My Heart Christ's Home Study of Galatians 5:22

Week Three: Day One

Introduction:

"Heavenly Father, I pray, this day I may live in your presence and please you more and more. Lord Jesus, I pray, this day I may take up my cross and follow you.

Holy Spirit, I pray, this day you will fill me with yourself and cause your fruit to ripen in my life: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control."

Every day for years, John Stott, prayed this prayer when he first woke up each morning. The many people who knew John Stott personally said he was the most Christlike person they had ever met. They observed this because God answered his daily prayer by ripening within him the fruit of the Spirit. When we put our faith in Jesus and He abides in us and us with Him, we become more and more like Him in the way we trust, love, and follow Him. In fact, the nine-fold Fruit of the Spirit is a beautiful picture of everything God is.

As we study Galatians 5:22-23, we can't overlook Paul's desire and longing for all who came into relationship with Christ to experience a heart transformation. As we studied last week, it begins by surrendering your life to Christ by faith through grace. 2 Corinthians 5:17 says "If anyone is in Christ, he is a new creature, the old things passed away, new things have come."

Let's step back for just a minute and look at what is happening in the book of Galatians prior to verses 5:22-23. We need to see in its entirety the context and background of what Paul is saying to the church of Galatia. Paul is speaking to the Roman people. They were taken in by false teachers who were known as "Judaizers"; people who were teaching a gospel that was no gospel at all. Paul is writing this letter to the confused believers in Galatia to help them see they were being taught a false gospel that depended on human effort to make a person acceptable to God, which was completely contrary to the true gospel of salvation; being freed from sin and purified by grace through the power of the Holy Spirit.

Studying Together:

Throughout the book of Galatians, we see Paul highlight the contrast between the flesh and the Spirit—between living by human perspective and living by God's perspective. Paul tells the church at Galatia it is impossible to live by both because they are diametrically opposed to one another. The flesh and the Spirit are at war. That's why we learn in Galatians the only way to obtain victory over the flesh is to walk by the Spirit. God knows we need this truth, because we will continue to battle with the flesh as long as we are in our imperfect, human bodies. If we are to experience the liberty, freedom, and victory the true gospel offers, we must adopt the mindset of Christ so we live in the power of the Spirit and NOT in the defeat of the flesh!

As we touched on in Week One of this study, the people of Galatia had become believers in Jesus Christ as their Lord and Savior, as the one promised by God in the Old Testament

Scriptures (which Paul at some point would have explained to these people as they were not Jewish, so they would have known nothing about the Old Testament teachings). Paul had clearly taught them about the God of Israel and how God had made the promise to Abraham. (Genesis 12:1-3) We know Paul taught his new converts about these great scriptural promises because he refers to them very clearly in this letter to them.

Paul assures these believers, by putting their faith in Jesus, they were a part of God's people. They too were children of Abraham NOT by becoming Jews—but by becoming children of God, adopted into God's family by His grace through faith in Jesus the Messiah. Though they were gentiles, they had now become part of God's covenant people. They were included among the spiritual seed of Abraham. Paul is telling them if you are in Christ, you are in Abraham, and God's promises are for you too. They are for both Jew and Gentile. (Galatians 3:7-9, 26-29)

Paul is reminding the Gentiles of this in his letter. But something had happened.

Since Paul had first brought these Galatians to faith in Jesus and planted a church among them, others had come to them with a different message. And confusion ensued. Sounds familiar doesn't it as we see some of our churches in today's culture struggling with the very same challenges.

The differing message came from Jews, like Paul himself. And they were most likely Believer's. However, unlike Paul, they did not think it was enough for these Gentiles to put their faith in Jesus. No, they said, if these Gentiles wanted the blessings of the promises God had made to Abraham, then they must join the people of Abraham by circumcision and observing all the laws of Moses, including laws regarding the Sabbath day, and eating only ritually clean food according to Jewish custom. So, these Jewish teachers were trying to persuade the Galatian believers, in addition to their faith in Jesus Christ, they must also become circumcised and Torah-keeping Jews. (Obeying all the rules set out in the Old Testament.)

