

Fruit of the Spirit in everyday situations

Try three situations that turn gentleness, kindness and patience into something you can actually do.

01 Spot gentleness in a group conversation

A quiet teammate finally starts speaking and someone cuts across them. Which reply invites them back without embarrassing the interrupter?

- ▢ “Everyone stop. You always interrupt.”
- ▢ “I’d like to hear the rest of what you were saying.”

02 Make kindness specific enough to do today

Choose a small inconvenience you could remove for someone else today. Write an action that has a person, a moment and a finish line.

Write a small act of kindness

03 Give patience a cue for the week

Pick a familiar moment of waiting. What will you do during the first ten seconds next time it happens?

Name the cue and the response

Worked answers
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