

## Week 1

- **Love** will enable us to appreciate our brothers and sisters in the Lord and, of course, our family, and others around us. Love is taking the initiative to build up and meet the needs of others without expecting anything in return. (John 13:1; John 15:13; 1 Corinthians 13:3)
- **Joy** will allow us to enjoy His creation, others, and our circumstances with an expression of delight and real, authentic happiness from and with harmony with God and others. (Proverbs 15:13; John 15:11; John 17:13)
- **Peace** is surrendering and yielding to the Lord's control, for He is our ultimate peace! It is allowing tranquility to be our tone and to control our equanimity. This will be fueled by our harmonious relationship with God so we can hand over control of our heart, will, and mind to Him. Once we make real peace with God, we will be able to make and maintain peace with others. (Matthew 5:9; Colossians 3:15; Philippians 4:7)
- **Patience** is showing tolerance and fortitude to others, and even accepting difficult situations from them and God without making demands and conditions. (Matthew 27:14; Romans 12:12; James 1:3,12)
- **Kindness** is practicing benevolence and a loving attitude towards others. (Ephesians 4:32)
- **Goodness** displays integrity, honesty, and compassion to others, and allows us to do the right thing. (Matthew 19:16)
- **Faithfulness** is the "gluing" fruit that will preserve our faith and the other characters of the Spirit as well as identify God's Will so we can be dependable and trusting to God and others. (Matthew 17:19; Matthew 25:21; 1 Cor. 12:9; Hebrews 11:1; 1 Thes 5:24)
- **Gentleness** is the character that will show calmness, personal care, and tenderness in meeting the needs of others. (Isa. 40:11; Philippians 4:5; 2 Timothy 2:24; 1 Thes 2:7)

## Week 2

- **Self-Control** will allow us to have discipline, and restraint with obedience to God and others. (1 Thes 5:22)
- **Forgiving** is the realization of how much we have been forgiven by Christ. This enables us to forgive the insignificant things that are done to us. It involves not being resentful to others, and ignoring the wrongs that we have received so we can heal relationships by expressing Christ's love. (Luke 23:34; Ephesians 4:32; Colossians 3:13)
- **Humility** minimizes arrogance and removes pride. It is understanding our fallen nature and tendency to think we are better than we are, and our striving to lift up ourselves above others and God. It is admitting that others, and more importantly God is responsible for our achievements. Humbleness will enable us to be a teachable person who is willing to have the attitude of submission and servant-hood, one who confesses sin and remembers how Christ served us! (Luke 22:27; Philippians 2:8; 1 Peter 5:3-5)
- **Fairness** sees a situation from the viewpoint of each person involved and not just ours. It seeks the best, just, equitable solution, even if it hurts us. (Matthew 7:12)
- **Courage** realizes that God has given us the strength to face any situation, trial, or peril. It is the ability to react, knowing that God is in control, that He who is in me is greater than he who is against me. (Deuteronomy 31:6; 1 John 4:4)
- **Friendship** is the companionship and closeness we are to have with one another. It is the commitment to help form the character in others. This is not to be feared but embraced, even when it hurts! (Proverbs 27:17)
- **Honesty & Truthfulness** mean being straight and honest with others and doing what is right. This trait will allow us to earn trust by being accurate with facts and situations. (2 Cor. 8:21; Ephesians 4:25)
- **Dependable** is being constantly reliable and trustworthy. It will allow us to continue in our commitments even if it means personal sacrifice. (1 Corinthians 4:2; Colossians 1:10)