Paul reacts very strongly. Throughout the first four chapters of Galatians, he insists, Christ is ALL they need. Salvation comes through faith in God's promise, just as it did for Abraham. The law given to Moses had its right and proper function for the Old Testament people of Israel during that era before Christ. BUT now that Jesus has come, the way is open for people of any nation to experience the blessing of Abraham through faith in Jesus Christ. So, all who trust in Christ, whether Jew or Gentile—are freed from the obligation to live under the disciplinary authority of Old Testament law. Rather, they should live their lives in freedom, living for God, with Christ living within them, and "walking" in the Spirit.

Understanding the above we can see there are two challenges that can occur as we see the possibility of two extremes of thinking. The extremes of legalism on the one hand—being bound by law, and the license to do whatever we please—as we are no longer living under the law because we are forgiven and set free *from* the law.

It's important to realize, Old Testament Law itself was not legalism. It was founded on God's saving grace, given to the people after God had redeemed them out of Egypt. But it can be easily distorted into a legalistic way of thinking. Some Believers in Galatia believed Christians should also observe and keep all the rules and regulations in the first five books of the Old Testament (these five books are also referred to as the Torah).

The answer to that distorted insistence on the law is not to swing to the opposite extreme and think since you are not "under the law" you can just do as you please and indulge every human desire you have. Legalism is one extreme (keep every and all rules) and license at the other (reject any rules) are both completely wrong answers to the question how we as Believer's should live our daily lives.

Still today, we find both of these extremes in our churches. And the dangers of both remain the same just as they did in the church of Galatia. It's easy to swing between being a law-enforcer and the rule-rejecter. And both of these actions are what Paul is addressing as wrong in Galatians 1-4. In Galatians 5 Paul shows us a far better way—the best way to live our Christian lives—the way of the Spirit God has given to us through Christ.

First Paul teaches the gospel of Christ has set us free. We are not bound by the law.

1. Read Galatians 5:1 and fill in the blanks below:							
	is for urselves be burd					_, then, and do	not let
cir	ice the Gentiles cumcised or not ality by their lov	, rather what					•
2.	Read Galatians	5:6b and fill	in the blanks b	elow:			
	"What matters	is e	xpressing itsel	f through	ı"		
	Paul is teaching edience motivat		_		_	keeping; he is	looking
3.	Read Galatians	5:13 and fill	in the blanks b	elow:			
	ou, my brothers edom to indulg						

Notice the double reference to Love at the end of both verses 6b and 13. Love is the answer to both legalistic thinking and thinking you have the license to live however you choose.

To the law-enforcers Paul says what matters most is faith expressing itself through love. Love enables us to fulfill God's law properly *without* legalism. To the rule-rejecters, Paul says, we should make sure we serve one another humbly in love. Love enables us to use our freedom properly without selfishness.

What Paul is saying is on one hand, love for one another is the right way to respond obediently and faithfully to God's law, as God himself intended and as Jesus pointed out. Paul echoes Jesus in Galatians 5:14 by quoting Leviticus 19:18, "For the entire law is fulfilled in keeping this one command, 'Love your neighbor as yourself.'"

On the other hand, love will prevent us from using our freedom for selfish indulgence. Christian freedom, while it releases us from one kind of slavery (submitting to the law), actually puts us into a very different kind of slavery for Christ's sake—submitting to one another by serving one another humbly in love.

Now we can fully understand why Love is at the head of the list of the fruit of the Spirit. It is doubly important!

At last Paul comes to his big point. If we should not be governed by either law or the flesh, then what should govern how we live? The Spirit.

Paul puts this at the beginning, middle, and end of his next section of verses 16, 17, and 25. "WALK by the Spirit...Lead by the Spirit...Live by the Spirit. He is saying, "Keep in step with the Spirit." This is the heart and soul of Christian living. It is the center of what it means to be a woman IN Christ.

4. What are some things you do to keep in step with the Holy Spirit?

Just as Paul has spoken about the power of love to enable us to live both in a right relationship to Old Testament Law and to overcome the selfishness of the flesh, so also Paul now explains, if we allow the power of the Spirit of God to govern the way we live, we will avoid both of those extremes of legalism and license.

Read through Galatians 5:16-18.

5. What do you think Paul means when he says we are to walk by the Spirit?

Now, read Galatians 5:19-21

6. What kind of life do the "acts of the flesh" lead to?

When we say yes to Jesus Christ and the Holy Spirit, we say no to the flesh (we will not just do whatever we want), and we say no to those who want to bring us under the burden of the law as a way of proving our own righteousness.

