

The key to love, joy and other good qualities

Good morning, teachers and students. Today, I'd like to share with you the Bible scriptures from Galatians Chapter 5 Verses 22-23. "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control." (加拉太書 5:22-23 節 「聖靈所結的果子、就是仁愛、喜樂、和平、忍耐、恩慈、良善、信實、溫柔、節制。」)

According to the above Bible verses, Apostle Paul sincerely hopes that all of you have love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Boys and girls, this is also my wish to all of you. I hope you have love, although our world is full of hatred and competition. People are self-centred and do not love one another. I hope you have joy although our world is full of trouble, misery, bitterness and problems. I hope you have peace although our world is full of wars and quarrels. I hope you have patience although most people are impatient and unable to wait for a long time or accept difficulties without becoming angry. I hope you are kind and good to one another although a lot of people are unkind, not friendly and not generous to others. I hope you are faithful to your family, friends and community, although a lot of people are not loyal and supportive to others. I hope you are gentle, calm, kind and polite to others, although a lot of people are rude and do not respect others. I hope you have self-control and are able to discipline yourself and control the way you behave and make yourself do things that you believe you should do, although a lot of people lack self-discipline.

You may ask, how can we develop such good qualities? Can we do it just by ourselves? The answer is "No". You cannot develop such good qualities by yourself. You must get them through Jesus. According to the Chinese version of the Bible, it seems that there are nine fruits in Galatians Chapter 5 Verses 22-23. But according to the English version of the Bible, "the fruit of the Spirit" is singular. In other words, there is only one fruit from the Holy Spirit. But inside this fruit, you will find love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. This is a very important observation and interpretation from the Bible. If there are nine fruits, it implies we have to pursue these nine

attributes separately. It also implies we may adopt different methods to achieve these nine attributes. But actually, **to achieve love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control, the Bible (Galatians Chapter 5) tells us the key. Go to Jesus. Go to the Holy Spirit.** Whatever the problems are, whenever you have problems and wherever you face the problems, just go to Jesus and the Holy Spirit, ask Jesus and the Holy Spirit to help you and do what Jesus and the Holy Spirit tell you to do. If you really do so, the fruit of the Spirit will grow in you. Then, you will have love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. For example, when you are worried about a test and examination and you do not have joy, just go to Jesus and the Holy Spirit; tell Jesus and the Holy Spirit what you are worrying about. Then, through the Bible and the angels or friends that Jesus sends to you, you will have joy. Or when you lose your self-control and spend too much time on computer games, just go to Jesus and the Holy Spirit. Tell Jesus and the Holy Spirit that you cannot control yourself and are addicted to computer games. Then, through the Bible and the angels or friends that Jesus sends to you, Jesus will help you to develop self-control and fight against addiction to the games.

Boys and girls, I sincerely hope that all of you will have the fruit of the Holy Spirit in your heart so that in your daily lives, other people will discover your love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. **Remember the key to love, joy and other good qualities. Go to Jesus and seek help from our Lord.**