



There are 9 fruits of the spirit, any one of them on their own, can be quite a challenge to be thoughtful of at all times. But are any of us able to be all of these 9 things all the time? It is clearly easier said than done, this is quite a daunting list of requirements.

Realistically there are always going to be times when we feel like we have not behaved in the best way. But what we shouldn't do is see this as an excuse to give up and stop trying. Recognise what you have done wrong, ask God for his help and forgiveness, and carry-on striving to be your best.

Father God, you are the giver of all good things. I pray to ask you to give me the fruits of the Spirit. Help me to love, be full of joy, peace, and patience. Help me be kind, good, faithful, and gentle when dealing with others. And finally, give me the self-control to bear the fruit so others can see. Amen.

Vicky



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