

LIFE IN THE KINGDOM:
THE FRUIT OF THE SPIRIT

Devotional: Summer 2020

INTRODUCTION

This summer we are exploring the fruit of the Spirit: how God changes us through his Spirit to make us more like Jesus. Thank you for joining other Redeemer East Siders to grow in the fruit of the Spirit through devotionals, discussions and noonday prayer.

Use this devotional guide to deepen your understanding of the power of God's Spirit. Each day begin with the opening prayer, choose a Scripture passage and quotation to reflect on, and then pray the closing prayer. The worship songs can be listened to throughout the week. When a particular Scripture stands out to you, pause and meditate on it, considering what you learn about God, humanity, and why God is showing this to you today. Pray for the Spirit to work this fruit into your life.

WEEK 10, SEPTEMBER 6: SELF-CONTROL

▶ LISTEN

- **Wake Up** - Sons and Daughters
- **Not What My Hands Have Done** - Aaron Keyes
- **I Shall Not Want** - Audrey Assad

▶ OPENING PRAYER

Almighty and eternal God, so draw my heart to you, so guide my mind, so fill my imagination, so control my will, that I may be wholly yours, utterly dedicated to you; and then use me, I pray you, as you will, and always to your glory and the welfare of your people; through our Lord and Savior Jesus Christ.
Amen. (Book of Common Prayer)

▶ SCRIPTURE

- Psalm 19
- Psalm 101:1-4
- Proverbs 16:32, 25:28
- 1 Corinthians 9:23-10:13, 6:18-10
- 2 Peter 1:2-8
- Romans 12:1-2
- Philippians 2:1-13

▶ SELF-CONTROL

- **Definition:** Ability to choose the important over the urgent thing
- **Opposite:** A driven, impulsive, uncontrolled person
- **Counterfeit:** Willpower through pride or desire for approval, power, comfort

▶ REFLECTION QUOTES

“We would do well to think of the Christian life as the path of disciplined grace. It is discipline, because there is work for us to do. It is grace, because the life of God which we enter into is a gift which we can never earn. Lovingly, God works his life into us by grace alone, and joyfully we hammer out the reality of this new life on the anvil of discipline. Remember, discipline in and of itself does not make us righteous; it merely places us before God. Having done this, discipline has reached the end of its tether. The transformation is God’s work.” —Richard Foster

“The word ‘add’ [in 2 Peter 1:5] means there is something we have to do. We are in danger of forgetting that we cannot do what God does, and God will not do what we can do. We cannot save ourselves nor sanctify ourselves, God does that; but God will not give us good habits, he will not give us character, he will not make us walk aright. ‘Add’ means to get into the habit of doing things.” —Oswald Chambers

“All this is bound up with the idea of the disciple as someone who follows. We are to be where [Jesus] is not only in terms of mission and outreach and service in the world, in serving and accompanying the outcast; we are also to be where he is in his closeness to the Father. We follow him, not simply to the ends of the earth, to do his work and echo his service; we follow him to be next to the heart of the Father.” —Rowan Williams

“Grace is not opposed to effort, it is opposed to earning. Earning is an attitude. Effort is an action...In fact, nothing inspires and enhances effort like the experience of grace.” —Dallas Willard

“People have somehow got it into their heads that the evil in their lives will evaporate at will. But we are born in selfishness and nurture that infection within us by years and years of action for our own convenience. The way to purge the evil of years of action is by action.” —James Burtchael

“The church — the body of Christ — is the place where God invites us to renew our loves, reorient our desires, and retrain our appetites. Indeed, isn’t the church where we are nourished by the Word, where we ‘eat the Word’ and receive the bread of life? The church is that household where the Spirit feeds us what we need and where, by his grace, we become a people who desire him above all else. Christian worship is the feast where we acquire new hungers—for God and for what God desires—and are then sent into his creation to act accordingly.” —James K. A. Smith



▶ CLOSING PRAYER

Almighty God, the fountain of all wisdom, you know our necessities before we ask and our ignorance in asking: Have compassion on our weakness, and mercifully give us those things which for our unworthiness we dare not, and for our blindness we cannot ask; through the worthiness of your Son Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.
(Book of Common Prayer)

▶ Want to continue meditating on Scripture throughout the week? Consider using the Redeemer Devotional daily email: redeemer.com/devotional and Virtual Noonday prayer: eastside.redeemer.com/prayer