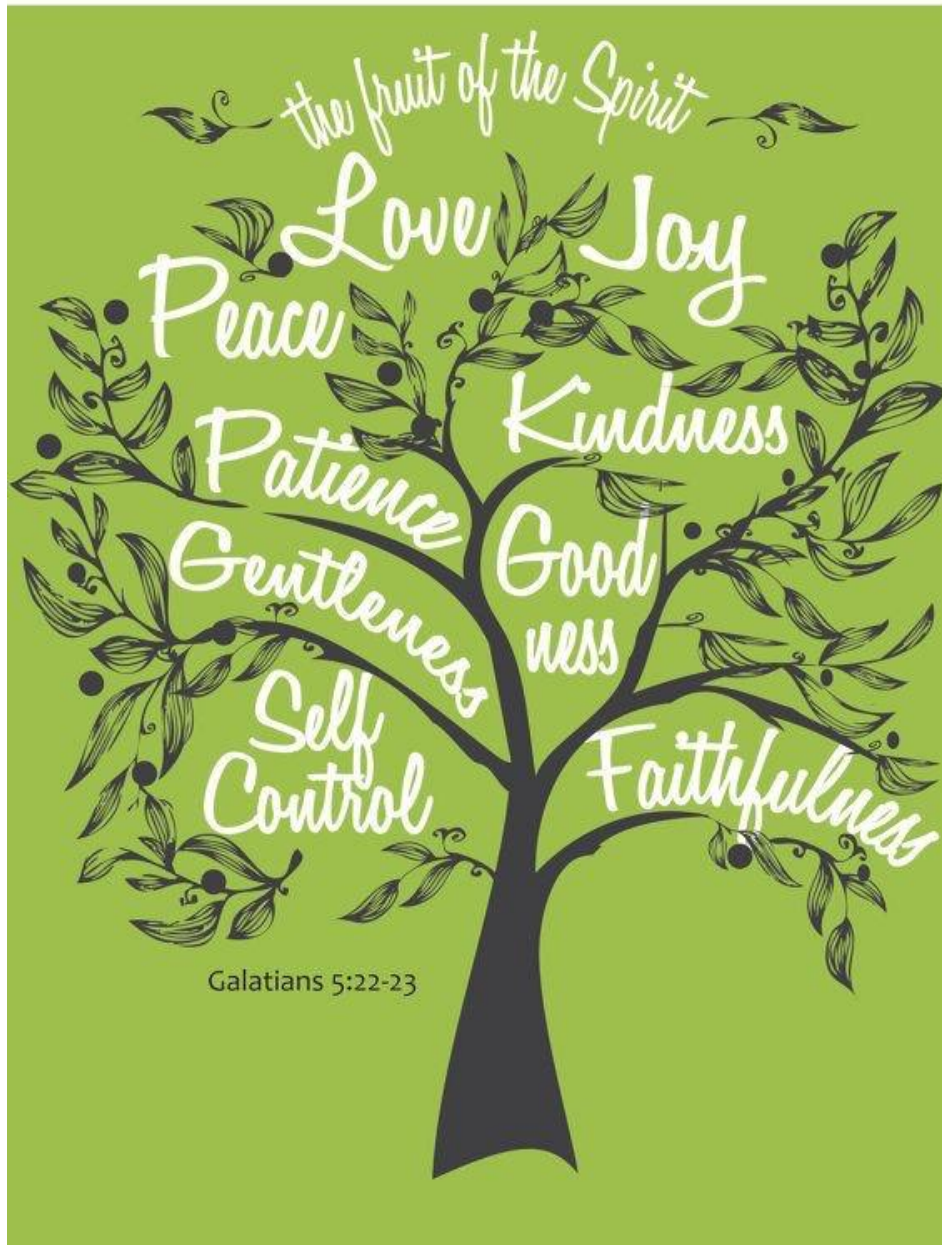


FRUITS OF THE SPIRIT



I had a friend the other day ask me "What are these Fruits that Christians talk about and Why are they so Important?" And it made me think..... do we as Christian know The Fruits of the Spirit and why they are so important? So I thought I'd spend some time on each one and Why they are important to us as Believers of God, Wives and Mothers.

“The Fruit of the Spirit is love, joy, peace, patience, kindness, gentleness, goodness, faithfulness and self-control, against such there is no law” Galatians 5.22-23

- LOVE
- JOY
- PEACE
- PATIENCE
- KINDNESS
- GENTLENESS
- GOODNESS
- FAITHFULNESS
- SELF CONTROL

The above are 9 Characteristics that sum up or apply to a person or community, living in accordance with the Holy Spirit. Wow, that can sure make a Mama put pressure on herself doesn't it? When my kids are nagging every 5 minutes that they are hungry or when they won't stop fighting ... I still need to be Kind, Patient and Self-Controlled! How!?!?!?

