

T.A.B. DEFINITIONS

NEGATIVE & POSITIVE ATTRIBUTES

Works of the Flesh	Fruit of the Spirit	Relevant Scripture
<p style="text-align: center;">Apathy / Hatred</p> <p>Heb. <i>šānē</i>; Gk. <i>miséō</i> = an aversion; a malicious, unjustified attitude toward another; enmity. Apathy is an unemotional, dispassionate, indifference, lack of concern or motivation.</p> <p>APPLICATION: Is there anyone I ignore, desire their misfortune, or seek their destruction?</p>	<p style="text-align: center;">Love</p> <p>Heb. <i>āhēb</i> = an intimate relationship; classical and NT Greek used <i>agapē</i> to express a tangible and sacrificial giving of one's self to others without expectation of return as God has loved us.</p> <p>APPLICATION: Am I expressing in tangible ways love to those who oppose me?</p>	<p><i>Galatians 5:19-25</i> <i>Leviticus 19:17</i> <i>Luke 6:22,27</i> <i>John 15:9-17</i> <i>I Corinthians 13</i> <i>I John 4:8,16,20-21</i></p>
<p style="text-align: center;">Discouraged</p> <p>A loss of heart; a dispassionate lack of concern, an unemotional indifference, excitement, or motivation.</p> <p>APPLICATION: Have I allowed circumstances to overwhelm me and tempt me to lose heart and give up?</p>	<p style="text-align: center;">Joy</p> <p>Heb. <i>šāmēah</i> = to be excited, to dance; Gk. <i>chara</i> = meaning intense joy regardless of the circumstances.</p> <p>APPLICATION: Am I rejoicing, not because of my circumstances but, because God has promised in His providence to do good in all things?</p>	<p><i>Galatians 5:19-25</i> <i>Psalms 16:11</i> <i>Luke 19:1</i> <i>Philippians 4:4</i> <i>Romans 15:13</i></p>
<p style="text-align: center;">Self-Pity</p> <p>Judging our circumstances as "unfair" and feeling sorry for ourselves. We pity ourselves believing others, including God, do not care about us. Therefore, in conflict with God, others and ourselves.</p> <p>APPLICATION: Am I looking at my circumstances and feeling sorry for myself?</p>	<p style="text-align: center;">Peace</p> <p>Heb. <i>šālôm</i> = well-being, state of wholeness; Gk. <i>eirēnē</i> = a cessation of conflict. Hence, peace is contentment, rest and trust in God's providence (loving provision & wisdom) in all life's circumstances no matter how difficult they may appear.</p> <p>APPLICATION: Am I content in spite of my circumstances?</p>	<p><i>Psalms 73</i> <i>Galatians 5:19-25</i> <i>Philippians 4:12-13</i> <i>I Timothy 6:6-10</i> <i>James 4:1-6</i> <i>John 16:33</i></p>
<p style="text-align: center;">Impatient / Procrastination</p> <p>Wanting life to comply with our desires and demands according to our timetable. This results in annoyance because we don't get what we want, when we want it.</p> <p>APPLICATION: Am I frustrated with something or someone, including God, because events are not happening as I expected?</p>	<p style="text-align: center;">Perseverance</p> <p>Heb. <i>erek</i>. <i>appayim</i> = patience, "slow to anger"; Gk. <i>makrothymía</i> = "forbearance," "longsuffering," "slow to anger," "endurance," "tolerance," and "steadfastness."</p> <p>APPLICATION: Am I determined not to quit or "be weary in well-doing" knowing that "in due season we shall reap if we faint not."</p>	<p><i>Galatians 5:19-25</i> <i>Proverbs 16:32</i> <i>Galatians 6:9</i> <i>I Corinthians 15:58</i> <i>James 1:2-4,12</i></p>

