

Exhibiting the Fruit of the Spirit

Definition: Love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control as a way of life.

Relevant Scripture:

Galatians 5:19-2

Mark 8:34-37

Suggested study:

Living on the Vine, (1999) by Philip Kennison

On-going Practice/Spiritual Disciplines:

1. Consider how God is asking you to 'give up your life' and 'carry your cross.' How can you put others first?
2. From Kennison's book, read & discuss the reflection questions & practical suggestions at the end of each chapter. Where is God asking you to grow?
3. Work through the fruit, highlighting one fruit each month for study, reflection and action. Keep a journal of your success and challenges.

Suggested experiences:

- With a prepared & humble heart, pursue reconciliation with those who have hurt you, or who are estranged with you.

Suggested experiences:

- Have an open & honest conversation with your closest friends and family members. How do they see you living & needing to grow in 'exhibiting the fruit of the Spirit?'
- With a prepared & humble heart, pursue reconciliation with those who have hurt you, or who are estranged with you.

Additional resources:

The Peacemaker : A biblical guide to resolving personal conflict (2003, 3rd edition) by Ken Sande

How To Have That Difficult Conversation You've Been Avoiding: With Your Spouse, Adult Child, Boss, Coworker, Best Friend, Parent, Or Someone You're Dating (2005) by Henry Cloud & John Townsend

