# Growth & Service Areas

Let the living water flow through you

One aspect of worshiping our awesome God is that His love, presence, and power flow into us. Jesus called this living water (John 4) and told us that rivers of living water will flow from within us (John 7). After flowing through us and changing us, this living water can flow from us to nourish other believers, water the seeds of evangelism, and flow out to everyone we meet. This page gives some examples of how that water can flow: growth and service. We show our love for God through obedience, and this obedience grows us at the same time it serves others.

> *"Whoever believes in me, as Scripture has said, rivers of living water will flow from within them." — John 7:38 NIV*

*Motivation check: these activities should flow out of our love for God and the love for others that the Holy Spirit gives us. These are not done to earn our salvation, to earn favor with God or people, or to look good for others. They are done to be light for the world, shining Christ's love to people who desperately need it.*

## Growth: Christian Attributes & Virtues

*qualities to cultivate — with ways to live them out*

### Core Virtues & Character Traits

*Foundational qualities of a Christian life*

**Love, Brotherly Love, Steadfast Love, Mutual Affection:** Loving God and one another.
- Volunteer at a homeless shelter
- Serve as a mentor for a new church member
- Regularly visit and care for a sick or elderly neighbor

**Faith, Belief, Trusting God, Faithfulness:** Having an unwavering trust in God and His promises.
- Lead a small group Bible study
- Participate in a mission trip
- Consistently tithe and give to your church and charities

**Hope, Rejoicing in Hope:** A confident expectation of God's future promises.
- Provide emotional support to someone who has lost a loved one
- Share your personal testimony of how God has been faithful in your life

**Joy, Cheerfulness, Rejoicing Always:** A deep, abiding gladness that is not dependent on circumstances.
- Serve on a greeting team at church
- Make it a point to smile and offer words of encouragement to everyone you encounter

**Peace, At Peace, Peaceful, Peacefulness:** An inner tranquility that comes from God.
- Mediate a conflict between two friends or family members
- Offer to pray with someone who is anxious

### Qualities of the Inner Life

*Your relationship with God and your internal state*

**Humility, Meekness:** A modest view of oneself and a gentle spirit.
- Serve in a behind-the-scenes role, such as cleaning the church or organizing supplies, without seeking recognition

**Obedience, Willing to Yield:** Submitting to God's will and authority.
- Follow the guidance of a spiritual leader or church authority, even when you disagree with a decision

**Purity, Chastity, Pure Heart, Incorruption:** Moral and spiritual cleanness.
- Lead a class on biblical sexual ethics or create a support group for those struggling with pornography

**Righteousness, Godliness, Holiness:** Living in a way that is right and just in God's eyes.
- Consistently uphold moral standards in your workplace and personal life, even when it is difficult

**Spirituality, Walk with God, Devout, Worshipful:** Actively seeking and following God.
- Lead a time of prayer or worship during a church service

**Knowledge, Knowledge of the Lord, Understanding:** A deep and growing comprehension of God's Word and ways.
- Teach a Sunday school class
- Host a Bible study in your home

**Integrity, Honesty, Sincerity, Truthfulness, Uprightness:** Being honest and having strong moral principles.
- Return excess change to a cashier
- Admit when you have made a mistake at work

**Contentment, Grateful, Thankful:** Being satisfied with what you have and expressing gratitude.
- Write thank-you notes to church volunteers
- Publicly share what you are thankful for during a testimony time

## Interpersonal & Relational Attributes

*How we treat the people around us*

**Kindness, Compassion, Tenderhearted, Sympathy, Thoughtful, Helpful:** Showing empathy and gentleness to others.
- Donate blood
- Volunteer at an animal shelter
- Hold the door open for a stranger

**Patience, Endurance, Perseverance:** The ability to bear long-suffering and difficult situations without losing hope.
- Sit with a person who is going through a difficult time and listen without offering quick fixes

**Forgiveness:** The act of pardoning someone for a wrongdoing.
- Reach out to someone who has wronged you to offer reconciliation
- Offer grace to someone who has made a mistake

