

1. Read through the fruits of the Spirit and some of their synonyms below.

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

2. Next to each one, prayerfully evaluate, on a scale of 1-5 (1 = little baby buds and 5 = big fat fruit), the measure of each that you see in your own life. This is not a time to be judgmental or critical of yourself. It is just an honest evaluation of fruit in your life so that we can identify a place God may be targeting for growth.
3. Take a moment to thank God for the fruit that is in your life, however big or small. Thank Him that His Holy Spirit chooses to dwell within you and represent God in these ways.
4. Now, take a look at the fruits that are the least evident in your life. Take each one to the Lord asking Him to show you any place in your life where you may have unknowingly "shut it off" in your life. Use the questions below to jump start your prayers. When He puts His finger on an area, ask Him to show you specifically what occurred to stop the growth process.

Sample questions to ask yourself

Where may I have judged _____, thus halting or limiting the flow of it into 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/goodness? 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/goodness to me and 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?

5. Use the Tool & Technique: Obstacles to Freedom to aid you crafting additional prayers like the questions on the previous page and to help you process what the Lord shows you.
 - a. Ask God to show you how not RECEIVING this fruit looks in your life. Matt. 16:19 NIV - *whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.* Specifically, repent of anything you have done (judged, believed a lie, made a vow, formed a soul tie, self-protected, erected a stronghold, responded inappropriately to sin done against me, etc.) to stunt the growth of this fruit in your life. Ask God for a crop failure any place where you have sown from your flesh. Gal. 6:7b-8 TM - *What a person plants, he will harvest. The person who plants selfishness, ignoring the needs of others—ignoring God!—harvests a crop of weeds. All he'll have to show for his life is weeds! But the one who plants in response to God, letting God's Spirit do the growth work in him, harvests a crop of real life, eternal life. vs. 8 GNT* - *If you plant in the field of your natural desires, from it you will gather the harvest of death; if you plant in the field of the Spirit, from the Spirit you will gather the harvest of eternal life.*

Insights:

- b. Ask God to show you ways that He might be PRUNING you in an area so that the fruit you produce will be bigger and sweeter. How does this change your perspective on difficult circumstances?

Insights:

- c. Ask God to show you what your life, relationships, areas of influence, etc. could look like if this fruit of the Holy Spirit were able to FREELY FLOW THROUGH YOU. Jer. 17:5-8 NIV - *This is what the Lord says: "Cursed is the one who trusts in man, who draws strength from mere flesh and whose heart turns away from the Lord....But blessed is the one who trusts in the Lord, whose confidence is in him. They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit."*

Insights:

6. Record what the Lord showed you in your spiritual journal. Also, what did you repent of? What soul ties did you cut? It is important to keep record of things like these to battle the enemy's attempts to steal, kill, and destroy. You can battle him, and your mind/will/emotions that will more easily follow the groove that has taken years to form, with these reminders of the work you and God have done.