**LOVE**

Loving God above all things and loving our neighbour; doing things with a happy heart

**JOY**

Unshakable happiness because we are aware of God’s presence in our lives

**PEACE**

An internal calm because we trust God

**PATIENCE**

Waiting calmly and accept God’s timing

**KINDNESS**

Acting like Jesus towards others – being kind and concerned for persons in need

**GOODNESS**

Wishing to do good to everyone; God wants us to be good

**FAITHFULNESS**

Following Jesus in every way

**GENTLENESS**

Restraining our anger

**SELF-CONTROL**

Knowing when enough is enough; not being impulsive