**Courtesy, Respectful, Agreeable:** Showing politeness and deference to others.
- Speak kindly to a difficult co-worker
- Make a point to use “please” and “thank you”

**Justice:** A commitment to fairness and righteousness.
- Volunteer for an organization that advocates for the poor or marginalized

**Mercy, Goodwill:** A willingness to show compassion and kindness to those who are suffering.
- Give to a food bank
- Volunteer at a soup kitchen

**Hospitality:** Being welcoming and generous to guests and strangers.
- Invite new people from your church to your home for a meal

## Attributes of a Sound Mind & Body

*Self-discipline and mental clarity*

**Self-Control, Moderation, Temperance:** The ability to restrain one's desires and impulses.
- Abstain from a luxury for a period and donate the saved money to a charity
- Stop drinking or drink in moderation, never getting drunk

**Prudence, Sensible, Sound Mind, Wisdom, Counsel:** Making wise and thoughtful decisions.
- Give wise counsel to a friend in a difficult situation

**Alert, Vigilant:** Being watchful and aware of spiritual dangers.
- Pray watchfully over your family & church, and guard against teaching that contradicts Scripture

**Fortitude, Boldness, Strength in the Lord:** Moral courage and mental toughness in the face of adversity.
- Speak out against injustice, even if it is unpopular

**Diligence, Fervency in Spirit, Zealousness:** Working with passion and enthusiasm.
- Take on a difficult church project and see it through to completion

## Attributes for Ministry & Service

*We are all called to serve — these grow as we step out*

**Able to Preach with Sound Doctrine, Apt Teacher, Firm Grasp of the Word:** The ability to teach the Bible accurately and effectively.
- Serve as a youth leader
- Teach a class on a specific book of the Bible

**Able to Refute:** The skill to counter false teachings.
- Lead a discussion group on world religions and be able to calmly and respectfully explain the differences

**Above Reproach, Blameless, Clean Conscience, Respectable:** Having a reputation that is beyond criticism.
- Be a trusted leader in your community, both at church and in your professional life

**Serving the Lord, Proclaiming the Gospel, Ready for Every Good Work:** A proactive desire to do good and share the Christian message.
- Volunteer at a community event to talk to people about your faith

**Test Everything, Seeking to Do Good, Seeking to Please the Lord:** A desire to live a life that honors God.
- Carefully research a non-profit organization before donating to ensure its practices align with your beliefs

**Unity of Spirit:** A desire to be in one accord with other believers.
- Actively work to resolve conflicts within the church and bring people together

# Vices to Reduce & Eliminate *through His power, not willpower*

*Just as the living water grows fruit in us, it also washes things out of us. These are areas to bring to God in confession and*