Well this is explained in the line “*The Fruits of the SPIRIT*”.... You don't do it in your own strength and power! It is the Fruit of the SPIRIT in you... it is God working in you! It doesn't say "The Fruits of the Mom".

We need to lead by example and not by force. Therefore it is important to allow Him to live in us and change our hearts. Your children and husband will be impacted by God's Spirit in you and they will then desire the same.

“A good tree produces good fruit and a bad tree produces bad fruit”
Matt 7.17

WHAT ARE “BAD FRUITS”?

Galatians 5.19-21 tells us “When you follow the desires of your sinful nature, the results are very clear, sexual immorality, impurities, lustful pleasures, idolatry, sorcery, hostility, quarreling, jealousy, outbursts of rage, selfish ambition, dissensions, divisions, envy, drunkenness, orgies and other sins like these. Let me tell you again, as I have before, that anyone living this sort of life, will not inherit the Kingdom of God”

- Goodness! No one wants to NOT inherit the Kingdom of God! So how do we produce Good Fruit and rid ourselves of our sinful nature?
- We do this by seeking Him first. Less of us and more of Him. When we pray prays like this, we need to be aware that to obtain and refine ourselves there is a pruning process that needs to happen.... And it is not always easy! So be prepared!

PRUNING (Growth & Maturing)

“He cuts away every branch of mine that doesn’t produce fruit. But He trims clean every branch that does produce fruit, so that it will produce even more fruit” John 15.2

- This pruning process is not an easy one. It is hard and painful but we come out of these wildernesses so much stronger in Him. So it is worth it!
- This verse also talks about continued refinement; there is always place for growth, renewal and increase. Never reach a level of complacency
- We all want “fresh fruit” not “rotten fruit”! Continuously grow... don't become complacent.

“I chose you and sent you out to produce fruit, the kind of fruit that will last. Then my father will give you whatever you ask for in my name” John 15.16

- This is what God has called us to do, to produce Fruit that will last! And as a wife and mother, this is most important to those under our influence. The greatest thing you may ever achieve is not what you do but who you raise – So powerful!
- God chose you for your children, you the perfect person for the job.... It’s a battle out there! He knows you the right person to mold and teach your children His ways. No one else.

“I am the vine and you are the branches. The one who remains in Me and I in Him bears much fruit, for apart from Me you can do nothing” John 15.5

- POWERFUL! We can do ALL things when we abide in Him and when we do this, the fruits will automatically start to come. It is Him working in us, don't try and to do it in our own strength.

“You will recognize them by their fruits” Matt 7.16

- This for me sums it all up and clearly states how important the Fruits of the Spirit are for Christians. They are the way to tell that we are God’s and are growing in our walk with Him.
- We reflect Him the same way our kids will reflect us... our influence and impact is so powerful.

Live in His fullness of life, peace and freedom and allow His spirit to transform you from the inside out. Shine His Light, Reflect Him!

“Do your best to improve your faith by adding goodness, understanding, self-control, patience, devotion to God, concern for others and Love. If you keep growing in this way, it will show that what you know about our Lord Jesus has made your lives useful and meaningful” 2 Peter 1.5-9

For the next 9 weeks I will be posting a "Fruit" a week. I Challenge you to focus on growing in the specific fruit for that week. Pick an accountability buddy to help you with the "Fruit Growth Challenge". We will start with LOVE ♡



LOVE

How is your Ability to Love? Do you Love at all times like God Asks us to? Has your idea of Love been warped by the World's view? Has abuse in your past damaged your understanding of Love?

Love, the first mentioned fruit as well as the First and Second Commandments! We also see in scripture that God IS LOVE! So LOVE is vital as a Child of God.

- “Teacher, what is the most important commandment in the Law? Jesus Answered, Love the Lord your God with all your heart, soul and mind. This is the first most **IMPORTANT** The second most important commandment is like this one, and it is **LOVE** others as much as you love yourself. All the Law of Moses and the Books of the Prophets are based on these two commandments” Matthew 22.36-40
- “**God is love**, whoever lives in love, lives in God and God in Him” 1 John 4.16.

If you living in Love, then you are one with God.... I don't know about you but I sure want that!

God commands us to “love one another” and tells us that He is Love and then he defines to us what Love is in Corinthians 13.

