

NOTES:

Impulsive Life - “desire” for instant gratification (vs. 19-21)

- Intimacy
- Worship
- Relationships
- Happiness

Every journey needs good brakes and clean water.

Fruitful Life - the result of a life nourished by Jesus' living water. (vs. 22-24)

- Love - sacrificing your desires for someone else's
- Joy - mutual connection with others through the Spirit
- Peace - releasing others and yourself from contempt
- Patience - long suffering endurance
- Kindness - undeserved mercy
- Goodness - generous living
- Faithfulness - fidelity in commitments to others
- Gentleness - humble responses to others without coercion
- Self-control - temperance

Give yourself and others time.

Fill your life with people who practice these things with you.