

## Produce in Me

If there was a plate of warm, gooey chocolate chip cookies next to a plate of oranges, I would much rather pick up the cookie. It can be a challenge for me to want to eat nutritious fruits and vegetables; I choose the unhealthy foods over what I know is good for my body.

Read Psalm 34:8.

This summer I challenge you to spend extra time eating the good stuff the Lord has for you. Our lives can be full of junk food, both metaphorically and literally; however, the Lord is good. He is yummy. The fruit of the spirit is better for us than any sweet treat the world could tempt us with or offer.

Read Proverbs 8:19.

The book of Proverbs focuses on wisdom. This chapter goes into the details about the benefits of wisdom. God tells us that His fruit is better than gold.

Let's have a summer focused on all the wonderful stuff God has for us. Fruitful means productive or producing good results. Join me in praying for a fruitful summer: **Heavenly Father, produce in us something new this summer. Help us to grow and change into people closer to You. Mold us and make us into Your willing farmers and gardeners. In Jesus' name, amen.**

### Going Deeper

- Draw a picture of your favorite fruit. How can you focus on eating healthy spiritual things over this summer instead of gorging on junk food?
- Write out Galatians 5:22-23.
- Galatians 5:22-23 lists 9 different fruit the Holy Spirit gives us. Which of the 9 is the easiest for you to understand, and which is more challenging for you to apply to your life? Why?
- Write out a goal for when you will spend time journaling and praying this summer. Pick a day of the week and a time!

taste and see

fruitful

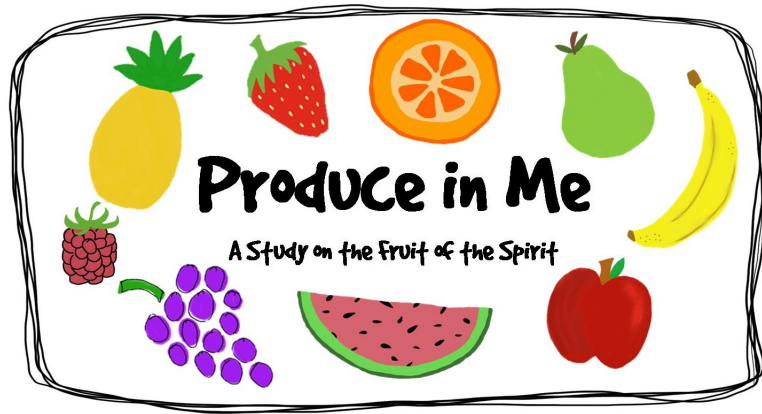
Summer  
2017

SUMMER GOALS

abundance

time  
to  
grow

Psalm 34:8



# Produce in Me

A Study on the Fruit of the Spirit



But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Galatians 5:22-23



But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Galatians 5:22-23