LOVE IS:

- Patient
- Kind
- Does not Envy
- Does not Boast
- Is not Proud
- Is not Rude
- Not self seeking
- Not easily angered
- Keeps no record of wrongs
- Doesn't delight in Evil
- Rejoices in the truth
- Always protects
- Always hopes
- Always preserves
- LOVE NEVER FAILS

And Since God IS LOVE! Then you can replace the word "Love" with "God" and see all that God is too! Which aspects of Love do you find the most challenging?

Love just seems so natural for a Mama, a natural born instinct when we hold our little bundle (or bundles) in our arms for the very first time. But when we look at Corinthians 13, even this Love can be challenged! Are you always patient even when they never stop nagging or fighting? Isn't it reassuring to know that God is All these things to us ALL THE TIME!

Marriage is meant to be the Icon of God's Love; he uses marriage to describe our relationship with Him. We are his Bride <3. It is important to prioritize your husband and keep that spark alive! God didn't wait for you to be perfect before He loved you and in the same way you can't wait for your spouse to be perfect to love them unconditionally. Extend Grace

There are so many verses about love in the bible. Find more and meditate on them:

- Corinthians 13.13 "For there are Faith, Hope and Love but the greatest of these is Love"
 - As we see throughout studying Love, Love is SO important! God even tells us it is the Greater than Faith and Hope!
- "Nothing in all creation can separate us from Gods love for us!" Romans 8.39
 - How comforting and reassuring. We can NEVER be separated from the love of our God who is love <3
- God tells us in Proverbs 17.17 that "A friend loves at all times".
 - Are we doing this? Even when our friend hurts us?

Love is a choice, not an emotion. Love is a Verb, an action word. A doing word. Start "doing" Love! As we grow in our relationship with God and His Spirit, we truly learn to Love as Corinthians 13 teaches us.

Challenge! Watch thoughts and actions this week and hold them captive if they are not loving! Get someone to hold you accountable and encourage you to grow in your LOVE Fruit. If your idea of Love has been negatively impacted by the world, please send me a private message and I will pray along side you to break that chain over your life. Then you can start to experience the true meaning of Love, the way God intended it to be.

Next Week: Next week we will be focusing on “Joy”. Joy, what it means to you and what robs your joy and why it is essential for us as Christians to have Joy in any circumstance.



JOY

Joy and Happiness.... What's the difference?

Happiness is circumstantial, like when you receive a gift or you going on vacation, however Joy runs so much deeper than this. Joy is the ability to be joyful even when your circumstances are against you. This is a God given ability, perspective and gift. It is Him in you that bubbles over, no matter what is happening around you.

Definition: a feeling of great pleasure and happiness (noun) and Rejoice (Verb)

Synonyms: Jubilation, Delight, Great Pleasure, Triumph, Exultation, Rejoicing, Euphoria, Bliss, Radiance, Ecstasy, Glee

I just love the verb definition of "Joy". If we truly have God's Joy then we should be actively Rejoicing all the time! So Dancing and singing wherever we go - I just love that! What a beautiful picture! From the synonyms, you can see that if we have true Joy then we should be radiant and triumphant! So we will appear more beautiful and achieve more with Gods Strength, that He gives us through His Joy!

Why do we need Joy? Well God tells us in Nehemiah 8.10 that "The JOY of the Lord is my Strength" and as any Mama knows, we need this strength! Don't you want your home to be a joyful one? Don't you want to teach your children you can have joy no matter what as long as you have Jesus? We are the models of this to them, how is our joy when we face difficult and dark times? Where do we get our strength (Joy) from? Lasting contentment can only come from Him.

The world has taught us to get it from other things..... which just give us temporary happiness, but true Joy can only come from God. We know to whom we belong and Who is in control of our lives. With this reassurance we can be joyful no matter what

life throws at us. Our Hope, Identity and Future are in His hands, so lets “Rejoice in the Lord always, and again I say Rejoice” Philippians 4.4.

Joy is so important for your mental health. Joy stimulates the release of feel good hormones in our body and shuts down cortisol, adrenaline, and other health deteriorating processes in the body. Our body can't heal when it's in a state of stress. So Joy is not only good for your health and mind but also for your home and the effect on your marriage and children.

I think the atmosphere in a home is so important for our children and will determine their view on life. They won't remember every detail of childhood but they will be able to tell you if it was joyful.

- “A joyful heart is good medicine, but a crushed spirit dries up the bones.”
– [Proverbs 17:22](#)
- “This is the day that the Lord has made; let us rejoice and be glad in it.”
– [Psalm 118:24](#)
- 1 Thessalonians 5.16 tells us to “Always be Joyful”.
- 1 Thessalonians 2.20 says “You alone are our Glory and JOY!”

Is your happiness circumstantially based?

