

Fruit of the Spirit

Hear the word of God *(See Handout #1)*

“For freedom Christ has set us free.” Galatians 5:1 (NRSV)

What does this mean?

We are free for living our baptism:

- To live by the Spirit
- To claim the five Spirit-given gifts of discipleship
- To bear the fruit of the Spirit

“...the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. There is no law against such things.” (Galatians 5:22 NRSV)

NOTE: The fruit of the Spirit is singular, but contains nine virtues (habits) and is expected of each Christian. These virtues are not automatic, but we pray to live in the Spirit and bear the fruit of the Spirit.

Our Daily Diet of Prayer: Fruit of the Spirit

Option 1: MORNING PRAYER

Each morning, begin your day in prayer, asking to be filled with God’s Spirit so you might bear fruit.

Gracious God, set me free to live as a disciple of Jesus Christ. Fill me with your Spirit, so that I might bear the fruit of love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. There is no limit to this fruit. May it be so in my life. Amen.

Option 2: MEALTIME PRAYERS

At each of your meals, focus on three virtues of the fruit of the Spirit. You know your day. Feel free to switch your prayers from one meal to the next.

BREAKFAST: Holy One, fill me with love, joy, peace. Amen

LUNCH: Holy One, fill me with patience, kindness, generosity. Amen

DINNER: Holy One, fill me with faithfulness, gentleness, self-control. Amen

Option 3: THROUGHOUT THE DAY

Remember the fruit of the Spirit as you pray multiple times throughout the day—as you wait at a traffic light, in carpool lines, for a meeting to begin, or while you exercise. Check whether you can recall all nine virtues of the fruit of the Spirit. Pay attention to which of the nine virtues jump to your mind immediately or which ones you have a difficult time remembering. Perhaps the Holy Spirit is trying to tell you something.

Option 4: LONGER DEVOTIONS *(See next page.)*

Find a quiet place to sit. Pray for God to set you free to live in the Spirit. Read the verse of scripture for each virtue of the fruit. Pause. Breathe. Pray.



FRUIT OF THE SPIRIT

Gracious God, set me free to live as a disciple of Christ. Fill me with your Spirit, so that I might bear the fruit of love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. There is no limit to this fruit. May it be so in my life. Amen.

The fruit of the Spirit is love.

“Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things. Love never ends.” –1 Corinthians 13:4-8a NRSV

Holy Spirit, let me show love.

The fruit of the Spirit is joy.

“My brothers and sisters, whenever you face trials of any kind, consider it nothing but joy, because you know that the testing of your faith produces endurance; and let endurance have its full effect, so that you may be mature and complete, lacking in nothing.” –James 1:2-4 NRSV

Holy Spirit, let me show joy.

The fruit of the Spirit is peace.

“Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid.” –John 14:27 NRSV

Holy Spirit let me show peace.

The fruit of the Spirit is patience.

“But if we hope for what we do not see, we wait for it with patience. Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words.

–Romans 8:25-26 NRSV

Holy Spirit let me show patience.

The fruit of the Spirit is kindness.

“Be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you.” –Ephesians 4:32 NRSV

Holy Spirit let me show kindness.

The fruit of the Spirit is goodness.

“Let love be genuine; hate what is evil, hold fast to what is good ... Do not be overcome by evil, but overcome evil with good.”

–Romans 12:9, 21 NRSV

Holy Spirit let me show goodness.

The fruit of the Spirit is faithfulness.

“Now faith is the assurance of things hoped for, the conviction of things not seen....Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith...” –Hebrews 11:1; 12:1-2 NRSV

Holy Spirit let me show faithfulness.

The fruit of the Spirit is gentleness.

“Let your gentleness be known to everyone. The Lord is near ... Always be ready to make your defense to anyone who demands from you an accounting for the hope that is in you; yet do it with gentleness and reverence.”

–Philippians 4:5, 1 Peter 3:15 NRSV

Holy Spirit let me show gentleness.

The fruit of the Spirit is self-control.

“For the grace of God has appeared, bringing salvation to all, training us to renounce impiety and worldly passions, and in the present age to live lives that are self-controlled, upright, and godly, while we wait for the blessed hope and the manifestation of the glory of our great God and Savior, Jesus Christ.” –Titus 2:11-13 NRSV

Holy Spirit let me show self-control.

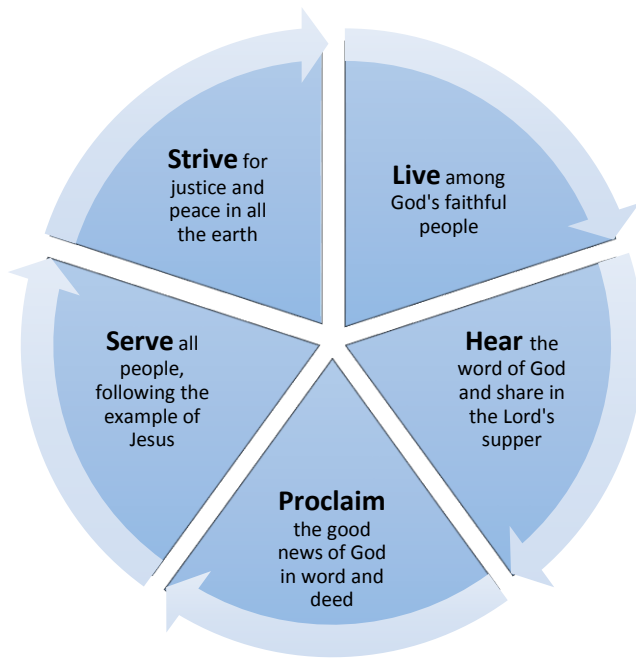


Affirmation of Baptism

Handout #1

Do you intend to continue in the covenant God made with you in Holy Baptism:
to **live** among God's faithful people,
to **hear** the word of God and share in the Lord's supper,
to **proclaim** the good news of God in Christ through word and deed,
to **serve** all people, following the example of Jesus,
to **strive** for justice and peace in all the earth?

RESPONSE: I do, and I ask God to help and guide me.



FIVE GIFTS OF DISCIPLESHIP

Inner Gifts:

LIVE among God's faithful people

HEAR the word of God and **SHARE** in the Lord's supper

Outer Gifts:

PROCLAIM the good news of God in Christ through word and deed

SERVE all people, following the example of Jesus

STRIVE for justice and peace in all the earth

How are these gifts to be used?

Each of the five gifts of discipleship has the potential to deepen our understanding of what it means to follow Jesus. The Holy Spirit provides these gifts of discipleship with each of the five gifts flowing and overlapping with the others.

On a daily basis, we are invited to live, hear, share, proclaim, serve, and strive—in the name of Christ. God guides and shapes us in the living of our baptism in the newness of life in Christ as we practice our faith each day. These five gifts help us to practice our faith and serve as a reminder of who has claimed us in baptism.

If we do not practice faith, it is easy to get confused, complacent, chase other dreams, lose focus, and wander away from God's calling—not reflecting our new life in Christ and the love of God. It is God's work, but our hands as we are sent out into the world to be a visible witness to the love of Christ.

