

The Year of Harvest

Prayer Guide

Week 29

The Year of Harvest –Fruit of the Spirit – Gentleness, Self-Control

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)



Prayer Focus: The last two of the fruit of the Spirit in this passage are gentleness and self-control. These again, are a result of the life of God in us through the Holy Spirit. The fruit of the Spirit is the character of God in the life of the believer. The word, “gentleness” in the Greek has the meaning of an inward grace of the soul, a calmness toward God, and the acceptance of God’s dealings with us. Gentleness sees the way God deals with us as good, even difficult situations, because they draw us into closer relationship with Him. It also has the idea of forbearance toward circumstances and other people. The word also has the idea of expressing anger towards the sin of man. The Lord Jesus was called meek, but expressed anger toward those who opposed what He did on the Sabbath (Mark 3:5). Paul uses this word in 1 Corinthians 4:21; 2 Corinthians 10:1; Ephesians 4:2, Colossians 3:12; 1 Timothy 6:11; Titus 3:2. This gentleness or meekness does not blame God for the persecution and evil works of men. It is not weakness, but the second characteristic of the beatitudes of Jesus. Finally, “self-control” has the idea of temperance, power over, or being master over our own selves. It is the opposite of giving ourselves over to the impulses of the world, or the flesh. There is a sense of contentedness with this word. This fruit of the Spirit is the result of our submission to the Holy Spirit in our lives to not react immediately when wronged by a person, cause or belief. It is demonstrated by continuing loyalty and support. The Holy Spirit produces in us a loyalty not only to God, but to one another. This again, is a fruit that is directed outward, toward God and toward other people. There are times when it may seem impossible to continue in faith...in the Bible, in God or in other people, but the Holy Spirit will produce that fidelity, that loyalty, that faithfulness in us as we yield ourselves to Him. He will produce in us goodness and faithfulness that will bless God and others.

Day 1: Meditate on the verses given, and ask God to help you understand these fruits of the Spirit.

Day 2: Praise God that He gives you His character to produce this fruit in your life. Worship Him today.

Day 3: Ask the Holy Spirit to increase in you the reality of the fruit of the Spirit in your lifestyle.

Day 4: Ask the Lord to make the fruit of the Spirit a characteristic of the way your family relates to one another.

Day 5: Pray for your church to teach, and disciple people in living out the fruit of the Spirit.

Day 6: Pray that other churches in your city would be teaching these important truths to their people.

Day 7: Pray for the missionaries that you know to demonstrate and teach the fruit of the Spirit in their lives.