

fruitFULL

THE FRUIT OF THE SPIRIT

"FRUITFULL" WEEK 3 NOTES **NOVEMBER 19**

Key Thoughts

- 1. These are all God centered
 - 2. These all require a change of mind
 - 3. These don't cost us much
 - "Patience is a hard discipline. It is not just waiting until something happens over which we have no control: the arrival of the bus, the end of the rain, the return of a friend, the resolution of a conflict. Patience is not a waiting passivity until someone else does something. Patience asks us to live the moment to the fullest, to be completely present to the moment, to taste the here and now, to be where we are. Let's be patient and trust that the treasure we look for is hidden in the ground on which we stand."
- Henri Nouwen

Scriptures

- Galatians 5:22
- Exodus 34:6
- Romans 2:4
- Romans 12:2

Practical & Reflection

- Are you rushing to get somewhere...anywhere...instead of being present in this moment where God has you now?
- Where's one area in your life you can practice patience this week?
- Who's one person you can show kindness to?
- How can you display goodness this week?