<p style="text-align: center;">Callous / Unkind</p> <p>Showing or having an insensitive and cruel disregard for others.</p> <p>APPLICATION: Do I assert my opinion and demand having my way regardless of the effect upon others? Are my words disrespectful, inconsiderate or profane?</p>	<p style="text-align: center;">Gentleness</p> <p>Hebr. <i>hesed</i> is “demonstrated loyalty,” commitment exhibited in actions rather than words or sentiments; Gr. <i>praÿtēs</i> = to defer or yield in mercy instead of legalistically demanding the exact penalty required by the law; to be kind or to treat as “kin”.</p> <p>APPLICATION: Do I defer to other’s desires in matters of preference?</p>	<p><i>Galatians 5:19-25</i> <i>II Samuel 22:36</i> <i>Matthew 11:29</i> <i>Ephesians 4:29-32</i> <i>Philippians 2:1-4</i> <i>II Timothy 2:24</i></p>
<p style="text-align: center;">Immoral</p> <p>A preoccupation with self, self-absorption and self-reliance.</p> <p>APPLICATION: Do I engage in any activity that cause guilt, shame or that I know is unethical, wrong or sinful?</p>	<p style="text-align: center;">Goodness</p> <p>Heb. <i>ṭôb</i> and Gk. <i>agathós, kalós</i> = goodness that is a practical experienced reality as well as a moral principle or aesthetic beauty. Ultimately, God alone is good; His nature defines the essence of goodness.</p> <p>APPLICATION: Do I speak and act in such a way that I know it is God, the Holy Spirit, working through me?</p>	<p><i>Galatians 5:19-25</i> <i>II Timothy 3:1-4</i> <i>Romans 2:4</i> <i>Psalms 23:6</i> <i>Matthew 5:48</i> <i>Matthew 19:16-17</i></p>
<p style="text-align: center;">Disobedient</p> <p>An attitude as well as action of defiance, disregard and disrespect toward the law-giver, whether God or someone in authority.</p> <p>APPLICATION: Am I insubordinate to someone in authority over me? Do I knowingly transgress or violate a law of man or God?</p>	<p style="text-align: center;">Obedience</p> <p>Heb. <i>shamá</i> = to listen with reverence and obedient assent and compliance; Gr. <i>hupakoe</i> = to subordinate one’s self to the person or thing heard. An ongoing state of mind, determining to fulfill the will of God.</p> <p>APPLICATION: Do I delight in doing good and seek to obey the law?</p>	<p><i>Matthew 7:24-27</i> <i>John 8:31-32</i> <i>John 14:15</i> <i>John 15:3-10</i> <i>Philippians 2:5-11</i></p>
<p style="text-align: center;">Doubt & Fear</p> <p>Duplicity, indecision, vacillation, wavering, reluctance, disbelief, distrust.</p> <p>APPLICATION: Do I question the integrity and character of God? Do I vacillate between God’s Word and the opinions and philosophies of the world? Am I uncertain who to trust?</p>	<p style="text-align: center;">Faith</p> <p>Hebr. <i>’emunah</i> = “firmness”, “stability”; Gr. <i>pisteuō</i> = firm persuasion, a conviction based upon hearing. Godly faith exercises trust and confidence in the character of God by obeying His Word. The Gospel of Jesus Christ is ‘the faith believed in’ (<i>fides quae creditur</i>).</p> <p>APPLICATION: Do I believe God exists and that He is, good, all-powerful and loving? Do I firmly believe He is greater than my problems? Do I have hope for the future, trusting in His providence?</p>	<p><i>Galatians 5:19-25</i> <i>Jeremiah 32:17</i> <i>Habakkuk 2:4</i> <i>Psalms 37:3-12</i> <i>Matthew 8:5-13</i> <i>Hebrews 11:1-3,6</i> <i>Romans 8:28-31</i> <i>Romans 10:15-20</i> <i>I Corinthians 15:1-8</i> <i>James 1:5-8</i> <i>I Peter 3:15</i> <i>I John 4:1-4</i></p>

