

Fruit of the Spirit – Prayer Stations



The power bars on the table represent discipline. Take a piece and eat it. As you do, pray that God will fill you with strength and self-control, that you will be changed into a person with discipline.

Think about how the food you are eating becomes a part of you, giving you energy and strength and imagine how the Holy Spirit will do the same, changing you into a person with discipline.



The apple wedges on the table represent honesty. Take a piece and eat it. As you do, pray that God will change your habits, that you will be changed into an honest person.

Just as the food you are eating becomes part of you, giving you energy and strength, imagine how the Holy Spirit will do the same, changing you into a person of integrity.



The candy hearts on the table represent love. Take one and eat it. As you do, pray that God will fill you with love for others.

Just as the candy tastes good and becomes part of you, giving you energy, imagine how the Holy Spirit does the same with you, filling you with love for others.



The oats on the table represent humility. Take a handful and eat. As you do, pray that God will give you opportunities to serve and that you will be bold enough to do so.

Think about how the oats you are eating becomes a part of you, giving you energy and strength, and then imagine how the Holy Spirit does the same with you, changing you into a humble person.



The Pepperami on the table represents patience. Take a piece and eat it. As you do, pray that God will change you and fill you with patience.

Think about how the food you are eating becomes part of you, giving you energy and strength, and then imagine how the Holy Spirit is doing the same with you, filling you with patience for others.



The orange on the table represents kindness. Take a piece and eat it. As you do, pray that God will give you opportunities, to show kindness to others and that you will not be too busy to do so.

Just as the orange tasted good and becomes part of you, giving you energy, imagine how the Holy Spirit does the same with you, changing you into a person of kindness.



The bread on the table represents compassion. Take a piece and eat it. As you do, pray that God will help you see those who need compassion, and that you will not be too busy to show some.

Just as the bread you are eating becomes a part of you, giving you energy and strength, imagine how the Holy Spirit will do the same, changing you into a person of compassion.



The chocolate on the table represents grace. Take a piece and eat it. As you do, pray that God will help you see those moments when you should show grace to others and that you will not be too prideful to do so.

Just as the chocolate tasted good and becomes a part of you, giving you energy, imagine how the Holy Spirit does the same with you, changing you into a person of grace.