

# 9-DAY MORNING AND EVENING EXERCISES

Each exercise focuses on a different fruit of the Spirit. This 9-day rhythm will help reset your mind and behavior. With daily practice, you will experience a noticeable difference in your thinking, feelings and actions.

Do one of these exercises each day for nine days. As an alternative if exercises like this are new to you, choose one fruit each week but do that exercise daily.

Before the exercise begins, I have listed all the fruit of the Spirit with a definition of each particular fruit to help you differentiate between them. Some sound very similar (i.e. goodness and kindness) but there are subtle differences to help as you focus on seeing this fruit in your life and in those around you.

*But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!* GALATIANS 5:22-23 (NLT)

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## LOVE

Love is an unconditional love that expects nothing in return. See 1 Corinthians 13 for a full description. The sacrificial love Jesus Christ shows us is the type of love we are called to demonstrate as Christians. It is not based on emotion but on a steady commitment to the welfare of others.

## JOY

The word “joy” appears 60 times in the New Testament. Many people think joy and happy are synonymous but joy is different than happiness because it does not depend on outside circumstances. Even in the midst of difficult circumstances, when we don’t feel happy, we can have joy. The joy of the Lord is our strength (NEHEMIAH 8:10).

## PEACE

Peace is living with contentment. Our world doesn’t offer much peace, but for those who have a relationship with Christ, peace is possible, no matter our circumstances. Even though the storms of life may rage around us, we are sheltered by our relationship with Jesus Christ.

## PATIENCE

Patience is long-suffering endurance. It is being willing to wait in a world of instant gratification. Patience holds strong in the midst of trials.

## KINDNESS

Kindness is our ability to show empathy to those who are in need or hurting. Although we think of kindness and being nice as synonymous, being nice means being agreeable while kindness is acting for the good of another by showing compassion, care, generosity and a willingness to be inconvenienced.

## GOODNESS

Goodness is integrity, the courage to do the right thing. It is speaking the truth in love for the welfare of others, even when it is difficult or uncomfortable.

## FAITHFULNESS

Faithfulness is the steadfast holding on to something or someone. This person is true to his or her promises and can be relied upon. As Christians, we are called to be faithful to the Word of God and to Jesus Christ.

## GENTLENESS

Gentleness is strength under control. It is quick to listen and slow to speak. Those who have gentleness are calm, tender and humble. We are called to be faithful witnesses of Christ, having a gentle answer for everyone (1 PETER 3:15-16).

## SELF-CONTROL

Self-control is the mastery of our fleshly desires and passions. It is about being God-controlled and surrendered to His will. Self-control allows us to have discipline and restraint, and causes us to listen and act in accordance to God's will rather than our own desires.

## DAY 1: LOVE

### ENTER THE CIRCLE OF GOD'S PRESENCE.

Breathing exercise to calm your soul 4-7-8 four times (*See pages 93-94.*)

### DECLUTTER YOUR SOUL:

- What are you relying on outside of God Himself for your sense of worth and value?
- Write it on an index card and toss it out of the circle as you pray, "God, I am giving \_\_\_\_\_ up to you. I will no longer allow it/him/her/them to define who I am or how I feel about myself."
- What fears do you need to discard? Write them down and pray, "God, I am giving my fear of \_\_\_\_\_ to you. I will no longer allow it/him/her/them to worry or frighten me."

### FOCUS ON YOUR IDENTITY:

Your identity verse to meditate on:

*But you, O Lord,  
are a God of compassion and mercy,  
slow to get angry  
and filled with unfailing love and faithfulness. PSALM 86:15*

### CLARIFYING QUESTIONS:

- What is God telling you about Him?
- What is God telling you about yourself?
- What is God telling you about others?

Soak in the presence of God.

### HOLD YOUR PIECE OF FRUIT REPRESENTING A FRUIT OF THE SPIRIT:

Today, the focus is LOVE. Love is an unconditional love that expects nothing in return. See 1 Corinthians 13 for a full description. The sacrificial love Jesus Christ shows us is the type of love we are called to demonstrate as Christians. It is not based on emotion but on a steady commitment to the welfare of others.

*“For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life.” JOHN 3:16*

*Three things will last forever—faith, hope, and love—and the greatest of these is love. 1 CORINTHIANS 13:13*

- What are ways you have experienced this fruit from God and others?

