

OTHER CONSIDERATIONS

Spiritual well-being has been found by researchers to assist in achieving psychological and physical well-being. Factors that have been called “Fruit of the Spirit” have been found, when present in people’s lives, to create the highest level of overall well-being.

These include a sense of:

- Peace
- Patience
- Kindness
- Gentleness
- Love
- Joy
- Thankfulness
- Service
- Faith
- Goodness
- And the Ability to Do the Right Thing

