the Gospel* (Timmonsville, SC: Seed Publishing Group, 2020), 21.
14. Bill Gaither and Gloria Gaither, "Because He Lives," 1969, <https://namethathymn.com/christian-hymns/because-he-lives-lyrics.html>.
15. Kelly Minter, "Your Kingdom Come," in *When You Pray: A Study of Six Prayers in the Bible* (Brentwood, TN: Lifeway Press, 2023), 30.
16. John Piper, "The Sovereignty of God: 'I Will Accomplish All My Purpose,'" *Desiring God*, March 10, 2023, <https://www.desiringgod.org/messages/the-sovereignty-of-god-my-counsel-shall-stand-and-i-will-accomplish-all-my-purpose>.
17. Jerry Bridges, *Trusting God* (Colorado Springs: NavPress, 2016), 60.
18. "G3306 - Menō - Strong's Greek Lexicon (κβν)," Blue Letter Bible, accessed June 9, 2023, <https://www.blueletterbible.org/lexicon/g3306/kjv/tr/0-1/>.
19. "Hudson Taylor: Abiding in Christ," Path2Prayer, <https://www.path2prayer.com/famous-christians-their-lives-and-writings-including-free-books/j-hudson-taylor-pioneer-missionary-to-china/hudson-taylor-abiding-in-christ>.
20. Tara Dew, *Overflowing Joy: What Jesus Says About a Joy-Filled Life* (Nashville: B&H Books, 2024), 98.
21. Nancy Guthrie, *The One Year Praying Through the Bible for Your Kids* (Carol Stream, IL: Tyndale, 2016), 49.
22. C. S. Lewis, *The Lion, the Witch and the Wardrobe* (New York: Harper-Trophy, 2008).
23. I wrote about spiritual disciplines at <https://www.samanthadeckerwrites.com/blog/lord-i-want-to-be-more-like-you>.
24. For further study, I recommend *Spiritual Disciplines for the Christian Life* by Donald S. Whitney.
25. Ben Stuart, *Rest & War: The Rhythm of a Well-Fought Life* (New York: HarperCollins, 2022), 111.
26. Robert Robinson (1735–1790), "Come, Thou Fount of Every Blessing," Hymnary.org., https://hymnary.org/text/come_thou_fount_of_every_blessing.

27. I wrote about the Israelites and manna at <https://www.samanthadeckerwrites.com/blog/have-you-been-in-the-word-today>.
28. I wrote about prayer at <https://www.samanthadeckerwrites.com/blog/prayer-as-a-process>.
29. I wrote about community at <https://www.samanthadeckerwrites.com/blog/the-importance-of-biblical-community>.
30. Oxford English Dictionary, “community.”
31. “What Are Sunday Scaries?” The Sunday Scaries Podcast, <http://www.sunday-scaries.com/what-are-sunday-scaries>.
32. *Merriam-Webster.com Dictionary*, s.v. “busybody,” <https://www.merriam-webster.com/dictionary/busybody>.
33. Paula created this content on a handout she used at a Bible study and gave me permission to use it.
34. “Strong’s #5486, Old & New Testament Greek Lexical Dictionary,” StudyLight.org, <https://www.studylight.org/lexicons/eng/greek/5486.html>.
35. “Strong’s #5485, Old & New Testament Greek Lexical Dictionary,” StudyLight.org, <https://www.studylight.org/lexicons/eng/greek/5485.html>.
36. Warren W. Wiersbe, *The Bible Exposition Commentary* (Wheaton, IL: Victor Books, 1996), 1:239.
37. Matthew McMullan, “Martin Luther King, Jr. on Work: ‘Here Lived a Great Street Sweeper Who Swept His Job Well,’” Alliance for American Manufacturing, January 18, 2019, <https://www.americanmanufacturing.org/blog/martin-luther-king-jr-on-work-here-lived-a-great-street-sweeper-who-swept-his-job-well/>.
38. Sharon Hodde Miller, *The Cost of Control: Why We Crave It, the Anxiety It Gives Us, and the Real Power God Promises* (Grand Rapids, MI: Baker, 2022), 38.
39. I wrote about seasons of life at <https://www.samanthadeckerwrites.com/blog/pursuing-growth-in-every-spiritual-season>.
40. “Joshua Fought the Battle of Jericho,” Hymnary.org, https://hymnary.org/text/you_may_talk_about_the_men_of_gideon.
41. *VeggieTales*, episode 9, “Josh and the Big Wall!,” directed by Chris Olsen and Phil Vischer, released November 18, 1997, <https://www.imdb.com/title/tt0284607/>.

Notes

42. Alan Carr, "How to Make Your Walls Fall Down Flat," The Sermon Notebook, http://www.sermonnotebook.org/joshua/Josh%206_1-21.htm.
43. D. A. Carson, *For the Love of God: A Daily Companion for Discovering the Riches of God's Word* (Nottingham: Inter-Varsity Press, 2010), 23.
44. *Merriam-Webster.com Dictionary*, s.v. "discerning," <https://www.merriam-webster.com/dictionary/discerning>.
45. Carl F. H. Henry, *Grace Quotes*, December 11, 2019, <https://gracequotes.org/author-quote/carl-f-h-henry/#bio>.
46. D. L. Moody, *Prevailing Prayer* (Chicago: Moody Publishers [Moody Classics], 2016), 52.
47. Marty Solomon, host, *BEMA Discipleship*, season 1, episode 1, "Trust the Story," September 8, 2016, <https://www.bemadiscipleship.com/1>.
48. Mark Buchanan, *The Rest of God: Restoring Your Soul by Restoring Sabbath* (Nashville, TN: Thomas Nelson, 2007), 45.
49. Mark Vroegop, "Dare to Hope in God: How to Lament Well," *Desiring God*, April 6, 2019, <https://www.desiringgod.org/articles/dare-to-hope-in-god>.
50. Adelaide A. Pollard, "Have Thine Own Way, Lord." Hymnary.org., https://hymnary.org/text/have_thine_own_way_lord.