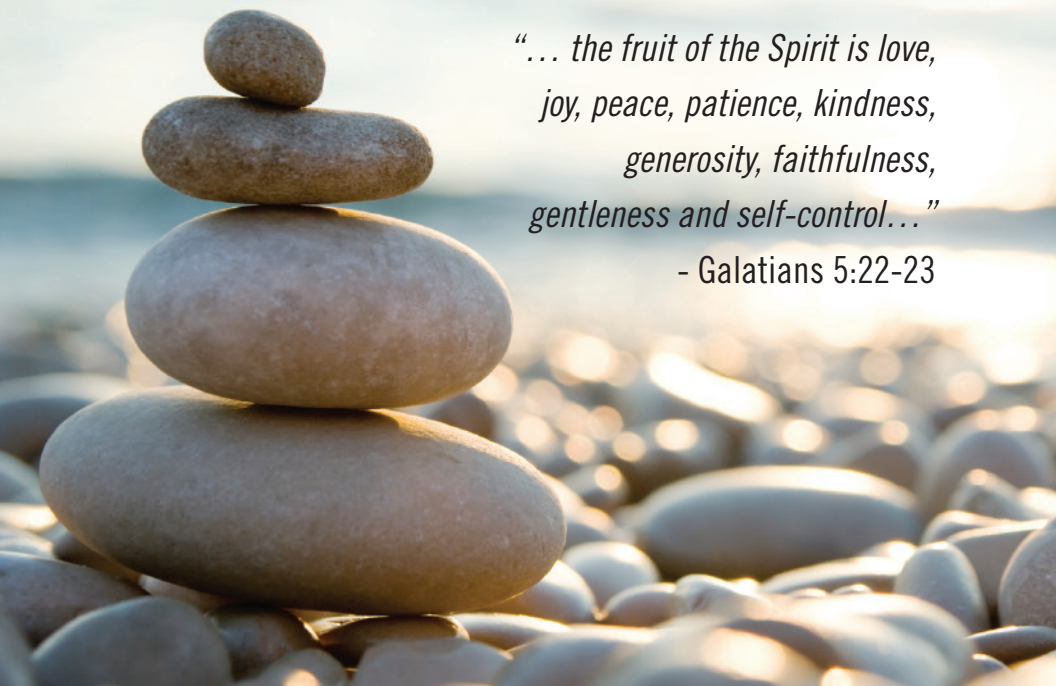


MEDITATION BOOKLET



Fruit of the Spirit

A stack of five smooth, rounded stones of varying shades of brown and tan, balanced on a beach of similar stones. The background is a soft-focus view of the ocean and a bright, hazy sky.

*“... the fruit of the Spirit is love,
joy, peace, patience, kindness,
generosity, faithfulness,
gentleness and self-control...”*

- Galatians 5:22-23



Acknowledgements

Thanks to all the writers from Discipleship Ministries for sharing their gifts and graces for this time of praise and worship. And a special thanks to Kiyah Agtarap.

Rev. Dr. Timothy L. Bias, General Secretary

Kiyah Agtarap, sophomore, University of California, Davis

Rev. Tom Albin, Dean, Upper Room Chapel

Andrew Breeden, Associate Acquisitions Editor

Rev. Taylor Burton-Edwards, Director of Worship Resources

Carolyn W. Dandridge, Communications Project Coordinator

Linda Furtado, Coordinator of Production and Related Services

Rev. Dr. Candace Lewis, Associate General Secretary, New Church Starts (Path 1)

In memory of the late John S. Mogabgab, former Special Projects Editor



Table of Contents

Invitation to Meditation	Page 2
Love	Page 3
Joy	Page 4
Peace	Page 5
Patience	Page 6
Kindness	Page 7
Generosity	Page 8
Faithfulness	Page 9
Gentleness	Page 10
Self-control	Page 11
Journal Your Thoughts	Page 12

Invitation to Meditation



Welcome!

We invite you to a period of relaxation, exercise and meditation during the next nine days. Please carve out some time during this period to free your mind, challenge the physical stature and connect with the fruits of spiritual deliverance.