## Week 3

- **Gratitude** is an attitude of being thankful, even when we do not see what we have. This is an aspect of worship, expressing to God and others how they have benefited our lives by showing their support and benevolence. (1 Corinthians 4:7; 1 Thes. 5: 18)
- **Responsibility** is to know and do what God and others expect. (Romans 14:12)
- **Contentment** is the attitude of accepting whatever God provides for us, and being happy with it. It does not seek what we do not need for gratification, and does not find happiness in the shallow things of life. (Rom. 9:19–21; Philippians 4:10–13; 1 Tim. 6:6–9)
- **Generosity** allows us to give to others because God has given abundantly to us. It is the wise use of stewardship and the attitude that all I have belongs to God and knowing we are the caretakers for His purpose. (Deut. 16:17; Matthew 10:8)
- **Purity & Holiness** is being set apart for God's use, which is holiness in action. It does not allow us to be contaminated nor interfere with others in our growth and relationship in Christ. (Matt. 5:8; Philippians 4:8; 1 Tim. 1:5; 1 Tim. 5:22; James 4:8)
- **Confidence** helps us rely on the Lord for all things in our life. It will enable us to push forward in the direction that we are called because He is governing. It makes us realize we are not responsible for the results—only the obedience. (Philippians 4:13)
- **Encouragement** will lift, support, and help others up through difficult circumstances, all from God's perspective. (Psalm 119:28; Psalm 143:3; Matt. 3:17; John 14:1; 1 Thes. 5:11–14)
- **Availability** is being willing to adjust our own schedule, agenda, and plans to fit the right desires of God and others. It makes personal priorities secondary to the needs of God and others. It is to reflect God's priorities so we are always available to Him and others when we are serving. (Mark 1:17–18; Acts 16:10)

## Week 4

- **Attentiveness** will recognize the value of other people by giving them listening ears, respect, courtesy, and total concentration. This means paying attention to others, not just listening to our own needs and desires, and also giving genuine contemplation to God's Word. (Hebrews 2:1)
- **Wisdom** truly desires the knowledge of God's Word and the proper application to our life. This will enable us to make good judgments and decisions. (1 Kings 3:9; Psalm 119:97-98)
- **Compassion** will feel the pain and plight of others. It will enable us to convey a deep feeling of love and concern that moves us to meet their distresses, struggles, and needs. (Job 29:13; Isa. 40:11; Mark 1:41; Luke 19:4; 1 Peter 3:8)
- **Enthusiasm** will enable us to overcome disappointments and setbacks, so we can be positive, optimistic, and keep up our interest, attitude, and zeal, even when things are harsh. (Matt. 5:16; Rom. 12:11; Gal. 6:9; Col. 3:23)
- **Initiative** will take the front position to recognize and do what needs to be done before being asked to do it. (Prov. 22:29; Philippians 3:14; Philippians 4:13-15)
- **Diligence** allows us to operate with our best for His highest with excitement and passion in order to complete our work and call from the Lord. (Prov. 10:4; Rom. 12:11; Colossians 3:23)
- **Thoughtfulness** considers and gives attention and care to others and their feelings first. (Philippians 2:4)
- **Efficient** is being well organized, competent, and resourceful so we can make the most of every situation, doing our best and seeking better ways. (Psalm 90:12; Ephesians 4:23; Ephesians 5:15-16; 1 Pet. 4:10)

## Week 5

- **Discretion** keeps our minds and focus on sound judgment, giving serious attention and thought to what is going on. It will carefully choose our words, attitudes, and actions to be right for any given situation, thus avoiding words and actions that could result in adverse consequences. (Psalm 112:5; Proverbs 22:3; Rom. 12:2, Rom. 9; Rom. 14:19, Rom. 22)
- **Optimism** will think the best of and be positive with people and all situations, even if later proven wrong. (Luke 21:18; John 16:33; Romans 8:25; Romans 28)
- **Obedience** is submitting to do what God requires of us. It is also recognizing the authority and direction from others, such as the pastor and church, so we can create winning situations. (Deut. 13:4 ; Prov. 19:16; John 14:14; John 15:14; 2 Corinthians 10:5)
- **Reverence** is recognizing and respecting people, not just because of their position and authority, but as brothers and sisters in the Lord, regardless of their personality, knowing He loves them too! (1 Peter 2:13–14)
- **Agreeable** finds Biblical solutions and support for others, without compromising truth. (Amos 3:3)
- **Appreciation** gives God our heartfelt thanks as a lifestyle of worship and adoration. This allows us to give to, and value others with respect. (Romans 12:10)
- **Avoiding anger** is the knowing of its destructive force and striving to maintain “cool” and serenity. (James 1:19)
- Being a **Good Example** is not allowing your relationship with Christ to become hypocritical, since people see your example as to what a Christian is! (1 Pet 2:21,22; 1 Pet 2:12,15,17)
- **Childlike Faith** is the wonder and awe of what Christ did for us. It is something that we should never lose. Let us maintain our enthusiasm and not become just a subculture or routine! (Matt. 18:2–4,34)

