“I wish I were more patient.” “When my circumstances change, I’ll be happier.” “Life is so stressful. I just wish I could find some peace.” “If only I had the willpower to keep that diet.” Any of these sound familiar? We could likely add a thousand statements like it to the list. We have self-help books full of goals we want to accomplish and detailed plans and steps to achieve them. The underlying thread that ties it all together is a belief that we don’t currently possess what we need and that we need to work harder or smarter in order to obtain it. While there is certainly much wisdom in practical advice, many of these plans leave us exhausted, trying to achieve something through effort we will never be able to truly attain. Here’s the great news. We don’t have to get on the exhausting treadmill of striving to acquire these things because God has already purchased all we need — and he delights to give it to us. In fact, he says that the fruit that comes out of life with him are all the love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control we could ever require. It’s all in him, and he is in you. You don’t need to work to earn these things. You simply need to draw near to him and, in his presence, to receive the fruit he has already placed in you. Then, you will find yourself naturally releasing it to others. Let go of the self-help plans and trust Jesus as the only help your “self” needs!

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control” Galatians 5:22-23a (ESV) – Emphasis added.

“May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit” Romans 15:13 – Emphasis added.

QUESTIONS FOR PERSONAL REFLECTION:

1. Read the list of the fruit of the Spirit above. Which ones do you feel need to manifest more in your life today? Take a few minutes receiving these from him!

2. It is often said that if you pray for patience, you will find yourself in circumstances requiring patience. Ask the Holy Spirit to show you the ways he is giving you opportunities to grow in your maturity in this and in his other fruit today. Ask for his perspective and thank him for always working for your good!

WORSHIP RESOURCE:

“You overwhelm me. You’re all consuming.
You sparked a fire that burns within me!”

Listen to “You Overwhelm Me” by Ruth Spiegel. Find more info about Ruth’s album at the back of the devotional.
PRAYER:
Lord Jesus, you have said that a tree is known by its fruit, so I long to be manifesting the fruit of the Holy Spirit today. I receive all that I need from you. I choose to live, move and have my being in you, Jesus. Show me the places I am relying on my own strength and plans so I can surrender them to you. I lay them down. I receive love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control today! Show me the ways you are building and releasing your fruit in my life today! May I live in wonder of your presence today!

LISTENING TIME:
Stop for a few minutes and ask the Lord what he wants to say to you. He might bring to mind a picture, a word, a song, an encouragement, a Scripture or an answer to a burden in your heart. Don’t rush or feel pressure to figure out the meaning of your impressions. Just invite him to speak and draw or write down what you sense. Afterward, ask God to help you discern and understand what he is saying to you. You might want to ask other trusted friends in the Kingdom for their input as well.

USE THE FOLLOWING SPACE TO RECORD WHAT GOD IS SAYING


TOOLS FOR FAMILY DEVOTIONS:
Using real fruit or pictures of fruit, talk about what your favorite fruits are and why. Have everyone pick what “fruit” they need at home, at school, at work, in their circumstance, etc.

TOOLS FOR PRAYING FOR OTHERS:
Using Galatians 5:22-23, pray direct and short prayers for 9 people: one for each fruit.