<p style="text-align: center;">Irresponsible</p> <p>Capricious, immature, feckless, unaccountable, unreliable, untrustworthy.</p> <p>APPLICATION: Can I identify any trust or responsibility in which I am not completely fulfilling? Am I unreliable in keeping appointments or promises? Do I fail to assume, without being prompted, responsibilities that are rightfully mine?</p>	<p style="text-align: center;">Faithfulness</p> <p>Hebr. <i>'aman</i> = to be true, to be trustworthy; Gr. <i>pistis, pisteuein</i> = dependable, loyal, consistent; to be counted on regardless of conditions or circumstances.</p> <p>APPLICATION: Can God depend on me and trust me to do His will regardless of my time and place and whom I'm with?</p>	<p><i>Galatians 5:19-25</i> <i>Matthew 25:21-23</i> <i>Hebrew 10:23</i> <i>II Timothy 4:1-6</i></p>
<p style="text-align: center;">Stubborn</p> <p>May be in the form of arrogance, self-admiration, self-glorification and egoism, or self-rejection, self-pity, self-deprecation and self-flagellation.</p> <p>APPLICATION: Do I believe "I am the master of my fate and the captain of my soul"? Do I believe I am superior or inferior to others? Do I act independently of God and other people?</p>	<p style="text-align: center;">Meekness</p> <p>Heb. <i>'anawim</i> = oppressed, poor or lacking power; Gr. <i>praütēs</i> = strength under control.</p> <p>APPLICATION: Do I restrain from acting in a selfish or ungodly manner, though I had the power or authority to do so?</p>	<p><i>Galatians 5:19-25</i> <i>Proverbs 28:26</i> <i>Hosea 10:13</i> <i>Psalms 37:11</i> <i>Matthew 11:29</i></p>
<p style="text-align: center;">Lack of Self-Control</p> <p>Instability, impulsive, addictive behaviors</p> <p>APPLICATION: Are there any areas of my life which are out of control, including eating, use of alcohol, drugs, finances, entertaining use of TV or computer, or sexual activities. Am I obsessive-compulsive, "driven" by anxiety, rather than drawn by God's Spirit, and motivated by His love?</p>	<p style="text-align: center;">Temperance</p> <p>Gr. <i>enkrateia</i> = to be in control, limiting power; to be disciplined.</p> <p>APPLICATION: Am I consistent, measured and balanced in my life?</p>	<p><i>Galatians 5:19-25</i> <i>I Corinthians 9:25</i> <i>II Timothy 1:7</i> <i>II Peter 1:6</i></p>
<p style="text-align: center;">Resentment / Bitterness</p> <p>Heb. <i>marah</i> Gr. <i>pikria</i> (hence, piquancy) used in the physical sense of taste; a figurative meaning such as of cruel, biting words, intense misery, bereavement, and in the ethical sense, characterizing untruth and immorality as the bitter thing in opposition to the sweetness of truth and the gospel.</p> <p>APPLICATION: Is there anyone in my life with whom I hold a grudge, seek revenge, or refuse to forgive?</p>	<p style="text-align: center;">Merciful / Forgiving</p> <p>Heb. <i>nasa'</i> = to lift up, to bear, or carry; Gr. <i>aphiēmi</i> (<i>apo</i>, from, <i>hiēmi</i>, to send) = to send forth, send away, to bear away or lift up the faults, sins and failures of others—to consider them guilty but forgiven. To surrender the right to judge and execute judgment when someone has wronged us.</p> <p>APPLICATION: Do I show God's love and mercy to those who have wounded me by promising never to bring up their offense again after they confessed it to me?</p>	<p><i>Micah 6:8</i> <i>Leviticus 23</i> <i>Matthew 18:21-35</i> <i>Ephesians 4:26-31</i> <i>Hebrews 12:12-15</i></p>

