

## Fruits of the Spirit



This prayer exercise uses the list of qualities that the Apostle Paul calls the “fruits of the Spirit” in Galatians 5:22 – *love, joy, peace, patience, kindness, goodness, trustfulness, gentleness and self-control.*

You can do this activity while walking, cleaning, knitting, washing etc.; an activity that doesn’t require your full concentration.

You could use this for personal reflective prayer – praying for yourself – or as a method of praying for someone else.

Start by repeating the word **love** in your mind as you perform your activity. Now think of the person you are praying for. Thank God for them – for the love you have for them, for the love others show them and for the love they give to others. Pray that they may grow in love, be loving towards others, be blessed by love that is unconditional and life-giving, and become ever more aware of how much God loves them.

Now move onto **joy** (change your direction or activity). Again, focus on the person you are praying for. If they are especially joyful, thank God for this. If they are short of joy ask God to fill them with the abundant joy that God’s Spirit can give. Imagine what that person will look and sound like with this joy welling up in them and hold this mental image before God. If there are particular reasons why this person is without joy carry these circumstances and concerns to God.

Continue with **peace** – asking God to give this person his peace, praying for issues that make the person anxious and may take away their peace of mind, carrying to God any situation of conflict or unrest.

Do the same with **patience, kindness, goodness, trustfulness, gentleness and self-control**. Spend time on each quality, repeating the word in your mind in time with your movements, thanking God for all he is doing already and asking him to bless the person you are praying for with this particular quality. Use each of the nine fruits as springboards into other thoughts and prayers.

Exploring Prayer by Sue Mayfield