



I CAN WALK IN THE FRUIT OF THE HOLY SPIRIT!

“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.