*re-surrender — the Holy Spirit does the transforming (Galatians 5:16).*

## The Traditional Seven Deadly Sins

**Pride | Greed | Envy | Wrath | Lust | Gluttony | Laziness**

## The Full List (alphabetical)

*Vices named throughout Scripture — a searchlight, not a checklist*

Abuse | Abusive Language | Addicted to Wine | Adultery | Anger | Arrogance | Avarice | Avenging Yourself | Base Suspicion | Bereft of the Truth | Bitterness | Blasphemy | Boastful | Brute | Carousing | Competing Against One Another | Conceit | Contrary to Sound Teaching | Covetous | Cowardice | Craftiness | Craves Controversy | Criminal | Debauchery | Deceit | Depravity | Despicable | Devilish | Disobedience | Disorder | Disputes About Words | Dissensions | Double-Tongued | Drunkenness | Earthly | Empty Words | Enmity | Envy | Evil | Evil Intentions | Evil Talk | Excess of Dissipation | Factions | Faithless | False Witness | Folly | Fornication | Friendship with the World | Gluttony | God-Hater | Godless | Gossip | Greed | Grieve the Holy Spirit | Guile | Hater of Good | Hatred | Haughty | Heartless | Hypocrisy | Idolatry | Implacable | Impurity | Inhuman | Insincerity | Insist on Your Own Way | Insolent | Inventor of Evil | Irritable | Jealousy | Lawlessness | Lazy | Led Astray | Licentiousness | Lover of Money | Lover of Pleasure | Lovers of Themselves | Lust | Lying | Malice | Mischief Maker | Murder | Obscene Talk | Partiality | Passions | Perjury | Polluted | Pride | Profane | Profligate | Quarrelsome | Quick-Tempered | Rebellious | Reckless | Rejoice in Wrongdoing | Repaying Evil for Evil | Repaying Abuse for Abuse | Resentful | Reveling | Rude | Ruthless | Selfish Ambition | Selfishness | Sexual Immorality | Silly Talk | Sinful | Slander | Slave to Passion or Pleasure | Slave Trader | Sorcery | Speaking Evil | Strife | Theft | Treacherous | Understanding Nothing | Ungrateful | Unholy | Unrepentant | Unspiritual | Violent | Vulgar Talk | Wickedness | Worshiping Demons & Idols | Wrangling | Wrath | Wrongdoing

## Sins of Attitude and the Heart

*Rooted in internal dispositions and motivations*

### Pride and Arrogance

Arrogance, Boastful, Conceit, Haughty, Lovers of Themselves, Pride, Insist on Your Own Way

*Overestimating one's own importance and abilities.*

### Malice and Hatred

Bitterness, Enmity, Envy, Evil, God-Hater, Hater of Good, Hatred, Heartless, Implacable, Malice, Resentful, Ruthless, Unholy, Wickedness

*Holding deep-seated resentment, hostility, or ill will toward others or God.*

### Greed and Covetousness

Avarice, Covetous, Greed, Lover of Money, Selfish Ambition, Selfishness

*An excessive or insatiable desire for wealth, possessions, or power.*

### Lack of Faith and Humility

Faithless, Godless, Unspiritual, Cowardice, Hypocrisy, Insincerity, Unrepentant, Understanding Nothing

*Lacking trust in God, pretending virtue, or refusing to change after doing wrong.*

## Sins of the Mouth and Speech

*Using words to harm others or spread falsehood*

### Harmful Speech

Abusive Language, Blasphemy, Double-Tongued, Evil Talk, Gossip, Lying, Speaking Evil, Slander, Vulgar Talk, Obscene Talk, Silly Talk

*Using words to dishonor God, deceive, or hurt others.*

### Quarrelsome Speech

Craves Controversy, Disputes About Words, Wrangling, Quarrelsome

*Engaging in arguments and debates unnecessarily.*

### False Witness

False Witness, Perjury, Treacherous

*Lying under oath or betraying trust.*

### Reckless Speech

Empty Words, Disorder

*Using language that is meaningless, deceitful, or creates confusion.*

## Sins of Action and Behavior

*Expressed through deeds*

### Sexual Immorality

Adultery, Fornication, Impurity, Lust, Licentiousness, Sexual Immorality, Slave to Passion or Pleasure

*Engaging in sexual activity outside the bounds of a marriage between a man and a woman.*

### Substance and Body-Related Vices

Addicted to Wine, Carousing, Drunkenness, Gluttony, Reveling, Excess of Dissipation

*Lack of self-control related to food, alcohol, or partying.*

### Violence and Malice

Abuse, Avenging Yourself, Inhuman, Murder, Violent, Repaying Evil for Evil, Repaying Abuse for Abuse, Mischief Maker, Inventor of Evil,

## Growth & Service Areas — continued

Brute
*Inflicting physical or emotional harm on others.*

### Theft and Deception
Theft, Slave Trader, Craftiness, Deceit, Guile
*Taking what is not one's own or manipulating others.*

### Disrespect for Authority and Law
Contrary to Sound Teaching, Criminal, Disorder, Disobedience, Lawlessness, Rebellious
*Deliberately defying God's laws and sound teaching.*