Galatians 5:22-23 states, *“But the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness and self-control. There is no law against such things.”*

Stress has become one of society’s major silent killers. Our purpose with the following daily meditations and exercises is to provide an opportunity to boost creativity, increase your internal and external focus of life’s blessings and harness your stress level.

It is very important to be good and gentle with yourself over the next nine days. God loves you and so do we. We are praying with and for you daily.

Enjoy your meditation time. Feed on spiritual fruits for the mind, body, and soul. And consume healthy fruits for the physical body during this period.



DISCIPLESHIP MINISTRIES

The United Methodist Church

If you would like to order more of these meditation booklets, please contact Carolyn Dandridge at cdandridge@UMCdiscipleship.org.

www.UMCdiscipleship.org
www.ChuckKnowsChurch.org

LOVE

by Carolyn Dandridge

Fruit of the Day:

.....
Strawberry

SCRIPTURE: JOHN 3:16

*"For God so **loved** the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life."*

PRAYER: Heavenly Father, we thank you for the love that you showed the world when you presented your only Son as a living sacrifice to save a world full of sinners. Once your flesh freely gave His life to set us free, you opened the doors of heaven that started a chain reaction on the powerful works of love, forgiveness, grace, mercy and eternal life. I praise you and lift you high as I began today's journey. O great Creator, I ask that you provide opportunities for me to show love, react to love and live love. In the name of Jesus, your Lamb, I pray. Amen.

EXERCISE:

Take a 15-minute walk and focus on the heart today.





JOY

by Rev. Dr. Candace Lewis

SCRIPTURE: MATTHEW 25:20-23

*“So the one who had received five talents came and brought five other talents, saying, ‘Lord, you delivered to me five talents; look, I have gained five more talents besides them.’ His lord said to the one, ‘Well done, good and faithful servant; you were faithful over a few things, I will make you ruler over many things. Enter into the joy of your lord.’ Also the one who had received two talents came and said, ‘Lord, you delivered to me two talents; look, I have gained two more talents besides them.’ The Lord said to the one, ‘Well done, good and faithful servant; you have been faithful over a few things, I will make you ruler over many things. Enter into the **joy** of your Lord.’”*

Fruit of the Day:

.....
Grapes

PRAYER: Dear God, I am in the midst of a period of meditation and this scripture reminds me that you have given me gifts and talents enabling me to serve at your will. God, please empower me to be a faithful and fruitful leader as I guide and serve your people. I will trust the “joy of the Lord” to strengthen me. I look forward to experiencing the “joy” that comes from faithful and fruitful service. Bless this day of journey and preparation. In Christ Name I pray. Amen.

PEACE

by Rev. Dr. Timothy L. Bias

Fruit of the Day:

.....
Blueberry

SCRIPTURE: MATTHEW 5:9

*"Blessed are the **peacemakers**, for they will be called children of God."*

PRAYER: New every morning is your love great God of light, and all day long you work for our good. Stir up within us the desire to serve you in trust and obedience, to not only do good but to be good, and to live peacefully with family, friends, colleagues, neighbors, strangers, and enemies.

Through your own dear Son, you have made us your children. We have heard your voice and today we seek your deep and abiding peace. We know that is your peace that sets us right with you, our neighbors, and all creation. Fill us to overflowing so that we can and will become instruments to your peace.

Help us clear a space for you today so that we can place our fears, our burdens, and our needs into your hands. We need the grace to trust you with all anxiety and despair, all vanity and defiance, all unbelief and superstition so that your greatness and goodness might shine through us. We want to be so close to you that we are identified as your children, as peacemakers. Help us be who you created us to be.

As we offer ourselves to you for this day, help us open our hearts to everyone we meet so that your love flows freely and we live together bringing you glory and our world your shalom.

Thank you for the privilege of calling upon you and for being shaped by your love and peace. Amen.

PATIENCE

by Rev. Tom Albin

Fruit of the Day:

.....