Galatians 19-20 is dark yet revealing. It mentions things that are individual, and things that are social and cultural. It ranges from private to public, from outward acts to inward emotions. And it is a true reflection of what we see all around us, to a greater or lesser extent. This is the world we live in. And it is the world from which we are called to be different. How? How do we do this?

The answer to these questions is found in Galatians 5:22. In dazzling contrast to the list above, Paul describes the life of the Spirit.

Let's read again Galatians 5:22:	
But the fruit of the Spirit is	, Joy, Peace, Patience, Kindness, Goodness, Faithfulness,
Gentleness, and Self-Control. Aga	ainst such things there is no

As we delve further into Love, and then move to the rest of the fruit mentioned, let's notice what this text is not. It is not a list of virtues, matching the list of vices just listed in "acts of the flesh." Paul is not saying, "Don't try to obey all the rules in the Old Testament law; here is a much easier set of rules to obey instead." That would be to replace one wrong attitude with another one. Paul is not really talking about rules at all.

The Key to understanding what Paul is saying here lies in the metaphor he uses—FRUIT. All the lovely words he writes are, taken altogether, the fruit (singular) of the Spirit. Now fruit is the natural product of life. If a fruit tree is alive, it will bear fruit. That is the nature of being a living tree! Fruit is what you get when a tree has life within it.

Why does a tree bear fruit? Not because there is some law of nature that says it must. But simply because of the life within it, rising up from the soil and water that feed its roots and the sap flowing through every branch and twig.

What Paul is saying with his list of beautiful qualities is this: these are the qualities God himself will produce in life every single day because the life of God himself is at work within you. Paul is referring to Christian Character. Too often we look on the outside to assess how people are doing and we pay much less attention to what kind of character they have become or are becoming. The character qualities Paul mentions in Galatians 5:22 do not focus on what kind of performance we can achieve, but what kind of person we are.

Fruit takes time. Character takes time—a lifetime! John Stott was praying his daily prayer throughout his life. So, let us then, take the time to study the fruit in the orchard of God's Spirit, and then take the time to let that fruit ripen in our own lives, through all the time on this earth

God gives us. May we daily walk in His character as we reflect His love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

- 1. Pray and ask the Holy Spirit to reveal any areas of legalism that may be holding you captive from walking in the fullness and freedom of His Grace through Faith.
- 2. Pray and ask the Holy Spirit to fill you with His character and transform your life from the inside out.

Week Three: Day Two:

LOVE DOES:

Paul has emphasized the point that what really matters is "faith expressing itself through love (Gal. 5:6) and we should be serving "one another humbly in love. (Gal. 5:13) Paul also taught, the whole Old Testament law is summed up in the commandment "love your neighbor as yourself." (Gal. 5:14).

In putting Love first in Galatians 5:22 Paul is echoing Jesus. In the book of Matthew, when someone asked Jesus about the greatest commandment in the law, he responded with two.

Read Mt. 22:37-40 and write it below.

This scripture passage is quoting Deuteronomy 6:5 and Leviticus 19:18. In Matthew 22:37-40, Paul is referring to Philos—neighbor love—by the fruit of the spirit. He is saying, the first fruit of the Spirit refers not to our love for God, but our love for one another as Believers—across all our differences and barriers. Paul is talking about not just sentimental feelings of being nice, but real practical proof that we love and accept one another, in down-to-earth caring, providing, helping, encouraging, and supporting one another, even when it costs a lot or just a lot to do so. Love in Action. Love that dissolves divisions. Love that brings together people who would otherwise hate, hurt, or even kill one another.

- 1. How important do you feel loving one another in this way is?
- 2. Why do you think love is listed as the very first fruit of the Spirit?

Paul had plenty to say about the importance of Believers loving one another, but it is John who emphasized it more than any other New Testament writer. So, let's turn to John as our Guide as we study today. Three times in his gospel, John records Jesus telling his disciples he commanded them to love one another.

Read and write in the space below:

3. John 13: 34-35

- 4. John 15:12
- 5. John 15:17

Five times in his first letter, John reminds us, this is God's command, and goes into a lot of detail about how we should love one another not just in words but also in actions and in truth.

- 6. Read and write below LJohn 3:11:
- 7. Now read the following passages and answer the questions below: I John 3:17-18, I John 3:23, I John 4:7-8, I John 4:11-12.
- 8. What does I John 3:17-18 tell us we are to love with?
- 9. Why does I John 3:23 tell us we are to love one another?
- 10. Who does Llohn 4:7-8 tell us love comes from?
- 11. Reading I John 4:11-12 if we love one another, what happens?