### DURING THE DAY:

- Look for love being expressed by others and affirm them when appropriate. Thank God for them.
- Look for ways to demonstrate love to others and silently thank God for the opportunity.

### BEFORE YOU GO TO BED:

- In the course of the day, did you take back anything you threw out of the circle this morning? Mentally or verbally toss it out of the circle with God through prayer.
- Did pride get the best of you today? Were you comparing yourself to others, feeling jealous, putting others down or gossiping? Mentally or verbally toss it out of the circle with God through prayer.
- What fears crept back into your mind? Mentally or verbally toss it out of the circle with God through prayer.
- Is there any sin, guilt or shame you need to confess? Mentally or verbally toss it out of the circle with God through prayer.
- Did you find ways to demonstrate love today? How?

Enjoy the fruit of God’s love for you as you conclude with the 4-7-8 breathing exercise.

## DAY 2: JOY

### ENTER THE CIRCLE OF GOD’S PRESENCE.

Breathing exercise to calm your soul 4-7-8 four times (*See pages 93-94.*)

### DECLUTTER YOUR SOUL:

- What are you relying on outside of God Himself for your sense of worth and value?

- Write it on an index card and toss it out of the circle as you pray, “God, I am giving \_\_\_\_\_ up to you. I will no longer allow it/him/her/them to define who I am or how I feel about myself.”
- What fears do you need to discard? Write them down and pray, “God, I am giving my fear of \_\_\_\_\_ to you. I will no longer allow it/him/her/them to worry or frighten me.”

### FOCUS ON YOUR IDENTITY:

Your identity verse to meditate on:

*For the LORD your God is living among you.  
He is a mighty savior.  
He will take delight in you with gladness.  
With his love, he will calm all your fears.  
He will rejoice over you with joyful songs. ZEPHANIAH 3:17*

### CLARIFYING QUESTIONS:

- What is God telling you about Him?
- What is God telling you about yourself?
- What is God telling you about others?

Soak in the presence of God.

### HOLD YOUR PIECE OF FRUIT REPRESENTING A FRUIT OF THE SPIRIT:

Today, the focus is JOY. The word “joy” appears 60 times in the New Testament. Many people think joy and happy are synonymous, but joy is different than happiness because it does not depend on outside circumstances. Even in the midst of difficult circumstances, when we don’t feel happy, we can have joy. The joy of the Lord is our strength (NEHEMIAH 8:10).

*So go ahead. Eat your food with joy, and drink your wine with a happy heart, for God approves of this! ECCLESIASTES 9:7*

*I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit. ROMANS 15:13*

- What are ways you have experienced joy from God and others?

### DURING THE DAY:

- Look for joy being expressed by others and affirm them when appropriate. Thank God for them.
- Look for ways to be joyful with others and silently thank God for the opportunity.

### BEFORE YOU GO TO BED:

- In the course of the day did you take back anything you threw out of the circle this morning? Mentally or verbally toss it out of the circle with God through prayer.
- Did pride get the best of you today? Were you comparing yourself to others, feeling jealous, putting others down or gossiping? Mentally or verbally toss it out of the circle with God through prayer.
- What fears crept back into your mind? Mentally or verbally toss it out of the circle with God through prayer.
- Is there any sin, guilt or shame you need to confess? Mentally or verbally toss it out of the circle with God through prayer.



- Did you find ways to demonstrate and experience joy today? How?

Enjoy the fruit of God's joy for you as you conclude with the 4-7-8 breathing exercise.

## DAY 3: PEACE

### ENTER THE CIRCLE OF GOD'S PRESENCE.

Breathing exercise to calm your soul 4-7-8 four times (*See pages 93-94.*)

### DECLUTTER YOUR SOUL:

- What are you relying on outside of God Himself for your sense of worth and value?
- Write it on an index card and toss it out of the circle as you pray, "God, I am giving \_\_\_\_\_ up to you. I will no longer allow it/him/her/them to define who I am or how I feel about myself."
- What fears do you need to discard? Write them down and pray, "God, I am giving my fear of \_\_\_\_\_ to you. I will no longer allow it/him/her/them to worry or frighten me."

### FOCUS ON YOUR IDENTITY:

Your identity verse to meditate on:

*Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light." MATTHEW 11:28-30*

### CLARIFYING QUESTIONS:

- What is God telling you about Him?
- What is God telling you about yourself?
- What is God telling you about others?

Soak in the presence of God.