As Children of God, we want people to look at us and think, “What is different about her, she is always Joyful no matter what.... I want that.” This will cause people to start seeking and wanting what we have - Jesus. So Shine Him, then people will crave the same peace, joy, kindness and love we have from our Jesus. This should be a goal!

Joy is infectious..... Rub off on your husband and children. Ask Him for more Joy, Be that Joyful light in the darkness that He created you to be. We need to have a constant attitude of Joy no matter what life throws at us as we know who our source of Joy is.

A Real Life Joy Example was Paul. He wrote the book of Philippians while in prison yet it is the most joyous book of the Bible. Paul mentions the words Joy and Rejoice 16 times in this book yet he was bound in chains. It is one of my most favourite books and it is so encouraging but that is a blog post for another day!

Challenge: This week, whatever you are going through, Ask God for His Joy! Grow in His Joy. Whenever you face a situation or people who is stealing your joy, stop & pray and Ask God to refill your Joy Cup to Overflowing!

Next Week: We will be focusing on “Peace”. Peace, what is means to you and what robs your Peace? Bring us a verse that represents Peace to you.



PEACE

“My Peace I leave with you; my peace I give you. It is not like the Peace this world can give. So don’t be worried or afraid” John 14.27

Definition: freedom from disturbance; tranquility

Synonyms: tranquility, calm, restfulness, quiet, stillness

Imagine being calm, still, free from disturbance and at rest during the biggest storms of your life? In *Matthew 8.23-27* we see this peace in Jesus. He was in a boat during a huge storm but was he panicked? No, he was sleeping! We should have this same peaceful assurance that no matter what we face, God has our back.

- *“Don’t worry about anything but pray about everything. With thankful hearts offer up your prayers and requests to God” *Philippians 4.6**

Paul wrote this while chained in prison unsure if he would live to see another day. It sure puts things into perspective for us doesn't it? Paul then went on to say ;

- *“Then, because you belong to Christ Jesus, God will bless you with Peace that no one can completely understand. And this Peace will control the way you think and feel.” *Philippians 4.7**

How incredible is this, that God gives us the gift of Peace that surpasses all understanding, when we fully trust in Him. The reassurance that no matter what happens, we belong to Him. As a follower of Jesus, we are always at the right place at the right time and are able to walk through anything we face in peace. He always has our back!

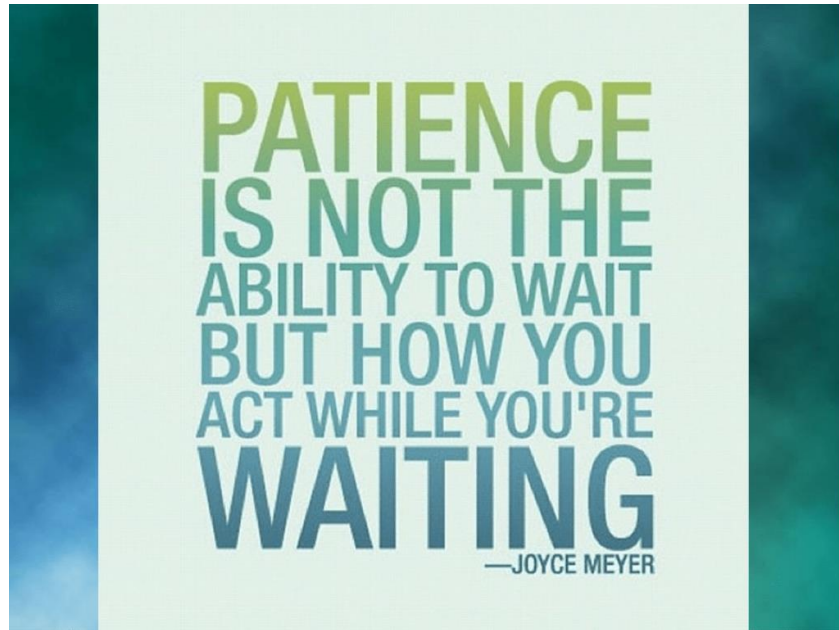
We need to be a people that the world looks at and asks..... why do they have such peace, even during difficult times? I want the peace they have... I want their Jesus!

I recently learnt of an awesome idea to teach kids the concept of giving their worries to God in pray with a "worry box". When your kids (or yourself) are worried about something, write it down, put it in the box and pray about it. Then forget about it and replace the worry with the peace knowing you've now let it go (into the box) and given it to God in pray 😊

We need to daily ask the Prince of Peace to give us our Peace supply. No matter the tornado circling around you, you can have Peace in the Storm because Jesus is with you.