Pomegranate

SCRIPTURE: 1 TIMOTHY 1:16 NIV

*“But for that very reason I was shown mercy so that in me, the worst of sinners, Christ Jesus might display his unlimited **patience** as an example for those who would believe on him and receive eternal life.”*

PRAYER: Jesus, you have been so patient with me. Loving me, protecting me, inviting me, calling me, waiting for me. You are patient and kind and strong and wise and good. You are love. I pray that you will make me patient and kind and strong and wise and loving, too. By the power of your Holy Spirit, produce in me the fruit of patience. Amen.

MEDITATION:

Let your mind look and see Jesus Christ, patiently and lovingly seeking a relationship with you – regardless of whether your sins and faults are big and dramatic, or small and hidden. Each of us has done enough to make God grow weary of our self-centered, stubborn waywardness.

Jesus is your role model. You are his disciple. He is your teacher.

Patience is love’s perspective on time. It does not look at time, circumstances or situations in the way that others do.

“Love is patient; love is kind; ... it is not irritable or resentful; ... It bears all things, believes all things, hopes all things, endures all things.” 1 Corinthians 13:4-7 (NRSV)

KINDNESS

by John Mogabgab (Deceased)

SCRIPTURE: HOSEA 11:14 NIV

*“I led them with cords of human **kindness**, with ties of love; I lifted the yoke from their neck and bent down to feed them.”*

Fruit of the Day:

Apple

PRAYER: Ever-loving God, we live in a prickly world. Small mistakes become large offenses. Unintended offenses spark vengeful thoughts. Hostile thoughts ignite aggressive action. Conflicts surround us everywhere in our common life and have deep roots within our hearts. Too often, we look at those who are different from us with suspicion, judgment and fear. But this is not your way. You do not regard us the way we regard others. You gaze upon us with kind eyes, confident that beneath layers of insecurity and resentment you will find the hidden treasure of your own image. You want us to know this about you. You tell us repeatedly: You consider us the apple of your eye (Zechariah 2:12); you want to gather us under the shelter of your wings (Psalms 36:7; 91:4); you promise to feed us with the finest wheat (Psalms 81:16); you call us by name (Isaiah 43:1); you concern yourself with the smallest details of our life (Matthew 10:30); you forgive even your enemies (Luke 23:34); and you prepare a place for us in your own home (John 14:3). Thank you for your kindly generosity and loving persistence. We regret the many times we have not taken you at your word. Help us to believe how much you love us. Help us receive your kindness with gratitude and show it to others without counting the cost. In the Name and guiding Spirit of Jesus, we pray. Amen.

EXERCISE: Leg Stretches. Start in a lunge position with your right leg forward and left leg back. Shift all your weight to your right leg. Push your body up from the lunge and then kick forward with your left leg before returning to the start position. Do three sets of 15 reps on each side.

GENEROSITY

by Linda Furtado

Fruit of the Day:

Banana

SCRIPTURE: 2 CORINTHIANS 9:11 NIV

"You will be made rich in every way so that you can be generous on every occasion, and through us your generosity will result in thanksgiving to God."

PRAYER: Generous God, God who gave this world to your people to care for. God of love who provides our every need. God who in Jesus Christ is the ultimate example of selflessness and sacrifice: Thank you for showing me your way, for teaching me what it means to be rich, for filling me with your love, and inviting me to share this wealth of blessings with others in every occasion. By my acts of generosity and in every moment that I remember your goodness, in your Son Jesus Christ's name, I give thanks.



EXERCISE: Upper Torso Stretch. Stand with feet shoulder distance apart, arms at sides. Lunge forward with left leg, bending front knee 90 degrees. (Keep knee aligned with ankle.) Straighten right leg behind you while reaching arms back, opening up chest. Stay here for two deep breaths. Switch sides and repeat. Do 10 reps.