### HOLD YOUR PIECE OF FRUIT REPRESENTING A FRUIT OF THE SPIRIT:

Today, the focus is PEACE. Peace is living with contentment. Our world doesn't offer much peace, but for those who have a relationship with Christ, peace is possible, no matter our circumstances. Even though the storms of life may rage around us, we are sheltered by our relationship with Jesus Christ.

*For the Kingdom of God is not a matter of what we eat or drink, but of living a life of goodness and peace and joy in the Holy Spirit. ROMANS 14:17*

*Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. PHILIPPIANS 4:7*

*Work at living in peace with everyone, and work at living a holy life, for those who are not holy will not see the Lord. HEBREWS 12:14*

- What are ways you have experienced peace from God and others?

#### DURING THE DAY:

- Look for peace being expressed by others and affirm them when appropriate. Thank God for them.
- Look for ways to demonstrate peace to others and silently thank God for the opportunity.

#### BEFORE YOU GO TO BED:

- In the course of the day did you take back anything you threw out of the circle this morning? Mentally or verbally toss it out of the circle with God through prayer.
- Did pride get the best of you today? Were you comparing yourself to others, feeling jealous, putting others down or gossiping? Mentally or verbally toss it out of the circle with God through prayer.
- What fears crept back into your mind? Mentally or verbally toss it out of the circle with God through prayer.
- Is there any sin, guilt or shame you need to confess? Mentally or verbally toss it out of the circle with God through prayer.
- Did you find ways to demonstrate peace today? How?

Enjoy the fruit of God's peace for you as you conclude with the 4-7-8 breathing exercise.

## DAY 4: PATIENCE

#### ENTER THE CIRCLE OF GOD'S PRESENCE.

Breathing exercise to calm your soul 4-7-8 four times (*See pages 93-94.*)

#### DECLUTTER YOUR SOUL:

- What are you relying on outside of God Himself for your sense of worth and value?
- Write it on an index card and toss it out of the circle as you pray, "God, I am giving \_\_\_\_\_ up to you. I will no longer allow it/him/her/them to define who I am or how I feel about myself."
- What fears do you need to discard? Write them down and pray, "God, I am giving my fear of \_\_\_\_\_ to you. I will no longer allow it/him/her/them to worry or frighten me."

#### FOCUS ON YOUR IDENTITY:

Your identity verse to meditate on:

*No, despite all these things, overwhelming victory is ours through Christ, who loved us.*

*And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love. No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord. ROMANS 8:37-39*

### CLARIFYING QUESTIONS:

- What is God telling you about Him?
- What is God telling you about yourself?
- What is God telling you about others?

Soak in the presence of God.

### HOLD YOUR PIECE OF FRUIT REPRESENTING A FRUIT OF THE SPIRIT:

Today, the focus is PATIENCE. Patience is long-suffering endurance. It is willing to wait in a world of instant gratification. Patience holds strong in the midst of trials.

*So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up.*

GALATIANS 6:9

*Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love.*

EPHESIANS 4:2

- What are ways you have experienced patience from God and others?

### DURING THE DAY:

- Look for patience being expressed by others and affirm them when appropriate. Thank God for them.
- Look for ways to demonstrate patience to others and silently thank God for the opportunity.

### BEFORE YOU GO TO BED:

- In the course of the day did you take back anything you threw out of the circle this morning? Mentally or verbally toss it out of the circle with God through prayer.
- Did pride get the best of you today? Were you comparing yourself to others, feeling jealous, putting others down or gossiping? Mentally or verbally toss it out of the circle with God through prayer.
- What fears crept back into your mind? Mentally or verbally toss it out of the circle with God through prayer.
- Is there any sin, guilt or shame you need to confess? Mentally or verbally toss it out of the circle with God through prayer.
- Did you find ways to demonstrate patience today? How?

Enjoy the fruit of God's patience for you as you conclude with the 4-7-8 breathing exercise.

## DAY 5: KINDNESS

### ENTER THE CIRCLE OF GOD'S PRESENCE.

Breathing exercise to calm your soul 4-7-8 four times (*See pages 93-94.*)

### DECLUTTER YOUR SOUL:

- What are you relying on outside of God Himself for your sense of worth and value?