I challenge you to walk in Peace this week and not anxiety. Let us be bringers of Peace this week in our marriages, home, friend circles and work.

Trust God that He has gone before you and He will always work everything for your good. *Romans 8.28*. Every time you feel anxious, ask God to replace it with Peace.... Peace that He has your life, future and family in His Mighty Hands.



PATIENCE

Now for any Mama, when you look at the Fruits of the Spirit, Patience is the one that stands out! PATIENCE! Lord please gives me more of that! ;) Ha Ha

How does a tired Mama stay patient with all the constant demands, nagging, fighting and needs around them..... God, that's how! There is no other way! More of Him and less of you! More of His Spirit and Power!

He chose you as the perfect mother for your children and the best mate for you husband. In the same way, He has equipped you to deal with and handle all the demands and stresses these roles give you.

Definition: The capacity to accept or tolerate delay, problems, or suffering without becoming annoyed or anxious

Synonyms: Forbearance, Tolerance, Restraint, Endurance

Imagine being able to tolerate delay, problems and suffering without becoming annoyed or anxious at your kids and husband? Is that even possible? With God ANYTHING is POSSIBLE! And when it is His spirit and power, then of course you can! More Endurance and more Tolerance... YES PLEASE JESUS!

In Proverbs 25.15 God tells us that *“Patience and gentle talk can convince a ruler and overcome any problem”*. So there is great power in Patience! My 4 year old often thinks she is the ruler of my J Clan.... So this may just be my new tactic to conquer this challenge! ;)

Where do you find your patience tested the most? You may find that you have a great deal of patience towards your family but waiting on God's timing is where your

patience is really tested? You start to become annoyed and anxious as you wait on the Breakthrough?

Well there is Hope! It is so easy to lose our patience when God has promised something and then the promise never seems to come! You start to doubt His promise, His timing and feel like He has just abandoned you. But *He will never leave you nor forsake you*, Hebrews 13.5.

God tells us in Hebrews 10.36 to *“Learn to be patient, so you will please God and be given what He has promised”*. So don't lose Hope because *“Endurance builds character, which gives us a hope” Romans 5.4*. Just keep on keeping on, keep on waiting on Him and praise Him in the trials until your promise comes to pass. Because if He has promised it, He will deliver it... He may just take a little longer than we would like Him to. Whatever happens, it will be worth it because His ways are always better and above our ways.

Now this may be the most Challenging Fruit of All but are You ready for it?!?! ;) Let's grow in our PATIENCE with our husbands and children this week! Is this too big to ask? James 1.4 challenges us to have more patience and endurance in our lives, *“You must learn to endure everything, so you will be completely mature and not lacking in anything”*! I don't know about you but I have sure been needing more maturity in handling my kids lately, SO LET'S DO IT!



KINDNESS

Do I always react in Kindness? Even when someone doesn't deserve it? Let's chat about our 5th fruit of the spirit, Kindness ♡

Definition: The quality of being Friendly, Generous, Considerate and of Service to Others

Synonyms: Compassion, Generosity, Affection, Tolerance, Empathy, Grace

So Kindness is an ACTION WORD 😊

In *Proverbs 19:22* God tells us that, "What is desired in a man is kindness." So as a Christian, Kindness is super important but what does it mean to be kind?

The mindset of Kindness is best described in *Philippians 2:3-4*: "Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself. Let each of you look out not only for his own interests, but also for the interests of others."

The world teaches us the opposite of kindness (Each man for Himself) but we need to keep focused on God's truth and Be Kind.

Mercy is linked to Kindness and Mercy is showing grace to someone even when they don't deserve it. It's doing "unto others as you would have them do unto you" *Luke 6.31*.

So when we humble ourselves and show mercy and love to people, especially to those who don't deserve it, then we are being Kind. It is extending the same grace God gives us, to those around us.

For Example:

-Being friendly, even to those who are always grumpy back to you

- Taking someone a meal even if they never have extended warmth to you
- Randomly paying for someones coffee or groceries
- Its picking up litter when you never dropped it
- Opening a door for someone who cant do it for themselves

Proverbs 20:28 says that "Mercy and truth preserve the king, and by loving kindness he upholds his throne". These are qualities that God wants in His leaders. I don't know about you but I sure want to "uphold" my throne in my household and be a leader to my children. I sure don't always get this right. Looks like I need to be extending more Kindness to achieve this!

So this week let's show *"tender mercies, kindness, humility, meekness, long suffering"* Colossians 3:13 to those around us *"And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you."* Ephesians 4:32

Do random acts of kindness, not only in your homes but to the community around you. You may just start the change you want to see.



