

# Possible effects of following “the pattern of this world”:

- Stress
- Hurry
- Anxiety
- Fear
- Insecurity
- Hypervigilance
- Jealousy
- Anger
- Irritation
- Impatience
- Resentment
- Outrage
- Pride
- Distraction
- Numbness
- Overwhelm
- Exhaustion
- Discouragement
- Loneliness
- Isolation
- Shame
- Division
- Disconnection
- Lying
- Dirty speech
- Sarcasm
- Put-downs
- Dishonor of authority
- Contempt
- Careerism
- Overwork
- Materialism
- Discontent
- Debt
- Laziness
- Alcoholism
- Addiction
- Substance abuse
- Impulsiveness
- Lust
- Pornography
- Racism
- Bigotry

## Possible markers of following the Way of God's Kingdom:

- Love
- Joy
- Peace
- Patience
- Kindness
- Gentleness
- Faithfulness
- Self-control
- Faith
- Hope
- Unhurried living
- Simplicity of life
- Calm
- Generosity
- Contentment
- Freedom
- Warmth and affection
- Relational connection
- Community
- Sense of belonging
- Equity
- Diversity
- Trust
- Acceptance
- Authenticity
- Honesty
- Integrity
- Harmony
- Vulnerability
- Compassion
- Restfulness
- Diligence
- A sense of meaning and purpose
- A clear sense of direction
- Creativity
- Growth