- Write it on an index card and toss it out of the circle as you pray, “God, I am giving \_\_\_\_\_ up to you. I will no longer allow it/him/her/them to define who I am or how I feel about myself.”
- What fears do you need to discard? Write them down and pray, “God, I am giving my fear of \_\_\_\_\_ to you. I will no longer allow it/him/her/them to worry or frighten me.”

### FOCUS ON YOUR IDENTITY:

Your identity verse to meditate on:

*See how very much our Father loves us, for he calls us his children, and that is what we are! But the people who belong to this world don't recognize that we are God's children because they don't know him. 1 JOHN 3:1*

### CLARIFYING QUESTIONS:

- What is God telling you about Him?
- What is God telling you about yourself?
- What is God telling you about others?

Soak in the presence of God.

### HOLD YOUR PIECE OF FRUIT REPRESENTING A FRUIT OF THE SPIRIT:

Today, the focus is KINDNESS. Kindness is our ability to show empathy to those who are in need or hurting. Although we think of kindness and being nice as synonymous, being nice means being agreeable while kindness is acting for the good of another by showing compassion, care, generosity and a willingness to be inconvenienced.

*Don't tear your clothing in your grief,  
but tear your hearts instead.  
Return to the LORD your God,  
for he is merciful and compassionate,  
slow to get angry and filled with unfailing love.  
He is eager to relent and not punish. JOEL 2:13*

*But to you who are willing to listen, I say, love your enemies! Do good to those who hate you. GALATIANS 6:9*

- What are ways you have experienced kindness from God and others?

### DURING THE DAY:

- Look for kindness being expressed by others and affirm them when appropriate. Thank God for them.
- Look for ways to demonstrate kindness to others and silently thank God for the opportunity.

### BEFORE YOU GO TO BED:

- In the course of the day did you take back anything you threw out of the circle this morning? Mentally or verbally toss it out of the circle with God through prayer.
- Did pride get the best of you today? Were you comparing yourself to others, feeling jealous, putting others down or gossiping? Mentally or verbally toss it out of the circle with God through prayer.
- What fears crept back into your mind? Mentally or verbally toss it out of the circle with God through prayer.
- Is there any sin, guilt or shame you need to confess? Mentally or verbally toss it out of the circle with God through prayer.



- Did you find ways to demonstrate kindness today? How?

Enjoy the fruit of God's kindness toward you as you conclude with the 4-7-8 breathing exercise.

## DAY 6: GOODNESS

### ENTER THE CIRCLE OF GOD'S PRESENCE.

Breathing exercise to calm your soul 4-7-8 four times (*See pages 93-94.*)

### DECLUTTER YOUR SOUL:

- What are you relying on outside of God Himself for your sense of worth and value?
- Write it on an index card and toss it out of the circle as you pray, "God, I am giving \_\_\_\_\_ up to you. I will no longer allow it/him/her/them to define who I am or how I feel about myself."
- What fears do you need to discard? Write them down and pray, "God, I am giving my fear of \_\_\_\_\_ to you. I will no longer allow it/him/her/them to worry or frighten me."

### FOCUS ON YOUR IDENTITY:

Your identity verse to meditate on:

*My old self has been crucified with Christ. It is no longer I who live, but Christ lives in me. So I live in this earthly body by trusting in the Son of God, who loved me and gave himself for me. GALATIANS 2:20*

### CLARIFYING QUESTIONS:

- What is God telling you about Him?
- What is God telling you about yourself?
- What is God telling you about others?

Soak in the presence of God.

### HOLD YOUR PIECE OF FRUIT REPRESENTING A FRUIT OF THE SPIRIT:

Today, the focus is GOODNESS. Goodness is integrity, the courage to do the right thing. It is speaking the truth in love for the welfare of others, even when it is difficult or uncomfortable.

*Surely your goodness and unfailing love will pursue me  
all the days of my life,  
and I will live in the house of the LORD  
forever. PSALM 23:6*

*Then the way you live will always honor and please the Lord, and your lives will produce every kind of good fruit. All the while, you will grow as you learn to know God better and better. COLOSSIANS 1:10*

- What are ways you have experienced goodness from God and others?

#### DURING THE DAY:

- Look for goodness being expressed by others and affirm them when appropriate. Thank God for them.
- Look for ways to demonstrate goodness to others and silently thank God for the opportunity.