So, if anything can be said to be primary, central, and essential to being a Believer and becoming more and more like Jesus, it is evidenced by our love for others. Love is evidence of life, evidence of faith, evidence of God, and evidence of Jesus transformative Grace.

While the works of the flesh destroy, the fruit of the spirit provide life and refreshment. Our fruit benefits others. To love is to seek another person's good—especially when that person can do nothing for you in return. How do we love others as Christ loves us? We meet the needs of fellow Believers—whether physical, emotional, or financial—is the most practical demonstration of love and the most telling symptom of fellowship with God. It's easy for us to declare our love for others with our mouths. However, what we proclaim with our lips, we must support with our life.

12. What are some ways you show Christ love to others through your actions?

As we reflect on I John 4:7-8, what John is saying here is as sure as the magnetic pull of the earth causes a compass to point to true north, the magnetic pull of God's love at work in your heart will always point you to other brothers and sisters in need of God's love through you. God sets his love on us and in us. We are going to love people who don't respond in kind. But they still need our love in spite of their own rejection. People can't see God, but they can see the love of God operating through us. Living out the presence of love, means we are living in the presence of God.

13. What are some ways we can live out the presence of love?

We receive eternal life by grace through faith, and we walk out our faith through loving others as Christ loves us.

- 1. Write down several ways God shows his love to you.
- 2. Now, write down several ways God is impressing on your heart to show love to others. Write down a couple of names of people you know in need of seeing God's love in action through you.

Week Three: Day Three

Love is Alive

How do you know if a tree is alive? You look for the buds, the leaves, and then the fruit. The fruit is the evidence that the tree has life within it. Where there is fruit, there is life. But if there's no fruit, the tree may be dead.

How do you know if a Believer, or a church, is alive? Look for the presence of genuine love that points you and others toward a closer relationship with Christ. Where there is love, there is life. When Christians truly put love into practice, it is evidence, assurance, that the life of God is present among and within them. However, when we do not put love into practice, we fight and squabble, divide and denounce each other... what does it say about us? If there's no love, says John, we have not come to life at all; we remain in death.

Let's look again at I John where we will see two opposite examples. Read I John 3:12, 15. Cain was filled with hatred, and hatred led to his death. Verse 15 gives a severe warning: hatred of a fellow Believer is likened to murder. To hate is to murder in your heart.

1. What does verse 15 say about the one who hates his brother or sister? What is not residing within them?

No murderer has eternal life living within them. To be clear, John is not referring to salvation here but to enjoyment of the Christian life and intimacy with God. Hatred and bitterness will destroy the heart and everyone with whom they come into contact. Real love is an action and not a feeling. Love and hate cannot occupy the same space, one will overcome the other.

Now, let's look at I John 3:16. Christ was filled with love, and his love led him to give his life. We see the essence of love here is self-sacrifice for others. That's how Jesus describe his coming death as the good shepherd. (John 10: 11, 15).

- 2. Read Romans 5:8. How did God demonstrate his own love for us?
- 3. Read I John 3:16, Who are we to lay down our lives for?

Self-sacrifice is not only for those rare and extreme moments when we might actually have to die for someone else, John immediately illustrates what he means in verse 17. He is talking about the simple, ordinary, everyday opportunities to show real and practical generosity, care, and kindness toward others. The greatest act of love is seen in giving yourself for others. Love is

demonstrated when we serve others expecting nothing in return. Love is putting others desires first, before our own.

Love for one another is the evidence of our faith. The point that John makes about love (love is proved in action) is very similar to what James says about faith.

4. Read James 2:14-17 and I John 3:23, How does John connect faith and love in this scripture reference?

We are commanded not only to believe in the name of God's son, Jesus Christ, but also to love one another—and together they are one integrated command. If you do the first (believe), you will do the second (love). So, if you aren't doing the second, you aren't doing the first either. We can't split them apart as they are one singular command from God. Believe in Jesus AND love one another. They go together.

So, love for one another is not only the evidence of the life of Christ within us, but also the evidence of the faith through which we came to receive Christ in the first place. James teaches that faith without deeds is dead. Through John's teaching we see faith without love is dead.

