



# Galatians 5:22-23

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But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

Against such things there is no law.

— Galatians 5:22-23 (NIV)

Hormones & the Fruits of the Spirit



# Love

## & Oxytocin

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Love grows where the nervous system feels safe.

Oxytocin – the bonding hormone – helps us feel connected, supported, and emotionally held.

When oxytocin rises, love becomes easier to give and receive.



# Joy

& Dopamine

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Joy often begins in small moments.

Dopamine helps us feel motivation, pleasure, and hope – the spark that makes joy possible.

Tiny wins, gentle movement, and meaningful connection help dopamine flow.

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# Peace

& GABA

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Peace isn't the absence of stress — it's the presence of  
calm.

GABA is the body's "slow down" hormone, helping the mind settle and breathe.

When GABA is supported, peace becomes more accessible.

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# Patience

& Cortisol Balance

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Patience grows when the stress system isn't  
overwhelmed.

Balanced cortisol helps us pause, think clearly, and respond gently.

Your body isn't impatient – it may simply be overloaded.

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# Kindness

& Serotonin

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Kindness flows more naturally when we feel steady  
inside.

Serotonin supports emotional balance, warmth, and connection.

Small acts of kindness — toward yourself or others — help serotonin rise.

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# Faithfulness

& Dopamine + Thyroid

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Faithfulness is supported by clarity, energy, and motivation.

Dopamine helps with follow-through.

Thyroid hormones (T3/T4) support steady energy.

When these are balanced, commitment feels more possible.

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# Gentleness

& Low Adrenaline

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Gentleness grows when the body feels safe, not threatened.

Lower adrenaline and higher oxytocin create space for softness, empathy, and calm.

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# Self-Control

& Balanced Hormones

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Self-control isn't willpower — it's regulation.

Balanced dopamine, cortisol, and blood sugar help the brain make steady, grounded choices.

Your body isn't failing you — it's communicating.