## Week 6

- **Commitment** is being dedicated and pushing ahead as well as being satisfied with what you have. It is vowing to honor and be the best with what God has given of spiritual and material things. (1 Timothy 6:20)
- **Communicating** is being willing to convey thoughts, attitudes, feelings, and actions to others in a kind and listening manner that reflects Christ. (1 Timothy 4:12)
- **Conviction** is devotion to and following of the precepts of Scripture with zeal, whatever the cost. (Daniel 1:8)
- **Cooperativeness** is the support and willingness to work together in peace, unity, and harmony. (Eph. 4:3)
- **Creative** is being resourceful and imaginative in using the best of the goods and talents we have been given to serve the Lord. (1 Timothy 4:14)
- **Diligence** is the loving of our call and the pursuing of our work, doing our best for His glory. (Colossians 3:23)
- **Dependable** is always being reliable and trustworthy. (Colossians 1:10)
- **Determination** is the ability to make difficult decisions and accomplish God's goals based on the truths of God's Word, regardless of the opposition. (Psalms 119:30; 2 Timothy 4:7,8)
- **Deference** is being willing to bend personal freedom for the respect and esteem of others. (Romans 14:21)
- **Devotion** is aligning personal desires, plans, worship, and hope with God. (Colossians 3:2)

## Week 7

- **Discernment** is the ability to see people and situations the way they really are with of neutrality and justice, while also being cautious with right timing and actions. (1 Samuel 16:7; Proverbs 19:2)
- **Discreet** is the ability to not bully people with our personality or actions, or even with sound and right opinions. It is giving serious respect, attention, and thought to what we say and do. (Psalm 112:5)
- **Discipline** is upholding and continuing a consistent and well-ordered life through godly obedience, regardless of how we feel. (1 Timothy 4:7)
- **Decisive** is sticking to right and just decisions based on God's perfect will. (Romans 12:2)
- **Not to swear or slander** is refusing to verbally hurt others! (James 1:26)
- **Endurance** is the inner strength to remain in Him with staying power in order to accomplish God's will. (Galatians 6:9)
- **Fearless** is facing down peril without being stupid. Sound mind is being bold since God gives us strength. (2 Timothy 1:7)
- **Flexibility** is being open to others plans and ideas and willing to be instructed and challenged to change for the better. (Colossians 3:2)
- **Godly Priorities** is choosing to follow Scriptural precepts as the primary important schedule and value for life. (Matthew 6:33)
- **Godliness** is being pious, which is rearranging our priorities to line up with God's character. (3 John 11)
- **Grace** is elegant simplicity and calm that minimizes crudeness. (Psalm 94:11; James 4:6)
- **Guidance** is a willingness to help others to apply the precepts of Scripture in everyday and difficult situations. (Proverbs 27:9)

## Week 8

- **Harmless** is not willing or deliberately hurting anyone or anything. (Heb 7:26)
- **Honest** is being truthful and doing what is sincere and right before God and others. (Heb 7:26)
- **Hospitality** is a willingness to share, with discernment, what God has given us, including our family, home, finances, and food. (Romans 12:13)
- **Integrity** is the obedience to a moral code of values that have honor, truth, and reliability. It will allow one to keep his word and do his best even when no one else is looking. (Psalms 78:72)
- Just is doing what is **fair, moral, impartial, and right, according to God's will**. (Genesis 6:9)
- **Loyalty** is remaining committed to those whom God has brought into our lives and has called us to serve, even in times of difficulty. (Proverbs 17:17)
- **Meekness** is not about being weak! It is strength under control, which yields personal rights and expectations to God. (Psalms 62:5)
- **Merciful** is demonstrating more forgiving and gracious kindness than the world requires. (Luke 6:36)
- **Patience** is the fortitude to accept from others difficult situations that we do not like. With God, it is trust of His timing, and not giving Him a deadline. (Romans 12:12)
- **Perseverance** is not being faint with our call, but being able to persist and continue to deal with stress so we can accomplish what God calls us to. (Galatians 6:9)
- **Persuasiveness** advocates God's Word to others so they can be changed in their thinking and can conform to His will. (2 Timothy 2:25)
- **Prompt** is not holding others back with our inadequacies; it is respecting the time of others and being able to act quickly when God and others call on us. (Ecclesiastes 3:1)

