

Living From the Fruit of the Spirit

GOD'S DESIGN FOR EMOTIONAL,
MENTAL, AND SPIRITUAL HEALTH

*"But the fruit of the Spirit is love, joy, peace, patience,
kindness, goodness, faithfulness, gentleness, and
self-control." — Galatians 5:22–23*



*A devotional prayer booklet for biblical
transformation and Spirit-filled living*

SECTION MAP — Fruit as God's Answer

Fruit of the Spirit	Mental / Emotional Area It Addresses
Love	Shame, rejection, self-hatred
Joy	Depression, hopelessness, emotional numbness
Peace	Anxiety, fear, panic
Patience	Irritability, frustration, overwhelm
Kindness	Harsh self-talk, relational tension
Goodness	Moral injury, self-condemnation
Faithfulness	Instability, fear of abandonment
Gentleness	Anger, trauma responses, self-criticism
Self-Control	Impulsivity, addiction, emotional dysregulation

Peace — God’s Answer to Anxiety & Fear

Galatians 5:22

I declare in the Mighty Name of King Jesus that the fruit of the Spirit in my life is peace.

John 14:27

I declare in the Mighty Name of King Jesus that I receive the peace of Christ.

Isaiah 26:3

I declare in the Mighty Name of King Jesus that my mind is kept in perfect peace as I trust in You.

Renunciation & Replacement Prayer

Heavenly Father, I renounce the lie that fear controls my future. I replace it with the truth of Your peace. Thank You for guarding my heart and mind. In the Mighty Name of King Jesus, amen.

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