GOODNESS

Have you heard the word “Good” today yet? We use it so freely, so chances are you've used "Good" in a conversation today we hear it all around us:

- Are they a “good” person?
- Have you had a “good” day?
- God is so “Good”!
- My kids were not “good” today.

But what are we really meaning when we say this? What is a good person to you? A hectic question to ask yourself is if people consider you a good person?

When we list the fruit of the spirit I think Goodness is one of the most least explored fruits of the spirit. We just take it at face value and think..... of course I’m a “Good” person but we don’t always look deeper into it and how important it really is.

Definition: The quality of being Morally Good or Virtuous.

Synonyms: Virtue, Integrity, Righteousness, Morality, Ethical, Upstanding, Uprightness, Dignity, Rightness

Goodness in Greek is “Agathosune,” which means “an uprightness of heart and life”. True Goodness is bringing Virtue and Holiness into action. It is when you lead a life full of Righteousness and have a Pure heart. When you are a person of Integrity (true to your word) and walking the straight and narrow ... then you are a truly “Good” person. God warns us in Matthew 7.14 that this won’t always be easy, because “small is the gate and narrow is the road that leads to life”.

WHY GOODNESS?

- **"God is Good all the time"** (2 Corinthians 9.8) and since He **“made us in His image”** (Genesis 9.6), we should be GOOD! Then in the same way God’s Goodness draws people to Him, we will draw people to God and

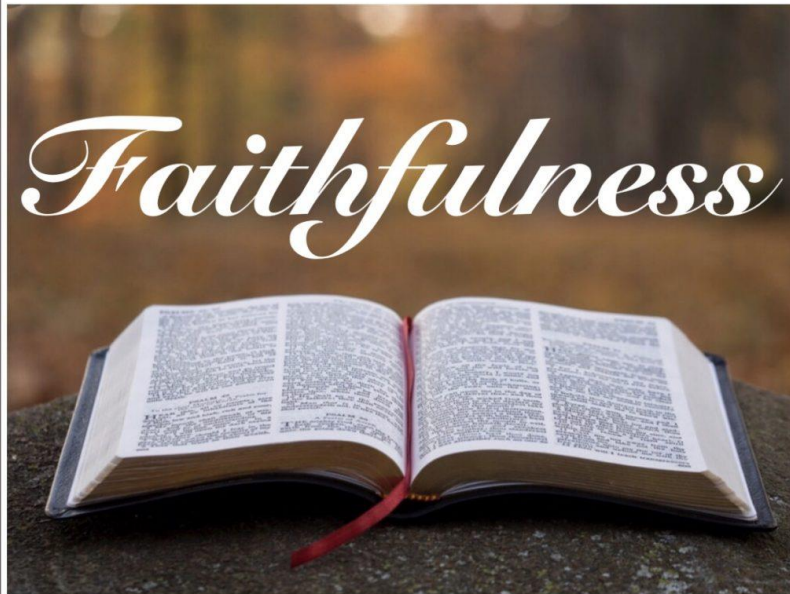
salvation through shining Goodness. So how powerful and important do you think Goodness is now!?!

- In 3 John 1.11 we read that "He who does **Good (as a way of Life) is of God**, but He who does Evil (as a way of life) has not seen God". This is a world impacting and character shaking verse! It sure motivates me to start refining and growing my "Goodness" with urgency! ;)
- God **made us for Goodness**, " For we are His workmanship. Created in Christ Jesus for GOOD works" (Ephesians 2.12), "Therefore, as we have opportunity, let us do GOOD to all people." (Galatians 6:10). So we need to prioritize Goodness and "Trust in the Lord and do GOOD" (Psalm 37:3) because we were made to do so!
- Good is doing what is right and **avoiding Evil**. So at all times "Turn from evil and do good" (Psalm 34:14). Try with all your power to "not be overcome by evil, but overcome evil with GOOD" (Romans 12:21). Good overpowers Evil... so there is **Great Power in Goodness!**
- Goodness is being a person of **trust and integrity**. So "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen" Ephesians 4:29. Be **true and genuine** to all those around you. Encourage each other and don't gossip. Gossip only breaks down but if you are a truly Good person, you will build others up.
- Goodness **protects us** because God tells us in 1 Peter 3.13 that "Who is going to harm you if you are eager to do GOOD?" There is Great Power in Goodness because it overcomes Evil.

When goodness is a true virtue of yours, it radiates and shines out of you whether you are in public or behind closed doors. It becomes a part of you, it is an authentic moral Goodness.

If you think of the Goodness of food you think of its nutritional value. These days it is all about high nutritional food and clean eating. We should be this "Good" and "Clean" food to the world....full of Integrity and Virtue. So how Nutritious are you?

