

# TAKE HOME [6]: PRACTISE THE FRUITS

We all have two natures, that of good and that of self-serving. It has been said in the past that we have two dogs. The dog of 'self' who loves ego and pride and the dog of goodness who loves the way of Jesus. We have to choose which dog we will feed each day. Starve the one and feed the other. Choosing to walk in the fruits of the Spirit is about choosing to feed the dog of faith and hope.

Each day this week look and explore a way of living out one of these fruits as a practice of growing in the Spirit. Some days will be harder than others. You may want to generate your own idea or take the suggestion below.

## DAY 1: LOVE

Send someone a text telling them how much you appreciate them today.

## DAY 2: JOY

Choose to be thankful for the small things. "Thank you for driving the train so I can get to work".

## DAY 3: PEACE AND PATIENCE

On the hour take a moment to breathe and centre yourself. Invite God's Spirit to rest within you.

## DAY 4: KINDNESS AND GENEROSITY

Do something today that is kind and will not be found out.

## DAY 5: GOODNESS AND GENTLENESS

Take the opportunity to show love and respect to someone who is 'pushing your buttons' with even temper and strength under control.

## DAY 6: FAITHFULNESS

Think about something you have promised to do in the past but failed to fulfil. Attempt to do it today no matter how long ago the commitment.

## DAY 7: SELF CONTROL

Take the day to fast and abstain from something you enjoy. Rather than consume it, take the time to pray gratitude to God.