Love for one another is evidence for God. One of the most quoted verses in the Bible after John 3:16, is I John 4:8.

- 5. Turn again to I John 4:8 and write it below.
- 6. What does it say about the one who does not love? And why?

In the scripture above notice what John is saying, God IS love, he does not say love is God. Genuine love reflects the very essence of God. It is holy, just, and perfect. It knows no limits. It is not based on conditions and has no rules or boundaries. When we truly know God personally, we love as he loves. We are free to love others because:

- God is the source of all love. (I John 4:7-8)
- God has given us the proof and model of his love. (I John 4: 9-11)
- God becomes visible through our love for one another. (I John 4:12)

When we as Believers love each other in practical, sacrificial, costly, barrier-dissolving ways, then the God who is love can be seen. The world should be able to look at Believers in Christ and how they live together and love together and see the reality of God being demonstrated through their actions. Our incredible, perfect, and ever-present God makes himself visible through the way in which we love one another. When others observe our actions do they see a reflection of God. Do they see something different than what the world has to offer? They should be able to see God in Action.

- 1. Ask God to show you who in your circle needs His love. Ask him to show you how best to respond to this need with love.
- 2. What are some practical and tangible ways you can demonstrate God's love to your family?

Week Three: Day Four

Walking in the Spirit of God

Hebrews 4:12 tells us "The word of God is living and active." Everything about a life in Christ happens firmly in the Holy Spirit from start to finish. We have all heard the phrase, we are to "Walk in the Spirit." We received the Spirit of God the minute we came into relationship by Grace through Faith in his son, Jesus. However, our relationship with the spirit is not passive, it is active and moving, and transforming our hearts every single day. However, transformation requires our energy and our endurance. We must choose to rise up actively to walk in step with the Spirit.

1. Tension often exists between many things. Describe the tension between human action and the empowerment of the Holy Spirit. Use your own experiences as a springboard.

As we touched on, in day one of this week, life in the Spirit is a life free of the Mosaic law's demands but it is also at odds with the desire of our flesh and the ways of the world to which we have often grown accustomed. Yet, as it turns out, life in the spirit has the same ultimate end as does the law: love. We are free to love—to love our neighbor with the same fervency we love ourselves.

When the spirit is in control of our life, we will not live in the flesh or according to fleshly desires.

- What are some fleshly desires that come to your mind that we see in world today?
- 3. What are some things we see in our current culture that are creating divisions rather than bringing us together?

Living in the flesh doesn't just refer to sexual immorality, or substance/drug abuse, and things of this nature that we often think of first. It also refers to behaviors and postures of the heart that create breakdowns in relationships. Right now, in our society, hatred for people and organizations that do not align with one's personal belief or ideology and how comfortable many have become at tolerating it runs rampant. We see people demonized just for disagreeing with another person's opinion, assumption, or belief. Discord was an issue for the Galatian church too.

4.	Read Galatians 5:26 and fill in the blanks below:	
Let	t us not become conceited, provoking one another,	one
an	other.	

When we live in the flesh and are driven by fleshly desires, we will not bear fruit that reflects God's love.

5. Read Matthew 7:15-20 Who was teaching and what were his primary points?

All fruitfulness echoes the same confession: what is nourished on the inside grows on the outside. In God's economy, the imagery of fruit bearing is not limited to trees and shrubs and vines. Matthew 3:4-8 tells us a vital truth about fruit that often gets overlooked. It is one that would not only bring us considerable relief but will save us from peril.

6. What does this passage reveal about fruit?

When Believer's become entangled by sin, we sometimes panic as if we have no ability to discern whether or not they are truly repentant. This is simply not the case. Our state of crises is impatience, not sufficient evidence. God places a priority on restoring those who have fallen into sin. The gospel is filled with examples of forgiveness and restoration. When we fall there has to be a way back into fellowship. The question that often causes the greatest angst is whether or not people who have fallen into sin, or are fighting strongholds in their lives, should ever be restored to places of trust and positions of authority.

Scripture clearly tells us: some should, yet others should not. The pastor of the church our family attended during my formative years would say often as he preached, "Time proves all things." This is true with repentance because repentance bears fruit. And bearing fruit requires time.