### Idolatry and False Worship
Idolatry, Worshiping Demons & Idols, Sorcery, Profane
*Placing anything above God or engaging in forbidden spiritual practices.*

## Other Vices and Negative Traits

### Emotional and Temperamental Vices
Anger, Irritable, Quick-Tempered, Wrath, Passions, Rejoice in Wrongdoing
*Uncontrolled emotions leading to destructive behavior, or finding pleasure in others' misfortune.*

### Laziness and Neglect
Lazy
*Unwillingness to work or exert oneself.*

### General Moral Corruption
Depravity, Despicable, Devilish, Evil Intentions, Folly, Polluted, Sinful, Wrongdoing, Earthly
*A state of moral decay or spiritual corruption.*

### Divisive Behavior
Factions, Dissensions
*Creating divisions and conflict within a community.*

## ♥ Service Opportunities *turning growth into a lifestyle*

Turn these into a lifestyle of service that shows Who you follow — habits become engrained. Involve friends & family, and constantly look for opportunities to serve others.

## Some Biblical Advice

Associate with the Lowly | Bless Those Who Persecute You | Feed Your Enemies | Forgive One Another | Have Your Words Give Grace to Those Who Hear | Live in Harmony with One Another | Overcome Evil with Good | Rejoice with Those Who Rejoice | Speak What Is Useful for Building Up | Weep with Those Who Weep

## Serving Against the Grain
*Service that directly counters each vice of the heart*

### Pride and Arrogance
- Serve in a menial, behind-the-scenes capacity — like cleaning the church bathrooms or volunteering for a task that gets no public recognition.

### Malice and Hatred
- Visit and serve in a ministry that helps a marginalized community you hold a prejudice against.

### Greed and Covetousness
- Volunteer at a thrift store or a food bank, giving away your time and resources freely.

### Lack of Faith and Humility
- Lead a prayer group, which forces you to rely on God rather than your own abilities.

### Hypocrisy and Insincerity
- Serve in a mission field where you are completely out of your comfort zone, forcing you to rely on genuine faith.

### Unrepentance
- Participate in a discipleship program that focuses on accountability and confession.

### Harmful Speech
- Volunteer for a suicide or crisis hotline where your words can be a source of life and hope.

### Quarrelsome Speech
- Mentor a young person, which requires you to be a calm and wise source of guidance.

### Reckless Speech
- Teach a Sunday school class to young children, which forces you to be thoughtful and intentional with every word you say.

### Lying
- Take on a leadership role that requires you to be a person of truth and integrity at all times.

### Sexual Immorality
- Lead a purity or accountability group — a supportive environment to practice self-control and live out biblical principles.

### Substance and Body-Related Vices
- Serve in a recovery ministry or volunteer at a sober living home.

### Violence and Malice
- Volunteer with an organization that promotes conflict resolution and non-violence.

### Theft and Deception
- Take on a role as a church treasurer or finance committee member — it demands a high level of honesty and trustworthiness.

### Disrespect for Authority
- Serve on a church council or a committee that establishes and upholds rules and guidelines.

### Idolatry and False Worship
- Lead a worship service or a prayer gathering, intentionally focusing on honoring the one true God.

### Emotional and Temperamental Vices
- Serve in a children's ministry, which requires great patience and a calm demeanor.

### Laziness and Neglect
- Take on a long-term project at church — like organizing the library or maintaining the grounds — which requires consistent effort.

### General Moral Corruption
- Volunteer to clean up a neighborhood park, symbolizing a commitment to making things better and more beautiful.

### Divisive Behavior
- Lead a small group that intentionally includes people from different backgrounds, working toward unity.

> *"But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law." — Galatians 5:22-23 NIV*

© 2026 God Operating System™. Free to use, share, and adapt for non-commercial ministry — keep the logo & link. Full policy: godoperatingsystem.com/permissions

*Scripture quotations taken from The Holy Bible, New International Version®, NIV®. Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.™ Used by permission. All rights reserved worldwide.*