#### BEFORE YOU GO TO BED:

- In the course of the day did you take back anything you threw out of the circle this morning? Mentally or verbally toss it out of the circle with God through prayer.
- Did pride get the best of you today? Were you comparing yourself to others, feeling jealous, putting others down or gossiping? Mentally or verbally toss it out of the circle with God through prayer.
- What fears crept back into your mind? Mentally or verbally toss it out of the circle with God through prayer.
- Is there any sin, guilt or shame you need to confess? Mentally or verbally toss it out of the circle with God through prayer.
- Did you find ways to demonstrate goodness today? How?

Enjoy the fruit of God's goodness to you as you conclude with the 4-7-8 breathing exercise.

## DAY 7: FAITHFULNESS

#### ENTER THE CIRCLE OF GOD'S PRESENCE.

Breathing exercise to calm your soul 4-7-8 four times (*See pages 93-94.*)

#### DECLUTTER YOUR SOUL:

- What are you relying on outside of God Himself for your sense of worth and value?
- Write it on an index card and toss it out of the circle as you pray, "God, I am giving \_\_\_\_\_ up to you. I will no longer allow it/him/her/them to define who I am or how I feel about myself."
- What fears do you need to discard? Write them down and pray, "God, I am giving my fear of \_\_\_\_\_ to you. I will no longer allow it/him/her/them to worry or frighten me."

#### FOCUS ON YOUR IDENTITY:

Your identity verse to meditate on:

*Because of our faith, Christ has brought us into this place of undeserved privilege where we now stand, and we confidently and joyfully look forward to sharing God's glory.*

*We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. And endurance develops strength of character, and character strengthens our confident hope of salvation. And this hope will not lead to disappointment. For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with his love. ROMANS 5:2-5*

#### CLARIFYING QUESTIONS:

- What is God telling you about Him?
- What is God telling you about yourself?

- What is God telling you about others?

Soak in the presence of God.

### **HOLD YOUR PIECE OF FRUIT REPRESENTING A FRUIT OF THE SPIRIT:**

Today, the focus is FAITHFULNESS. Faithfulness is the steadfast holding on to something or someone. This person is true to their promises. You can rely on them. As Christians, we are called to be faithful to the Word of God and to Jesus Christ.

*But the Lord is faithful; he will strengthen you and guard you from the evil one.* 2 THESSALONIANS 3:3

*In view of all this, make every effort to respond to God's promises. Supplement your faith with a generous provision of moral excellence, and moral excellence with knowledge, and knowledge with self-control, and self-control with patient endurance, and patient endurance with godliness, and godliness with brotherly affection, and brotherly affection with love for everyone.*

2 PETER 1:5-7

- What are ways you have experienced faithfulness from God and others?

### **DURING THE DAY:**

- Look for faithfulness being expressed by others and affirm them when appropriate. Thank God for them.
- Look for ways to demonstrate faithfulness to others and silently thank God for the opportunity.

### **BEFORE YOU GO TO BED:**

- In the course of the day did you take back anything you threw out of the circle this morning? Mentally or verbally toss it out of the circle with God through prayer.
- Did pride get the best of you today? Were you comparing yourself to others, feeling jealous, putting others down or gossiping? Mentally or verbally toss it out of the circle with God through prayer.
- What fears crept back into your mind? Mentally or verbally toss it out of the circle with God through prayer.
- Is there any sin, guilt or shame you need to confess? Mentally or verbally toss it out of the circle with God through prayer.
- Did you find ways to demonstrate faithfulness today? How?

Enjoy the fruit of God's faithfulness for you as you conclude with the 4-7-8 breathing exercise.

## **DAY 8: GENTLENESS**

### **ENTER THE CIRCLE OF GOD'S PRESENCE.**

Breathing exercise to calm your soul 4-7-8 four times (*See pages 93-94.*)

### **DECLUTTER YOUR SOUL:**

- What are you relying on outside of God Himself for your sense of worth and value?
- Write it on an index card and toss it out of the circle as you pray, "God, I am giving \_\_\_\_\_ up to you. I will no longer allow it/him/her/them to define who I am or how I feel about myself."

- What fears do you need to discard? Write them down and pray, “God, I am giving my fear of \_\_\_\_\_ to you. I will no longer allow it/him/her/them to worry or frighten me.”

### FOCUS ON YOUR IDENTITY:

Your identity verse to meditate on:

*All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us. 2 CORINTHIANS 1:3-4*

### CLARIFYING QUESTIONS:

- What is God telling you about Him?
- What is God telling you about yourself?
- What is God telling you about others?

