

**LOVE** :: I unconditionally and sacrificially love and forgive others.



**JOY** :: I have inner contentment and purpose in spite of my circumstances.



**PEACE ::** I am free from anxiety because things are right between God, others, and myself.



**PATIENCE ::** I take a long time to overheat and endure patiently under the unavoidable pressures of life.



**KINDNESS/GOODNESS** :: I choose to do the right things in my relationships with others.

# 1 John 4:10-12

This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins. Dear friends, since God so loved us, we also ought to love one another. No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us.

#### John 15:10-11

If you keep my commands, you will remain in my love, just as I have kept my Father's commands and remain in his love. I have told you this so that my joy may be in you and that your joy may be complete.

## Philippians 4:6-7

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

### Proverbs 14:29

Whoever is patient has great understanding, but one who is quick-tempered displays folly.

# 1 Thessalonians 5:15

Make sure that nobody pays back wrong for wrong, but always strive to do what is good for each other and for everyone else.