<p style="text-align: center;">Guilt & Shame</p> <p>Guilt is an emotional reaction activated by violating the conscience. Shame is self-condemnation characterized by “hiding”.</p> <p>APPLICATION: Do I believe I have committed “the unpardonable sin”? Have I failed to admit my culpability and confess my sin openly to God? Am I attempting to cover my sin and avoid the consequences?</p>	<p style="text-align: center;">Accepting Forgiveness</p> <p>Some Christians struggle with their sin even after confessing it to God saying, “I know God forgives me but, I cannot forgive myself.” Accepting God’s mercy and experiencing His forgiveness is to affirm His Word as greater than our feelings</p> <p>APPLICATION: Do I affirm God’s Word is greater than my feelings of guilt? Do I confess the blood of Christ as payment for my sin? Do I promise never to bring up past, confessed sin without recalling the blood of Christ that paid for my sin?</p>	<p><i>Proverbs 11:2</i> <i>Jeremiah 3:24-25</i> <i>Revelation 3:18</i> <i>Leviticus 5:1</i> <i>Psalm 32</i> <i>Psalm 51</i></p>
<p style="text-align: center;">Prejudice / Partiality</p> <p>Discrimination</p> <p>APPLICATION: Are my dealings with others affected by their race, gender, age, nationality, wealth, education or religious beliefs? Do I seek to advance myself, or the associations I am associated with, at the expense of others?</p>	<p style="text-align: center;">Just</p> <p>Heb. <i>šēdāqâ</i> = ethical and moral standards or equality of all people before the law; Gk. <i>dikaïos</i> = understood as both righteousness, right relationship before God, and justice, a right relationship with man. Hence, justice is fairness or correct treatment according to ethical and moral standards or equality of all people before the law.</p> <p>APPLICATION: Do I treat others equitably as I would want to be treated myself? Do I seek justice for those who cannot speak for themselves?</p>	<p><i>Micah 6:8</i> <i>Genesis 18:19</i> <i>Deuteronomy 10:18</i> <i>Proverbs 21:3,7,15</i> <i>Isaiah 1:17</i> <i>Matthew 12:18-20</i></p>
<p style="text-align: center;">Proud</p> <p>A preoccupation with self, self-absorption and self-reliance.</p> <p>APPLICATION: Am I critical and self-righteous, judging others by my standards? Do I think of myself superior or inferior to others? Do I expect others to serve me?</p>	<p style="text-align: center;">Humility</p> <p>The NT Greek word literally means, “to take second place.” Hence, humility is to place God and others ahead of ourselves ~ to serve God and others before serving ourselves. In addition this means that if I am humble I view God’s standards as best, His judgments as right and submit to the Salvation and Lordship of His Son, Jesus Christ.</p> <p>APPLICATION: Do I seek opportunities to serve God and others?</p>	<p><i>Micah 6:8</i> <i>Matthew 18:1-4</i> <i>Matthew 23:11-12</i> <i>John 13:1-17</i> <i>Philippians 2:5-11</i> <i>James 4:7-10</i> <i>1 Peter 5:5-6</i></p>