Galatians 5:22 names nine characteristics of the fruit of the Spirit. Repentance isn't mentioned however it also bears fruit. It bears the fruit of humility and teachability. I want to add here there is a difference between repentance and caught. Repentance comes from a deep place of conviction and the one who is in the wrong, comes forward in a willing spirit of confession seeking forgiveness and restoration. When one is caught in sin, there is an absence of conviction. Absent of conviction true repentance will not follow and change of heart can't sustain itself.

Repentance does not elbow its way back to power. The repentant lay down their power for the love and safety of others until they can be trusted with authority again. They don't seek to be served but to serve others. They don't make excuses or place blame on others. They seek to restore what they stole and to repair what has been broken. They can only do this through God's divine power. Trust is not demanded it is earned. Restoration following repentance is a beautiful picture of God's grace in action.

7. What thoughts did you have as you read the above?

- 8. Read Ephesians 5:8-9. What is the fruit-bearer?
- 9. What three things does its fruit consist of? Where can its fruit be found?

All nine of the qualities named in the fruit of the spirit are interconnected. A whole cluster of grapes grows out of just one group. This is a great visual of the fruit of the spirit. Some of the qualities may be more apparent in our lives at one time or another. We can possess self-control beyond our own human ability but if we don't have love and we aren't filled with joy and we are constantly in battle with others and unkind, our self-control is far more likely to come from the discipline of our flesh than from the power of the Holy Spirit.

10. What do the nine qualities of the fruit of the spirit as a whole have in common?

As we look at all nine qualities, each one emerges to the surface undergirded by the fullness of the Holy Spirit. The Spirit nourishes us from within. John 15, in Christ's words speaks to the branch abiding in the Vine with no obstruction. We must surrender to Christ's Spirit and in so doing God will bear the Fruit of the Spirit. Each Grace we walk out is meant to be evidence not of ourselves, but of our Holy, Loving, Divine, and Righteous God.

All of the qualities find their origin in the first one mentioned...love and each will completely fall apart without it. F.F. Bruce words the connection between love and the remaining eight graces with this: "Where love is present, the other virtues will not be far away; it is love that binds them all together in perfect harmony (Col. 3:4). Bereft of love, all service to God and others and all personal sacrifice, no matter how severe, amount to nothing but noise."

- 1. Write down Galatians 5:22 on a notecard and begin memorizing it this week.
- 2. Is there someone God is asking you to forgive? If so, take their name before the Lord and ask him to give you His supernatural grace to forgive as he has forgiven you.

Week Three: Day Five

God's Extravagant Love for Us

Over these last four days we have studied God's love in action as we love others well. I want to end the week breathing in God's love for us. He loves you with Agape love. Complete, perfect, unbridled love that knows no end.

We cannot even begin to comprehend the depth of God's love for us. It goes beyond our human understanding. Oswald Chambers says, "Love is the Sovereign preference of my person for another person, and when the Holy Spirit is in you, that other person is Jesus. The only lover of the Lord Jesus Christ is the Holy Ghost."

We are free to love Him, and we are free to love others because He first loved us. When we are consumed by the love of God we can see into the very heart of God. Once we were blind but now, we see. We are conduits of God's love.

We have learned that Agape love is demonstrated. God demonstrates His love to us every single day even on the days we are unlovely. He loves us completely. There is nothing we can ever do that will stop him from loving us. There is nowhere we can go to get away from his love. It is constant, and it covers our sin, our guilt, and our shame.

1. What are some ways God has demonstrated his love for you this week?

God tells us he loves us, and he shows us he loves us. I love the song, "In the morning when I rise Give me Jesus." He longs to meet us, to walk beside us, to carry us when we think we can't go on. He whispers his loving presence to us even in the midst of a dark night of the soul, "I am here, I have never left your side." When we walk through the unfathomable challenges and heartbreaks of this world, He never lets us go, He is our sustaining grace. And His mercies are new every single morning.

2.	What does I John 3:20 say?	is greater than our	•
3.	What does I Corinthians 13:8 say?	never	

Love does not ever fail! Oh, what a powerful and life-giving promise. God sees you; God knows you; God loves you. Let Him wrap you in His arms and fill you with His Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness, and Self-Control. You are held in the palm of his almighty hand and sheltered under the protection of His wings. Because of His great love for us and by His Grace through our Faith in him, we are free to walk in the light of his love.

Application:

1. Find a quiet place, where you can sit in silence before the Lord, and just receive the love God has for you. In the stillness He is there, in the quiet we hear his voice, and in our surrender, he transforms our hearts and renews our minds.