

Gal. 5:22-23: But the fruit of the Spirit is...

- **Love:** affection for others, appreciation, adoration
- **Joy:** gladness, exuberance about life, bliss, rejoicing, delight, glee
- **Peace:** serenity, harmony, unity, tranquility, rest
- **Patience:** even temper, forbearance, perseverance, endurance, diligence
- **Kindness:** a sense of compassion in the heart, graciousness, hospitality, sympathy, understanding
- **Goodness:** benevolence, a conviction that a basic holiness permeates things and people, generosity, mercy, integrity, grace
- **Faithfulness:** full of faith, loyalty, adherence, allegiance, trustworthiness
- **Gentleness:** meekness, humility, tenderness, not needing to force our way in life
- **Self-control:** self-restraint, continence, able to marshal and direct our energies wisely

1. To prepare for our time of prayer during Trumpet Call next Tuesday, pray through each of the fruits of the Spirit as often as you can this week asking God to show you any place in your life where you may have unknowingly shut off the growth of this fruit in your life. Use the questions below to jump start your prayers. Use the synonyms listed above as well. Often a different word will strike a chord. When He puts His finger on an area, ask Him to show you specifically what occurred to stop the growth process.

Where may I have judged _____, thus halting or limiting the flow of it in and through my life? For example - Have I judged weakness or need in a negative way? Is there a relationship where I have "refused" to extend mercy? Deciding - "They don't deserve it" "Their state of weakness means I am not safe, therefore, I cannot extend mercy." (Seeing my parent in a weak state left me unsafe → "Weakness is bad" → Judgment stunts the flow of mercy through me to those who are weak or in need)

Is there a place where I have been wounded by someone who was example of _____? For example - Was I deeply wounded in a love relationship and therefore I made a vow "I'm not loving like that again"... "I'm not doing that again"... "I'm not giving my heart to anyone like that again" in an attempt to protect it from hurt, but also walled myself off from giving and receiving lavish love?

2. Use the Tool & Technique: Obstacles to Freedom to aid you crafting additional prayers like the questions above and to help you process what the Lord shows you.
3. Make sure to record your insights in your spiritual journal or notebook and bring it with you to class next week.