

## Praying Through This Week 17<sup>th</sup> October 2022 – Fruits of the Spirit



**“...the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.” Galatians 5:22-23**

- I invite you to read these verses through slowly....
- Is there a particular quality which resonates with you, I wonder?
- Reflect, perhaps, on why this may be... are you able to say sorry to God... give thanks... open yourself up to God’s growth of this ‘fruit’ in you...?

When we walk closely with God, we may notice the fruits of the spirit shining through us.

**“Since we live by the Spirit, let us keep in step with the Spirit.” Galatians 5:25**

When we feel that we are falling out of step, can we pause, redirect our hearts and minds towards Jesus, allowing Him to restore, refresh, and renew us so that this fruit ripens in us?

**“Blessed is the one... whose delight is in the law of the Lord, and who meditates on his law, day and night. That person is like a tree planted by streams of water, which yields its fruit in season...” Psalm 1:1-3**

*Rachel Cheffy*

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