Soak in the presence of God.

### HOLD YOUR PIECE OF FRUIT REPRESENTING A FRUIT OF THE SPIRIT:

Today, the focus is GENTLENESS. Gentleness is strength under control. It is quick to listen and slow to speak. Those who have gentleness are calm, tender and humble. We are called to be faithful witnesses of Christ, having a gentle answer for everyone. 1 PETER 3:15-16

*Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. COLOSSIANS 3:12*

*Dear brothers and sisters, if another believer is overcome by some sin, you who are godly should gently and humbly help that person back onto the right path. And be careful not to fall into the same temptation yourself. GALATIANS 6:1*

- What are ways you have experienced gentleness from God and others?

### DURING THE DAY:

- Look for gentleness being expressed by others and affirm them when appropriate. Thank God for them.
- Look for ways to demonstrate gentleness to others and silently thank God for the opportunity.

### BEFORE YOU GO TO BED:

- In the course of the day did you take back anything you threw out of the circle this morning? Mentally or verbally toss it out of the circle with God through prayer.
- Did pride get the best of you today? Were you comparing yourself to others, feeling jealous, putting others down or gossiping? Mentally or verbally toss it out of the circle with God through prayer.
- What fears crept back into your mind? Mentally or verbally toss it out of the circle with God through prayer.
- Is there any sin, guilt or shame you need to confess? Mentally or verbally toss it out of the circle with God through prayer.
- Did you find ways to demonstrate gentleness today? How?

Enjoy the fruit of God's gentleness toward you as you conclude with the 4-7-8 breathing exercise.



## DAY 9: SELF-CONTROL

### ENTER THE CIRCLE OF GOD'S PRESENCE.

Breathing exercise to calm your soul 4-7-8 four times (*See pages 93-94.*)

### DECLUTTER YOUR SOUL:

- What are you relying on outside of God Himself for your sense of worth and value?
- Write it on an index card and toss it out of the circle as you pray, "God, I am giving \_\_\_\_\_ up to you. I will no longer allow it/him/her/them to define who I am or how I feel about myself."
- What fears do you need to discard? Write them down and pray, "God, I am giving my fear of \_\_\_\_\_ to you. I will no longer allow it/him/her/them to worry or frighten me."

### FOCUS ON YOUR IDENTITY:

Your identity verse to meditate on:

*I can never escape from your Spirit!  
I can never get away from your presence!  
If I go up to heaven, you are there;  
if I go down to the grave, you are there.  
If I ride the wings of the morning,  
if I dwell by the farthest oceans,  
even there your hand will guide me,  
and your strength will support me. PSALM 139:7-10*

### CLARIFYING QUESTIONS:

- What is God telling you about Him?
- What is God telling you about yourself?
- What is God telling you about others?

Soak in the presence of God.

### HOLD YOUR PIECE OF FRUIT REPRESENTING A FRUIT OF THE SPIRIT:

Today, the focus is SELF-CONTROL. Self-control is the mastery of our fleshly desires and passions. It is about being God-controlled and surrendered to His will. Self-control allows us to have discipline and restraint, and causes us to listen and act in accordance to God's will rather than our own desires.

*Better to be patient than powerful;  
better to have self-control than to conquer a city. PROVERBS 16:32*

*For the grace of God has been revealed, bringing salvation to all people. And we are instructed to turn from godless living and sinful pleasures. We should live in this evil world with wisdom, righteousness, and devotion to God ...*  
TITUS 2:11-12

- What are ways you have experienced self-control from God and others?

#### DURING THE DAY:

- Look for self-control being expressed by others and affirm them when appropriate. Thank God for them.
- Look for ways to demonstrate self-control and silently thank God for the opportunity.

#### BEFORE YOU GO TO BED:

- In the course of the day did you take back anything you threw out of the circle this morning? Mentally or verbally toss it out of the circle with God through prayer.
- Did pride get the best of you today? Were you comparing yourself to others, feeling jealous, putting others down or gossiping? Mentally or verbally toss it out of the circle with God through prayer.
- What fears crept back into your mind? Mentally or verbally toss it out of the circle with God through prayer. Is there any sin, guilt or shame you need to confess? Mentally or verbally toss it out of the circle with God through prayer.
- Did you find ways to demonstrate self-control today? How?

Enjoy the fruit of God's self-control and discipline for you as you conclude with the 4-7-8 breathing exercise.

