

Choose
God's way...
it changes
everything.

The Fruit of the Holy Spirit: Choosing the Opposite

Galatians 5:22–23 (NKJV)

Same battle.
Different
response.
Greater victory.

This chart pairs each fruit of the Spirit with the contrasting attitude or behaviour, giving practical examples of how to respond in a way that reflects God's character.

Fruit of the Spirit	Common Opposite Attitudes & Behaviours	How to Overcome (Choose the Opposite)
 Love (Galatians 5:22)	• Hatred • Resentment • Bitterness • Unforgiveness • Selfishness	• Choose kindness and compassion • Pray for others, even when it's hard • Forgive and let go • Look for ways to bless • Put others before yourself
 Joy (Galatians 5:22)	• Sadness • Depression • Anxiety • Negativity • Complaining	• Focus on God's promises • Practice gratitude daily • Choose a positive mindset • Praise even in difficult times • Remember what is true, not just what feels real
 Peace (Galatians 5:22)	• Anxiety • Fear • Worry • Stress • Control	• Pray and trust God • Let go of what you can't control • Choose calm over chaos • Speak God's Word • Rest in His presence
 Patience (Galatians 5:22)	• Impatience • Irritability • Anger • Frustration • Tolerance	• Pause before reacting • Give others grace • Wait on God's timing • Keep a long-term perspective • Choose peace over urgency
 Kindness (Galatians 5:22)	• Cruelty • Hostility • Harshness • Judgment • Indifference	• Speak gently and with love • Look for ways to help • Encourage and uplift • Treat others with respect • Show love in action
 Goodness (Galatians 5:22)	• Malice • Dishonesty • Manipulation • Selfishness • Greed	• Choose what is right • Be honest and transparent • Do what is helpful • Give without expecting • Seek to build, not tear down
 Faithfulness (Galatians 5:22)	• Unreliability • Disloyalty • Inconsistency • Broken promises • Compromise	• Keep your commitments • Be dependable in small things • Stay true to your values • Surround yourself with faithful people • Honour God in all you do
 Gentleness (Galatians 5:23)	• Harshness • Aggression • Controlling behaviour • Pride • Condemnation	• Respond calmly, not in anger • Choose humility over pride • Listen more, speak less • Be patient and understanding • Reflect the heart of Jesus
 Self-control (Galatians 5:23)	• Impulsiveness • Lust • Addiction • Overindulgence • Lack of discipline	• Pause and think before acting • Set healthy boundaries • Choose what honours God • Avoid temptation • Practice discipline and make wise choices

How to apply this teaching

When you notice yourself becoming fearful, angry, frustrated, or discouraged, pause and ask:

- What am I feeling right now?
- Which fruit of the Holy Spirit can I choose to practise in response?
- What practical action would reflect that fruit?

Remember...

The purpose is not to deny your feelings or pretend difficulties do not exist. It is to choose a response that reflects the character of Christ rather than allowing difficult emotions to dictate your behaviour.

Key Scriptures

Galatians 5:16 – Walk in the Spirit.
Galatians 5:22–23 – The fruit of the Spirit.
Romans 8:11 – The Spirit of God lives in you.
Philippians 4:13 – You can do all things.
1 John 4:18 – Perfect love casts out fear.
Psalm 103:20 – Angels hearken to His voice.
Philippians 4:6–7 – Peace that guards your heart.