FAITHFULNESS

by Andrew Breeden

SCRIPTURE: PSALM 40:10 NIV

*"I do not hide your righteousness in my heart; I speak of your **faithfulness** and salvation. I do not conceal your love and your truth from the great assembly."*

Fruit of the Day:

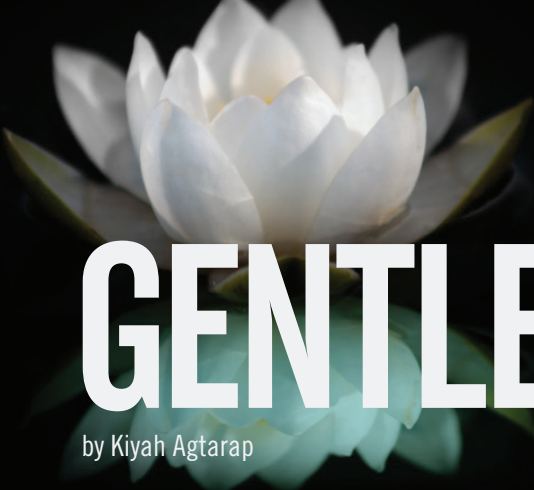
.....

Pear

PRAYER:

Some days it is hard to be Yours.
Our attention is torn by noise and distraction and confusion
– a thousand worries.
If we cannot be faithful today,
If we are too tired to care,
If we have given up, forgive us.
You are faithful to us even when we are not faithful to You.
Help us try again tomorrow.
Amen.

EXERCISE: Shoulder Toning. Hold your arms straight out to the sides with palms facing up. Circle forward 7 times and then backward 7 times. Flip your palms so they face the floor and repeat the sequence. This will help tone your shoulders and release any stress in your neck. Keep your neck straight and relaxed, this will also open your heart muscles.



GENTLENESS

by Kiyah Agtarap

Fruit of the Day:

.....

Orange

SCRIPTURE: 1 PETER 3:16 NRS

*"... yet do it with **gentleness** and reverence. Keep your conscience clear, so that, when you are maligned, those who abuse you for your good conduct in Christ may be put to shame."*

PRAYER: Dear Heavenly Father, thank you for all that you are. Help me be like you and be slow to anger when others question and doubt my joy to you. Let me arm myself with your word so if others fight against me, I may be ready. Help me to always be graceful, respectful, and to stay strong. I know you are always with me, Lord. You will put those who bring me down to shame. Thank you for all that you do and never failing me in my times of pain and in my times of joy. Amen.



EXERCISE: Walking Lunges. Stand with feet at shoulder width. Take a large lunging step forward while placing your hands on the leading thigh for support. Drop into a deep lunge so the trailing knee just contacts floor (stay just above your comfort zone if floor contact is too strenuous). Push forward through the hips to increase the stretch in the leg flexor area. Keep the torso lifted, back straight and head looking forward; repeat for the opposite leg. This is one repetition. Continue repetitions at your own pace. Be gentle to yourself.

SELF-CONTROL

by Rev. Taylor Burton-Edwards

SCRIPTURE: PROVERBS 25:28 (NIV)

*“Like a city whose walls are broken through is a person who lacks **self-control**.”*

Proverbs 25:28, trans. Taylor Burton-Edwards: *“A city breached, all walls gone, so is a person without restraint in spirit.”*

REFLECTION: Self-control, or “restraint in spirit” in the Hebrew, may seem paradoxical as part of the “fruit of the Spirit.” We have inherited our understandings of self-control largely from Greek philosophers. The philosophers taught that self-control could be achieved only through rigorous self-discipline to gain mastery over all of one’s conflicting internal impulses. Paul, by contrast, calls it a result of the Holy Spirit working in our lives.

Fruit of the Day:

.....
Avacado

Should we seek to improve our self-control? Certainly. The first step is to abide in and be led by the Holy Spirit.

PRAYER: “O Lord, our heavenly Father, Almighty and everlasting God, who hast safely brought us to the beginning of this day; Defend us in the same with thy mighty power; and grant that this day we fall into no sin; neither run into any kind of danger: but that all our doings may be ordered by thy governance, to do always that [which is] righteous in thy sight; through Jesus Christ, our Lord. Amen.”

EXERCISE: Back Stretch. Stand upright, feet shoulder width apart. Raise one arm above the head. Stretch up as far as you can with the raised arm. Bend your torso over to the opposite side of the raised arm. Feel the stretch in the lower position of the back. Hold the stretch for 15-30 seconds. Repeat for the opposite side.

[illegible]

[illegible]

1908 Grand Avenue, Nashville, TN 37212
UMCdiscipleship.org
877.899.2780
info@UMCdiscipleship.org

COM390