

They say an apple a day keeps the doctor away. What we put into our body can help keep us healthy and strong, or make us weak and sluggish. Parents have known for generations that fruits and vegetables are the sort of things that make us vigorous and healthy. In Sunday school this year we learned that Jesus gave his own prescription. He prescribed to his followers that we partake in the fruits of the spirit, so that we might be spiritually healthy.

**LOVE** - True love isn't about how you feel. Love is something you do. In fact, you can continue to love someone even when they have hurt your feelings or don't act like they love you back. God loves us like that. Even when we are not doing the right things, He still loves us. In fact, He loves us so much, He wants us to be a part of His family.

Dear God, Please help us to show Your love to others. Help us to love others even when they don't act like they want it, and we don't feel like offering it. Thank you for loving us. Amen.

**JOY** - Joy is happiness that comes from knowing God. Not from what we have or where we are. Joy is being happy inside even when things aren't going great. God gives us joy in good times and bad. No matter what happens, hang on to that joy! It's like having a song for God in your heart all the time!

Dear God, We are so thankful you put a song in our hearts and make us joyful. Help us to show that joy to others! Amen

**PEACE** - Peace can mean a lot of things to different people, but what peace really comes down to is a calm heart that doesn't stir up trouble. Peace is being content with what God has given us. Be happy with what you have. Jesus said, "My peace I give you." (John 14:27) Jesus was so peaceful that even when people he knew and loved hurt Him, He didn't fight back. He knew that God would take care of Him. That's what peace is all about....knowing that God will take care of you. You show this Peace to others by remaining calm, showing Love, and having Joy.

Dear God, Help us to be peaceful. Help us to not cause trouble for others and stay calm even when trouble comes our way. Thank you, Jesus, for giving us peace. Amen.

**PATIENCE** - Waiting without faith is hard. It may seem like what you are waiting for will never get here! When you have patience, you wait without complaining. You don't whine or try to get your way faster. You wait quietly, trusting that God will take care of you. Patience does not mean idle living. It is actively bettering yourself while waiting for what is to come. Some ways this can be done are through prayer, study, and service.

Dear God, We trust you and know that you want us to wait patiently for your answers and your timing. Help us to learn not to whine or cry when we don't get our way. Help us to show others what it means to trust You, by showing them how we actively wait. Amen.

**KINDNESS** - Kindness goes hand in hand with Love. Kindness is love in action. That means loving others helps us to be kind to others. We care for others, help others, and show love to others when we are kind. Be looking for ways you can show kindness to someone today. When you show kindness, you are showing others God's love and that will bring joy to their hearts!

Dear God, Bring someone into our life today to whom we can show kindness. Help us to love others with Your love. Amen.

**GOODNESS** - Goodness isn't simply about being good. True goodness comes straight from the heart. It means being caring and understanding. It is being good not because Mom or Dad said so, but because your heart wants to do good. God is good and when we love Him, we desire to be good without being told to be good.

Dear God, We want Your goodness to shine through us to others. We want others to see how wonderful You are. Bring us closer to You every day. Amen.

**FAITHFULNESS** - Faithfulness is being there for someone, being loyal, believing in something even when it seems hard or no one else is doing it. It is remaining constant no matter how circumstances change. God is a faithful God. He loves us and He does what is best for us because He loves us. He is always the same...yesterday, today, and tomorrow. When we are faithful, we show others we can be depended on and we do what is right because we know we are God's children.

Dear God, We know You love us and are faithful all the time. Help us grow to be more trustworthy and faithful to You every day. Amen.

**GENTLENESS** - Gentleness is being calm and careful. It is being quiet with your voice and soft with your touch. Jesus was gentle in spirit. He was kind and tender toward others. He held small children on His knee and He quieted storms with His words. We want to be like Jesus, so we practice being gentle.

Dear God, Please help us to be gentle like Jesus. Help us to have a quiet voice and gentle hands. Amen

**SELF-CONTROL** - If you switch the words around, you'll hear exactly what it means .... controlling yourself. That means when you feel like doing something that isn't right, you stop yourself - you control yourself. This is a hard one! God wants us to be self-controlled. When we are tempted to do things we shouldn't do, God is right there with us helping us to do the right thing. HE helps us to control ourselves! So, every time you are tempted to do something you shouldn't, ask God to help you have more self-control.

Dear God, Sometimes we want to do something we know we shouldn't do. Please help us to have self-control and not give in to the temptation of sin. Help us to remember the Fruits of the Spirit that you have given us. Amen.

#### BLESSING:

Lord, help us to be warm and loving, contagiously joyful, actively peaceful, compellingly patient, respectfully kind, always good, unwaveringly faithful, humbly gentle, vigorously self controlled, and always aware of the Holy Spirit within, because the Holy Spirit does not want to hibernate inside of us, He wants to shine God's light through us. This is the person we want to be. Amen.