## Week 9

- **Prudence** is not being a prude, but implementing and applying good, logical, and just judgment to situations that will help in avoiding error and problems. (Proverbs 13:6; Proverbs 22:3)
- **Purpose** is in knowing who we are in Christ and acting it out with our call. That is, devoting our life, spiritual gifts, abilities, and call so it can bring out the best in people and situations. Our meaning of life will have eternal treasure and results. (John 15)
- **Respectful** is being polite and courteous to the people, and the civil authorities God has placed in our life. (1 Thes. 5:13–14)
- **Security** is trust and reliance upon God for our daily needs. This is not laziness, but working with God's values, and organizing our life around God's Will with an eternal outlook in mind for a secure feeling. We are safe because of God's protection. (Proverbs 29:25; John 6:27)
- **Submissive** is, with awe and reverence, surrendering and yielding our will and plans over to God's guidance. (Ephesians 5:21)
- **Self-Acceptance** is realizing we are deeply loved and accepted by Christ, thus, we can accept us. To love others we have to love ourselves as Christ implies for us to. Self-hatred is not Biblical! Self-Acceptance will allow us to accept unchangeable physical features and situations that God has made, to allow us to focus on the more important things in life such as character. (2 Corinthians 12:9–10)
- **Selflessness** is the altruistic giving of ourselves to others, as Christ gave Himself to us. (Titus 2:14)
- **Sensitivity** is exercising kindness and compassion so we can go beyond just reason and logic to perceive and respond to others. (Romans 12:15)
- **Servant Leadership** is exercising real godly leadership as Christ did, by His taking a towel, influencing, equipping, and empowering people to accomplish God's purpose and plan. (Luke 22:26)
- **Sincerity** is earnest honesty that is readily doing what is right, with pure and loving intention. (Joshua 24:14; 1 Peter 1:22)

## Week 10

- **Success** is not what the world says is achievement; it is to know and faithfully follow God's Will and His Word. It is our obedience, not our numbers or measurements! (Matthew 25:21)
- **Suffering** is not sought, but when it happens, it is allowing it to turn into a mold to allow us to be made for the better as "Christ hath suffered" makes us better. It is not a personal attack, rather it is a means to get our attention to make us better, more useful, stronger, and to understand what takes place in others. (1 Peter 4:1-19)
- **Supportive** is to come along side others, sharing our strength and courage in their afflictions and troubles. (Galatians 6:2)
- **Tactful** is being considerate, delicate, and diplomatic with other's feelings and ideas, doing, and saying the right thing. (Colossians 4:6)
- **Teach** is to share our insights and what we have learned with others, to disciple them. (Matt. 7:28; Matt. 28:19-20; John 7:16; Mark 4:2; 2 John 1:9)
- **Temperate** is to have self-control so we do not lose control and give in to lust and extremes of society's ills. (Titus 2:12)
- **Tolerant** is being forbearing and patient with others, even when they are different or weaker. (1 Thes. 5:14)
- **Thoroughness** is careful diligence that carries out our call with our very best for God's approval. (Ecclesiastes 9:10; Colossians 3:23)
- **Time** is the moments in which we either burn or live for His glory. It is the opportunities we have to live, serve, learn, and grow. In so doing, if we invest wisely, we will produce eternal treasures. If not, it will go to waste. (Psalms 90:12)
- **Understanding** is the ability to reason and comprehend situations. (Psalms 119:34)

## Week 11

- **Virtue** is holding onto the principles of moral excellence that calls us to a higher level where few people desire to go, but as a Christian, we must go! (Col. 3:12–17)
  
- **Zealous** is maintaining our enthusiasm for our faith and call, not allowing our church or us to fall into a rut of meaningless rhetoric. (Luke 2:49; John 2:17; John 8:29)