

My Before and After Story

How would I describe my life before Jesus? Paul uses the terminology of fruits of the flesh versus fruits of the Spirit (Gal. 5:16-26). It might be helpful to circle any of the following words that might have characterized your attitudes, thoughts, and/ or behavior before Jesus:

Rage	Hatred	Selfish	Envious
Despair	Anxious	Fearful	Self-Righteous
Legalistic	Competitive	Paranoid	Lonely
Addicted	Obsessive	Isolated	Self-Hatred
Depressed	Bitter	Helpless	Deceitful

Write anything else that comes to mind about your life before Jesus:

Take some time to write about the moment or moments that Jesus became real to you and you gave your life over to Him.

My Before and After Story

How would I describe my life before Jesus? Paul uses the terminology of fruits of the flesh versus fruits of the Spirit (Gal. 5:16-26). It might be helpful to circle any of the following words that might have characterized your attitudes, thoughts, and/ or behavior before Jesus:

Rage	Hatred	Selfish	Envious
Despair	Anxious	Fearful	Self-Righteous
Legalistic	Competitive	Paranoid	Lonely
Addicted	Obsessive	Isolated	Self-Hatred
Depressed	Bitter	Helpless	Deceitful

Write anything else that comes to mind about your life before Jesus:

Take some time to write about the moment or moments that Jesus became real to you and you gave your life over to Him.

How would I describe my life after Jesus? Remember, Paul uses the terminology of fruits of the flesh versus fruits of the Spirit (Gal. 5:16-26). It might be helpful to circle any of the following words that might characterize your attitudes, thoughts, and/ or behavior now that you have been following Jesus:

- | | | | |
|-----------|---------------|-----------------|----------|
| Loving | Joyful | Peaceful | Patient |
| Kind | Gentle | Generous | Hopeful |
| Free | Healed | Self-Controlled | |
| Humble | Compassionate | Loyal | Wise |
| Forgiving | Connected | Perseverant | Faithful |

Write anything else that comes to mind about your life after Jesus. In what ways has He changed your attitudes, thoughts, and behavior?

How would I describe my life after Jesus? Remember, Paul uses the terminology of fruits of the flesh versus fruits of the Spirit (Gal. 5:16-26). It might be helpful to circle any of the following words that might characterize your attitudes, thoughts, and/ or behavior now that you have been following Jesus:

- | | | | |
|-----------|---------------|-----------------|----------|
| Loving | Joyful | Peaceful | Patient |
| Kind | Gentle | Generous | Hopeful |
| Free | Healed | Self-Controlled | |
| Humble | Compassionate | Loyal | Wise |
| Forgiving | Connected | Perseverant | Faithful |

Write anything else that comes to mind about your life after Jesus. In what ways has He changed your attitudes, thoughts, and behavior?