<p style="text-align: center;">Deceitfulness</p> <p>Crafty, cunning, sly, dishonest, double-dealing</p> <p>APPLICATION: Am I manipulative and hypocritical, two-faced, with others? Am I less than completely honest with others in getting what I want?</p>	<p style="text-align: center;">Integrity</p> <p>Having truth and integrity within ~ integrating body, soul and spirit so that being transparent is natural and comfortable. Being truthful, open, frank and genuine. Admission of problems is the first step toward healing.</p> <p>APPLICATION: Am I transparent and candid with those closest to me of personal problems, temptations and weaknesses?</p>	<p><i>Psalm 15:1-3</i> <i>Psalm 24:4</i> <i>Psalm 51:6</i> <i>Proverbs 4:17,20,24</i> <i>Proverbs 10:9</i> <i>Titus 2:7</i></p>
<p style="text-align: center;">Anxiety</p> <p>A state of apprehension, uncertainty, and fear resulting from the anticipation of a realistic or fantasized threatening event or situation, often impairing physical and psychological functioning.</p> <p>APPLICATION: Is my anxiety negatively affecting my health, relationships and productivity?</p>	<p style="text-align: center;">Gratitude</p> <p>Heb. <i>tōdâ</i>; Gk. <i>eucharistía</i></p> <p>Being grateful to God and other people for what we have and where we are.</p> <p>APPLICATION: Am I thankful for all things, even “counting it all joy” when I fall into various trials and tribulations?</p>	<p><i>Job 20:2</i> <i>Psalm 107:21-22</i> <i>Ephesians 5:4</i> <i>Philippians 4:4-13</i></p>
<p style="text-align: center;">Negative Thinking</p> <p>Negative thinking is very akin to pessimism, which is the tendency to take the most unfavorable view of situations, or to expect the worst outcome in any circumstances; the practice of looking on the gloomy and dark side of things.</p> <p>APPLICATION: Do my thoughts cause discouragement, depression and a desire to give up? Am I generally grumpy? Are the people around me constantly telling me that I am too negative?</p>	<p style="text-align: center;">Positive Thinking</p> <p>A positive, hopeful attitude, which approaches life with optimism and confidence and that, expects favorable results. Positive thinking is based on a world-view that looks beyond us and our circumstances to a sovereign God, who promises hope to those who live Him.</p> <p>APPLICATION: Do I purposefully seek God’s purpose in all things? Have I made a list of whatever things are true honest, just, pure, lovely and of good report? Do I remain up beat and hopeful in spite of my circumstances?</p>	<p><i>Proverbs 23:7</i> <i>Proverbs 15:13</i> <i>Isaiah 26:3</i> <i>Romans 8:28-39</i> <i>I Corinthians 13:5</i> <i>II Corinthians 10:3-5</i> <i>Philippians 4:8-9</i></p>
<p style="text-align: center;">Immoral Fantasies</p> <p>Impure or forbidden thoughts include sexual fantasies, violence against others or ourselves, cheating, divorce, rape, and other behaviors that we think of as the worst possible things we could do or have happen to us.</p> <p>APPLICATION: Am I permitting my mind to entertain sinful thoughts? Am I using fantasies as an escape from my real world?</p>	<p style="text-align: center;">Pure Thinking</p> <p>Keeping our hearts fixed on Jesus Christ. Thinking thoughts which are true, honest, just, pure, lovely and of good report.</p> <p>APPLICATION: Have I determined not to defile myself by reliving shameful events, reading immoral literature, or viewing pornography or gratuitous violence?</p>	<p><i>Genesis 6:5</i> <i>Matthew 5:28</i> <i>Romans 13:14</i> <i>Galatians 5:19-21</i> <i>I Corinthians 10:13</i> <i>Philippians 4:8-9</i> <i>II Timothy 2:22</i></p>

<p style="text-align: center;">Scattered Thinking</p> <p>Cognitive impairment or an undisciplined or disorganized mind resulting in disjointed thoughts, persistent intrusive thoughts or an inability to mentally focus.</p> <p>APPLICATION: Are my thoughts, like channel surfing, jumping from subject to subject? Does everything feels wrong, disjointed, and heavy? Am I creating “project tangents” that sap my strength, time, and focus?</p>	<p style="text-align: center;">Concentration</p> <p>Mental discipline, which enables alertness, focus and attention; maintaining your mind and body together in the present.</p> <p>APPLICATION: Am I able to attend to the tasks at hand without distraction or permitting my mind to wander? Am I able to focus on the person speaking with me without thinking about something or someone else?</p>	<p><i>Philippians 3:12-16</i> <i>I Peter 1:13</i> <i>I Peter 4:7</i></p>
<p style="text-align: center;">Forgetting God</p> <p>Ignoring God; not consciously including God in my daily routines and activities</p> <p>APPLICATION: Do I attempt to live my day without including God, asking for His counsel, His power or His blessing?</p>	<p style="text-align: center;">Communion with God</p> <p>Continually aware of God’s love, presence within you (as a genuine Christian) and power. Being actively engaged with Him through prayer and meditation in His Word, knowing that He created you for His glory and to have intimate “fellowship” with you each and every day.</p> <p>APPLICATION: Do I daily read the Bible looking for God’s direction for my life? Do I pray throughout the day, seeking His pleasure and power? Do I delight in worshipping Him?</p>	<p><i>Proverbs 3:5, 6</i> <i>John 15:</i></p>
<p style="text-align: center;">Mood Scale (anxiety or depression)</p>	<p>On a scale of 1 (least) to 10 (greatest)</p>	
<p style="text-align: center;">Proverbs</p>	<p>After reading the chapter in Proverbs, which corresponds with the day of the month, identify one verse, which has the greatest impact on you, or the verse with which the Holy Spirit convicts you.</p>	

Hebr. is an abbreviation for Hebrew, the language used in the Old Testament or Tanach.
Gr. is an abbreviation for Greek, the language used in the New Testament.