

## Sowing the future together: the fruit of the Spirit

**"We need to have faith, hope and love as we move Mothers' Union forward into the future."**

***Lynne Tembey, Worldwide President***

If we are to sow the future with faith, hope and love we need to have a store of these ourselves. As Christians we have the opportunity to produce good fruit of the Spirit; by being rooted in Christ.

Just as you accepted Christ Jesus as your Lord, you must continue to follow him. Let your roots grow down into him, and let your lives be built on him. *Colossians 2:6-7*

The Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Since we are living by the Spirit, let us follow the Spirit's leading in every part of our lives.

*Galatians 5:22-3, 25*

The chart below highlights the various fruit of the Spirit, gives a biblical illustration of the fruit, and a challenge for us to consider where in our lives we need to display these qualities.

Take a moment to reflect on the blessing of being rooted in Christ:

Then prayerfully consider these spiritual fruits, asking God to highlight contexts in which we need to display their qualities. This may be done in relation to our Mothers' Union service; also, as a personal exercise.



Loving Lord,  
Help us to be rooted in you  
that the Spirit may bear fruit in us;  
for the growth of your Kingdom  
and the glory of Christ.

Loving Lord,  
Help us to sow a future together  
which will enable our work to flourish;  
through far-reaching vision  
and commitment to your will.  
Amen

FRUIT	EXAMPLE	OUR CONTEXT
Love	By this everyone will know that you are my disciples, if you love one another. <i>John 13: 35</i>	
Joy	Be joyful in hope, patient in affliction, faithful in prayer. <i>Romans 12:12</i>	
Peace	If it is possible, as far as it depends on you, live at peace with everyone. <i>Romans 12:18</i>	
Patience	Whoever is patient has great understanding, but one who is quick-tempered displays folly. <i>Proverbs 14:29</i>	
Kindness	Always try to be kind to each other and to everyone else. <i>1 Thessalonians 5:15</i>	
Goodness	We are ... created in Christ Jesus to do good works, which God prepared in advance for us to do. <i>Ephesians 2:10</i>	
Faithfulness	Use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms. <i>1 Peter 4:10</i>	
Gentleness	Let your gentleness be evident to all. The Lord is near. <i>Philippians 4:5</i>	
Self-control	Like a city whose walls are broken through is a person who lacks self-control. <i>Proverbs 25:28</i>	