

# My Thoughts For Sunday, October 13, 2013

## Exercising The Fruits Of The Spirit

Assuming you are an active human, we probably have many of the same encounters, challenges and general issues on a regular daily basis. Times when we are confronted by sometimes less than Christ centered individuals; times when we are passed by for various reasons, for promotions, maybe in the line at the market, etc. We are constantly faced with choices on how we are going to react to these many issues that come along on a daily basis: incessant telephone calls to receive and/or make, deadlines to be met, unfinished projects needing completion, possibly even a temptation or two. Include the following CHOICES in your everyday lives.

### 1. CHOOSE LOVE

First, understand LOVE is not an emotion or feeling. By God's standards, LOVE is a decision to be committed to the wellbeing of others.

No occasion or perceived injustice merits hatred or bitterness. (1 John 4:7-12, 1 Corinthians 16:13-14)

### 2. CHOOSE JOY

JOY is more than happiness. A Christian experiences JOY by believing in God, obeying His will, receiving His forgiveness and sharing His Gospel and ministering to others.

With this in mind we will see all people as, no less than children of God, and every problem as an opportunity to see God and show Him to others. (1 Peter 1:8-9, John 16:22-23)

### 3. CHOOSE PEACE

PEACE is a sense of contentment, freedom from worry and oppressive thoughts.

Do you feel slighted, ungratified or anxious for something not happening in your life? Listen to God's words as He explains His Peace. (Philippians 4:6-7)

### 4. CHOOSE PATIENCE

PATIENCE is slowness in avenging wrongs. It prevents believers from speaking or acting in haste under perceived or real injustices. PATIENCE is bearing pain or problems without complaining.

Instead of being upset with the one trying to crowd you in line, invite him to move ahead, then thank God for another moment for prayer. (Proverbs 15:18, Ecclesiastes 7:8-9)

### 5. CHOOSE KINDNESS

KINDNESS is a Christ-centered desire to put others at ease; keeping in mind the poor, for they are often alone; the rich, for they are sometimes without God and afraid. Show KINDNESS especially to the unkind, for this is the way God treated you.

Observe what God has to say about KINDNESS. (Titus 3:4-5, Ephesians 4:31-32)

### 6. CHOOSE GOODNESS

GOODNESS, the unselfish and selfless act of being generous to others though you might perceive them as being unworthy. Ours is not to decide the worthiness of those around us, but to assist, as we are able, in their times of need. (Ephesians 5:8-10, Galatians 6:9-10)

### 7. CHOOSE FAITHFULLNESS

Today will you strive to keep your promises in light of the incessant telephone calls, unpaid bills, a decision to not go immediately home from work because of some temptation?

FAITHFULLNESS includes keeping all your promises, so that your debtors will not regret their trust, your associates will never doubt your word, your wife will never have reason to question your love and your children will never have to worry about your coming home to them. (1 Corinthians 4:2, Proverbs 3:3)

#### 8. CHOOSE GENTLENESS

Although GENTLENESS is humble and non-threatening it is not a quality that is weak and passive. GENTLENESS is very useful in calming another's anger.

This is a very useful attribute to exercise when those around you wish to cause unnecessary disturbances. Listen again to the wise lessons of Scriptura. (Proverbs 15:1, 1 Corinthians 4:21)

#### 9. CHOOSE SELF-CONTROL

Perhaps the strongest and most necessary of Fruits of the Spirit to engage in the above examples is SELF-CONTROL.

Regardless of whether we are dealing with employers, telephone calls, family or strangers, and especially temptations we must always keep in control of ourselves and especially our emotions, not to lose control and become as those around us. (Proverbs 29:1, Titus 2: 11-12-13)

The blessings of God be with you

From your Webmaster