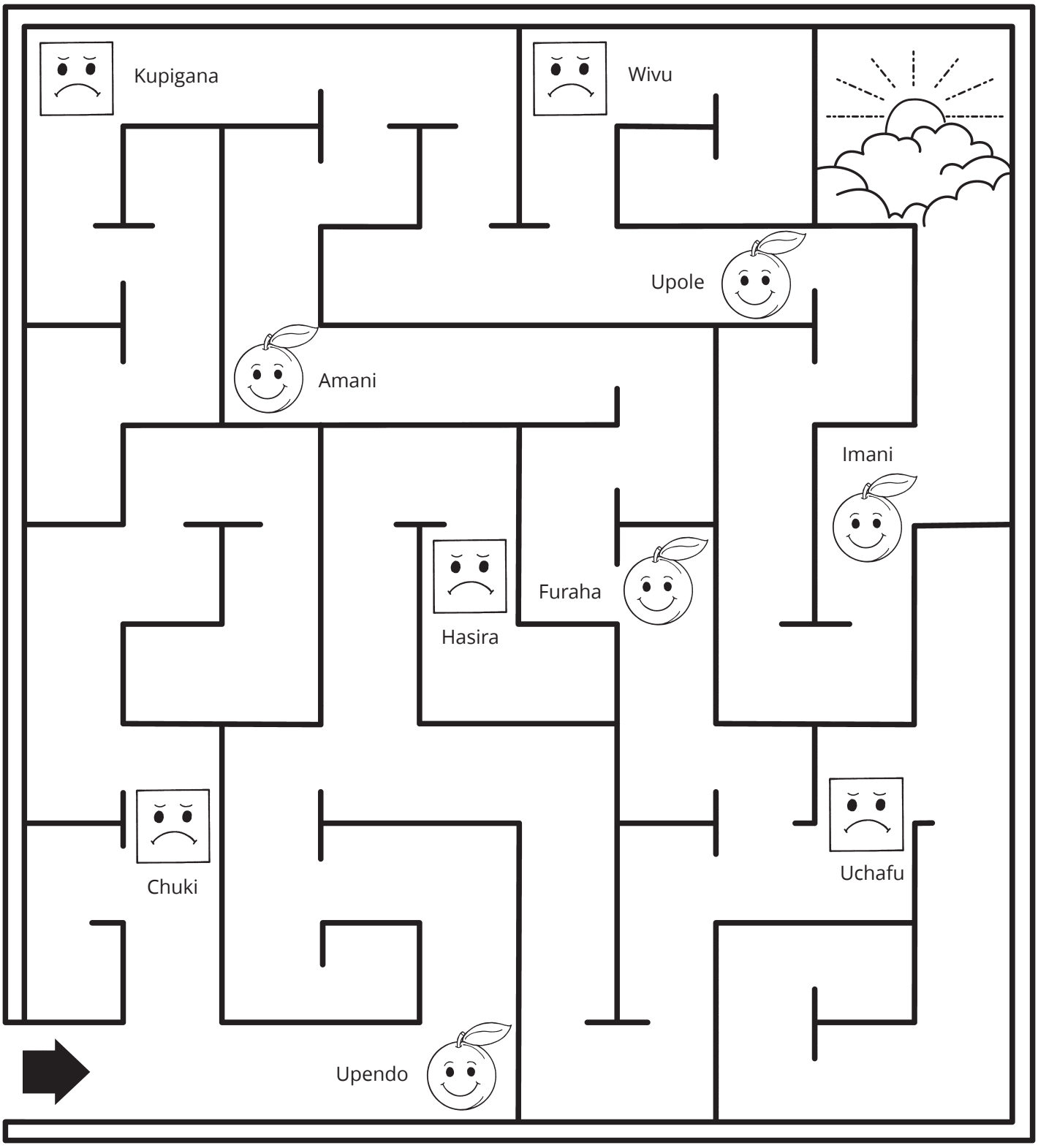
Roho Mtakatifu hunisaidia kujisikia mwenye upendo, furaha, na amani (Wagalatia 5:22–23).

Tafuta mwelekeo wako kupitia njia hii kwa kufuata matunda ya Roho, sio matendo ya kimwili.