I Challenge you to have a week of Moral Excellence. Shine your Beautiful Goodness this week you powerful Women of God! :)



FAITHFULNESS

What are you most devoted and faithful to? We are all devoted to something.....
What do you put first?

Definition: Remaining Loyal and Steadfast. Firm in adherence to whatever one owes allegiance

Synonyms: Constant, Dedicated, Devoted, Down-the-line, Loyal, Steadfast, Steady, True, Staunch, Commitment, Fidelity, True

When someone is faithful, it implies unswerving alliance to a person, thing, oath or promise by which a bond was given. You remain dedicated, even when the going gets tough and you remain loyal, even when temptations come your way. True Faithfulness brings the greatest security but when it is broken, it brings the greatest destruction and heartache.

Hebrews 11.1 tells us that, "*Faith is the assurance of things hoped for, the conviction of things not seen.*"

As a Christian, Faithfulness is our foundation because we know that "*without faith it is impossible to please Him, for whoever comes to God must believe that he exists and that He rewards those who seek Him.*" (Hebrews 11.6) It is for these reasons that God calls us to "*walk by faith and not by sight*" (2 Corinthians 5:7)

Aspects of Faithfulness:

We can refer to **GOD's Faithfulness TO YOU** and to the promises He has given you. To think God is forever Faithful to me gives me such a security! No matter what I do, He will always be there waiting for me.... He is unwavering towards us. He is always constant, never changing, always the same. He is our example of true Faithfulness. *He will never leave nor forsake us* (Hebrews 13.5).

OUR Faithfulness TO GOD and our belief in Him. How strong is your faith? Do you walk by faith even when your sight and feelings tell you not to? This is one of the greatest challenges! To keep walking the straight and narrow road, believing in His Promises, even when the road is dark and you want to give up. Do you persevere through the storms and remain dedicated, committed and steady? Don't choose fear, Choose Faith ♥

OUR Faithfulness TO OTHERS such as Our spouse, children, work, community and friends....

We should never criticize or ridicule those we love to other people. Think of the security it brings your children when they know you are always faithful in defending them, speaking positively about them and keeping all your promises to them. Be that loyal friend who people can trust will never gossip, even when it is tempting!

We must always remain faithful to others with our actions, words, emotions and thoughts. Ensuring we have physical and emotional boundaries with others, also helps protect relationships and maintain fidelity and faithfulness within them.

Matthew 21:22 tells Us the power of being Faithful- *“whatever you ask in prayer, you will receive, if you have FAITH”*. Faith, even as *small as a mustard seed, is the power that allows you to Move Mountains!* (Matthew 17.20).

God calls us to be a faithful and faith-filled people. People who are committed, constant, loyal and devoted no matter what life throws at us. To be a dependable and trustworthy people. Not people who are *tossed and blown about by every wind* (Ephesians 4.14).

Without Faith we have nothing, can do nothing and have no hope. So choose Faith, choose to be a Faithful and Faith-filled person! Grow your faithfulness ♥



GENTLENESS

The 8th “Fruit of the Spirit”, Gentleness and Meekness, are so often misinterpreted as weak.... And how wrong that is! The only thing they have in common is that Meek and Weak rhyme.... they do not belong together. Jesus was the Meekest man to have ever walked the earth and He was anything but weak! Gentleness and Meekness are both Strengths with a Gentle and Soft Touch.

Am I Gentle towards my husband, children and friends? Gentle in all of my responses? Gentle in all of my reactions?

Definition: The quality of being kind, a softness of action. A Tender Character. Not violent

Synonyms: Humaneness, Soft, Tender, Meek, Pleasant- like a gentle breeze, Humble

I have personally been so challenged with Gentleness lately. When you are pushed to your absolute limit and no one listens.... Then To still remain kind and tender in action is a HUGE CHALLENGE! I hate to admit it but I have failed at doing this lately. I have thought shouting or a more “scary” reaction would get my message through to my children but in these situations, Gentleness is in fact a greater power. This does not mean being a pushover, but being firm in a calm way. I so often find when I don’t respond gently, the situation actually spirals even more out of control and does not help a thing! God tells us that “*A gentle answer turns away wrath, but a harsh word stirs up anger*”. *Proverbs 15:1*, so “*Let your gentleness be evident to all*”- *Philippians 4:5*

My favourite descriptive synonym of Gentleness is “Pleasant- like a gentle breeze”. I have such a vivid image of being on the beach with the soft, salty sea breeze blowing in my face. I can literally hear, see and taste it! For me, there is nothing more

therapeutic and peaceful than sitting on the beach with a soft sea breeze blowing in my face. This is so descriptive on the kind of effect I should be having to my children when I react in Gentleness... bringing calm and peace to the situation and not more chaos.

