



Fruit of the Spirit Weekly Check-in

Galatians 5:22-23 names nine fruit. Each evening, mark the ones that showed up today, then notice the pattern. A reflection tool, not a score.

Fruit	Mon	Tue	Wed	Thu	Fri	Sat	Sun	One example
Love	☐	☐	☐	☐	☐	☐	☐	
Joy	☐	☐	☐	☐	☐	☐	☐	
Peace	☐	☐	☐	☐	☐	☐	☐	
Patience	☐	☐	☐	☐	☐	☐	☐	
Kindness	☐	☐	☐	☐	☐	☐	☐	
Goodness	☐	☐	☐	☐	☐	☐	☐	
Faithfulness	☐	☐	☐	☐	☐	☐	☐	
Gentleness	☐	☐	☐	☐	☐	☐	☐	
Self-control	☐	☐	☐	☐	☐	☐	☐	

REFLECT

The fruit that showed up most this week, and how:

The fruit I want to practise next, and one concrete way:

A moment I would handle differently:

Free iPhone app: Ninefruit: Fruit of the Spirit

A free 2-minute test shows which fruit of the Spirit is strongest in you and which is still growing, then you practise it in real decisions. No account, no ads.

A reflection tool, never a measure of salvation or worth. Scripture: World English Bible (public domain).

