

Worksheet 2 - Fruit as the Remedy

Fruit of the Spirit Exercise Galatians 5:22

Your second assignment is to pray and be truthful to yourself in the areas where you feel like you DO what you don't want to do and you do NOT do what you want to do. Ask the Lord to help you choose what to tackle first. You do not have to pick out more than one area of need, but there's room for up to three on this sheet. (Let God help you pick!)

COLUMN 1: (below) Make a list of things that you do but don't want to do or things you don't want to do but find yourself doing. (Use a separate sheet to record multiple issues.)

COLUMN 2: Look at each of the fruit of the spirit listed. Prayerfully consider what fruit you're lacking that if you had more of it, you would be less likely to possess the problematic behavior.

Love

Gentleness

Peace

PATIENCE

Faithfulness

Self-Control

JOY

Goodness

Kindness

Your Current Behavior/Issue	Fruit Application Needed
Example: I binge eat when I am angry.	Gentleness, self-control, faithfulness, peace, love

Now that you know the fruit that needs to be cultivated, begin praying. Even if you do not want to change right now, all you need to do is move in faith just by praying.

Sample Prayer: Lord, I have not been able to help myself and I confess that I need Your guidance and power to make changes. I want to want to obey Your Word and be all You've designed me to be. I want to be fruitful in every area. I ask that you increase me in the fruit of (list fruits you noted) Grow an orchard of this fruit in my life in Jesus' name. Thank you!

Begin praying in the fruit every day. As your orchard begins to grow, water it with the Word and fertilize it with action!