“But we were gentle among you, just as a nursing mother cherishes her own children.” (1 Thessalonians 2:7-8). As Mothers, We can all relate to this scripture. It makes the act of gentleness come alive! When you are first handed your newborn baby for the first time you handle it like it is the most fragile priceless Vase. You handle it with such gentle and tender care. We should be like this to our children, husband and those around us all the time.... Now that is the great challenge!

To be Meek and Gentle brings great reward. *“Blessed are the meek for they shall inherit the earth” (Matthew 5:5)* – Wow what a reward! I sure want the attitude of Meekness and the actions of gentleness that goes with it! We can learn more about the attitude of gentleness and actions of meekness from our Ultimate Teacher. *So “Take My yoke upon you and learn from Me, for I am gentle and humble in heart” (Matthew 11:29)*

One of my most favourite verses is *“Let your beauty not be external - the braiding of hair and wearing of gold jewelry or fine clothes - but the inner person of the heart, **the lasting beauty of a gentle and tranquil spirit, which is precious in the God’s sight.**” 1 Peter 3:3-4.* How powerful is that! We so often misinterpret beauty and make it all about the outward appearance.... But your inner beauty truly does radiate out.

Can you think of someone you know who glows with an inner beauty of gentleness and peace? How beautiful is this soft and gentle nature, that literally blows tranquility wherever they go? This should be something we all strive for.

God calls us to be a gentle people. *“Always be prepared to give an answer to everyone who asks, But do this with gentleness and respect” 1 Peter 3:15.* To be meek (*yielded, teachable, responsive*) first of all in our relationship with God, and secondly meek (*humble, gentle, respectful*) in our relationships with people. So I challenge you to *“walk in a manner worthy of the calling to which you have been called, with all humility and gentleness” Ephesians 4.1-2*

Go in Gentleness Beautiful Women of God, Be Like a Pleasant Gentle Breeze wherever you Go <3



SELF CONTROL

Now for any Women who has had children, self-control is a high priority..... We usually only associate it to fitting back into our pre-pregnancy jeans though.... But it is SO much more than this!

Definition: The ability to control oneself, in particular one's emotions and desires, especially in difficult situations

Synonyms: self-discipline, self-restraint, self-mastery, will power, composure

We did all the Fruits of the Spirit except Self Control! And what an important one it is! All the Fruits actually depend on your level of Self-control

- Self Control in your Anger to show Love, Kindness and Gentleness
- Self-control in your Worry to choose Peace
- Self Control in your hard times to display Joy
- Self Control in your betrayal to still be faithful
- Self-control towards your husband in a fight... and keep control of your emotions
- Self-control towards my children... to not react in rage and irritation when they push you

So Self Control, or control of self, is an incredibly important quality for us as Christians to have! But we need to remember we can't do it our own strength. To display true self control, we need God's spirit to help us.

That is why it is a Fruit of the SPIRIT! We can't do it alone! God says he has given us a spirit of control and it is HIS SPIRIT who will help us be self-controlled in our thoughts, words and actions.

I have found that whatever topic I am preparing, I am then challenged in that area... so this past week I've been asking myself,

- Do I only speak life to those around me or do I slander and gossip?
- Do I only think good thoughts or do I focus on my own selfish negative thoughts?
- Are my actions controlled when I am angry with my children or do I react in anger?
- Can I say no to sugary donuts and chocolate...? And this is usually No! Ha Ha!

One thing I think all of us mothers do, is we are too critical of ourselves and put too much pressure on ourselves! Don't ever forget you are only human, and are striving to be the best mom and wife you can be but we will make mistakes!

We won't always react in a controlled manner; we won't always be kind and gentle. The same way God has grace for you, you need to have grace for yourself. Love yourself. Motherhood is HARD! Sometimes our buttons are over pushed. But rise above it, grow from it, apologize and move on.

Proverbs offers us such wisdom of the power and importance of Self-control:

- "A man without self-control is like a city broken into and left without walls" Prov 25.28
- "He will die for lack of self-control, he will be lost because of his great foolishness" Prov 5.23
- "Better to be patient than powerful, better to have self-control than to conquer a city" Prov 16.32

No one wants to be like a broken city or lost in foolishness due to lack of self-control. Self-control should govern our whole being- mind, tongue and actions- and not just be related to your ability to say no to another piece of cake!

So hello Self-Controlled Mama, you have the power and spirit in you to do it, never say you can't because if you are a child of God, All things are possible (Luke 1.37) ;)