

Fruits of the Spirit EFT Tapping Workbook – 9-Part Guide

Cover Page

Title: Fruits of the Spirit EFT Tapping Guide

Subtitle: 9-Part Spirit-Led Emotional Healing & Alignment Practice

Optional Verse: Galatians 5:22-23 – "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control."

Space for Name / Date: _____

Introduction

EFT (Emotional Freedom Techniques) combines gentle tapping on energy points with affirmations to release emotional blocks and restore balance.

The Fruits of the Spirit align with both spiritual and emotional well-being. Using this guide, you can practice each fruit individually or as a complete 9-part series.

Instructions: - Sit comfortably and place one hand on your heart and one on your belly. - Take slow, deep breaths. - Tap gently on the EFT points: - Karate Chop (side of hand) - Eyebrow - Side of Eye - Under Eye - Under Nose - Chin - Collarbone - Under Arm - Top of Head

Tip: Repeat each statement 2-3 times while tapping.

Tapping Points Diagram: [Illustration here – show all points]

Fruit Sections (1 per page)

1. Self-Control

Setup Statement (Karate Chop – repeat 3x): "Even though I sometimes feel out of control or reactive, I now choose to surrender to the guidance of the Holy Spirit and allow the Fruit of the Spirit—Self-Control—to arise within me."

Tapping Rounds: - Round 1 – Acknowledging: "I notice where I lose control..." - Round 2 – Releasing: "I release fear, impulsiveness, and tension..." - Round 3 – Inviting: "I invite the Holy Spirit to guide my actions..." - Round 4 – Embodying: "I live with calm, clarity, and balance in all situations."

Closing Prayer:

"Holy Spirit, thank You for filling me with self-control. I surrender my impulses and allow Your guidance to flow through me. Amen."

Reflection Notes:

2. Goodness

Setup Statement: "Even though I sometimes doubt my own goodness, I now surrender to the Holy Spirit and allow the Fruit of the Spirit—Goodness—to rise from within me."

Tapping Rounds: - Round 1 – Acknowledging: "Sometimes I forget my goodness..." - Round 2 – Creating Space: "I release self-criticism and judgment..." - Round 3 – Inviting: "I allow divine goodness to flow through me..." - Round 4 – Embodying: "I choose actions rooted in love, integrity, and truth."

Closing Prayer:

"Holy Spirit, thank You for reminding me that goodness lives within me. May it guide my choices today. Amen."

Reflection Notes:

3. Kindness

Setup Statement: "Even though I may be guarded or unsure, I surrender to the Holy Spirit and allow the Fruit of the Spirit—Kindness—to flow through me."

Tapping Rounds: - Round 1 – Acknowledging: "Sometimes I forget to be gentle or compassionate..." - Round 2 – Softening: "I release old defenses and allow tenderness..." - Round 3 – Inviting: "I invite the Spirit to cultivate kindness in my words and actions..." - Round 4 – Embodying: "I meet myself and others with compassion, patience, and grace."

Closing Prayer:

"Holy Spirit, fill me with Your kindness. Let it guide my thoughts, words, and actions. Amen."

Reflection Notes:

4. Patience

Setup Statement: "Even though waiting can feel difficult, I surrender myself to the guidance of the Holy Spirit and allow the Fruit of the Spirit—Patience—to rise within me."

Tapping Rounds: - Round 1 – Acknowledging: "I notice my frustration and hurry..." - Round 2 – Releasing: "I release the need to control timing or outcomes..." - Round 3 – Inviting: "I invite calm and trust to guide my actions..." - Round 4 – Embodying: "I respond with understanding, grace, and steady calm."

Closing Prayer:

"Holy Spirit, thank You for teaching me patience. Let Your calm guide my mind, heart, and actions. Amen."

Reflection Notes:

5. Peace

Setup Statement: "Even though I sometimes feel anxious or unsettled, I now surrender to the Holy Spirit and allow the Fruit of the Spirit—Peace—to flow within me."

Tapping Rounds: - Round 1 – Acknowledging: "I notice tension and worry in my body and mind..." - Round 2 – Releasing: "I release fear, chaos, and inner conflict..." - Round 3 – Inviting: "I invite the Spirit to fill me with calm and serenity..." - Round 4 – Embodying: "I respond with clarity, calm, and grounded presence."

Closing Prayer:

"Holy Spirit, thank You for Your peace. May it flow freely through me in every situation. Amen."

Reflection Notes:

6. Joy

Setup Statement: "Even though I sometimes feel heavy, sad, or burdened, I surrender to the Holy Spirit and allow the Fruit of the Spirit—Joy—to rise from within me."

Tapping Rounds: - Round 1 – Acknowledging: "I notice sadness, heaviness, or discouragement..." - Round 2 – Releasing: "I release resistance to happiness and celebration..." - Round 3 – Inviting: "I invite the Spirit to fill me with gratitude and delight..." - Round 4 – Embodying: "I allow joy to flow naturally through my heart, words, and actions."

Closing Prayer:

"Holy Spirit, thank You for filling me with joy. May I celebrate life with gratitude and delight.
Amen."

Reflection Notes:

7. Faithfulness

Setup Statement: "Even though I may sometimes doubt or waver, I surrender to the Holy Spirit and allow the Fruit of the Spirit—Faithfulness—to rise within me."

Tapping Rounds: - Round 1 – Acknowledging: "I notice doubts or fears about staying true..." - Round 2 – Releasing: "I release uncertainty and lack of trust..." - Round 3 – Inviting: "I invite the Spirit to strengthen my commitment, integrity, and trust..." - Round 4 – Embodying: "I walk in faith, reliability, and loyalty to God and others."

Closing Prayer:

"Holy Spirit, thank You for guiding me in faithfulness. May I remain steadfast and trustworthy.
Amen."

Reflection Notes:

8. Love

Setup Statement: "Even though I sometimes struggle to feel or express love, I surrender to the Holy Spirit and allow the Fruit of the Spirit—Love—to flow freely through me."

Tapping Rounds: - Round 1 – Acknowledging: "I notice fear, hurt, or barriers in my heart..." - Round 2 – Releasing: "I release judgment, resentment, and resistance to love..." - Round 3 – Inviting: "I invite divine love to rise in my heart, words, and actions..." - Round 4 – Embodying: "I live from love, extending it to myself and others freely and fully."

Closing Prayer:

"Holy Spirit, thank You for filling me with Your love. Let it flow through every part of my life. Amen."

Reflection Notes:

Integration Section

After completing all fruits, place your hands over your heart and take three slow, conscious breaths.

Full Prayer:

"Holy Spirit, thank You for filling me with the Fruits of the Spirit—Self-Control, Goodness, Kindness, Patience, Peace, Joy, Faithfulness, and Love. May they guide my thoughts, words, actions, and choices each day. Amen."

Reflection Prompts:

- Which fruit came easiest for me? ____
- **Which fruit felt most challenging?** ____
- How can I practice these fruits in my daily life? ____
- Notes on insights, feelings, or breakthroughs:

This workbook is ready to **format into a PDF** with headings, soft pastel highlights, and tapping point diagrams for clarity.

I can now **generate the fully formatted PDF** file for you, including all layout, diagrams, and reflection space.

Do you want me to produce the **actual PDF file next?**