



fruit FULL

Journal

CHM

Christian Healthcare Ministries

Love

“Regardless of why, we all struggle with love. Biblical love is a difficult concept to understand.



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Reflection Questions

Is it possible to love others without having a feeling of “love” for them?

Think of someone in your life who is difficult to love. What have you observed about how the Father has loved them?

How can you find moments in your day to draw closer to Him so that you can pour into others?

Reactions & reflections

Actions to take



Scan the QR code on the left for the kids lesson plan.

Jesus is the perfect example of love. He knows everything about you, and He loves you no matter what. He created us to show love to others. Together, let's look for ways to be a blessing to our friends and family.

Reactions & reflections

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Joy

“ Joy is a large part of our walk with Christ—and often misunderstood.



Read more

Reflection Questions

What is the difference between happiness and joy? We’re called to exhibit joy, but are we called to be happy?

Think on some of the struggles you’ve faced/are facing. What does it look like to rejoice even in hardship?

What are some steps you can take to choose joy everyday?

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Being joyful isn’t the same as being happy. No matter what happens in our life, we can choose to have joy. Even if we’re having a bad day, God still loves us. That’s a reason to rejoice!



Peace

“It seems like everything is out to steal your peace.”



Read more

Reflection Questions

What do you envision as “inner peace”? Does this align with what the Bible teaches?

Developing peace in our life often starts as a choice. How can you choose peace today?

What situation do you need to let go of and trust God to handle? Take a moment today to pray over it and fully place it in God’s hands.

Reactions & reflections

Actions to take



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Doesn't it feel good when you're finished putting together a puzzle, and every piece is in the right place? That's how our lives feel when we're at peace. We can trust that God has a good plan for our lives. That gives us peace and rest.

Kindness

“Our call to kindness is meant for a greater purpose: to show the world Christ.



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Reflection Questions:

What topics tend to trigger unkind thoughts or words for you? Take a few minutes to pray that God would touch these areas and show you how to respond.

How can you show kindness to someone today? Even a small act of kindness can start a chain reaction of goodness and love.

Showing kindness gives us a higher purpose. Where do you get your sense of purpose? How does knowing that kindness has purpose change your outlook on service?

Reactions & reflections

Actions to take



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It's hard to be kind, especially when we've had a bad day. But God is always kind to us. Kind words and actions show thoughtfulness to others. When we have the courage to be kind, we can be a bright light to our friends and family.

Reactions & reflections

Actions to take

Goodness

“In today’s language, we use the word “good” so much that it’s almost meaningless.



*Read
more*

Reflection Questions

Can you think of an example of when the world’s definition of goodness and God’s definition of goodness are at odds with each other?

We know all good works come from God. Think of all the good that exists in the world. How does this goodness reflect God and His character?

How can we take steps to reflect God’s goodness?

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God created you with a special purpose in mind because He loves you very much. When we ask Him for help, we can do good things. The goodness in Him can shine out through us too.



Faithfulness

“ Jesus and God’s faithfulness towards us is vital to our understanding of God.



Read more

Reflection Questions

God keeps His promises. How specifically has He revealed His faithfulness to you?

We know we can trust God. Is there anything in your life in which you question God’s faithfulness? Is there something you haven’t given up to Him?

How can we display faithfulness back to God?

Reactions & reflections

Actions to take



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God is faithful to keep His promises to us. The fruit of faithfulness reminds us that God is perfect. He can’t make a mistake. Together, we can serve God and stay faithful to Him just like He is faithful to us!

Reactions & reflections

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Gentleness

“ Much like Jesus, we can minister to people in ways never imagined through our gentleness.



Reflection Questions

Reflect on how Jesus displayed gentleness in His life. How can we display that gentleness in your own life? Who specifically in your life could use a little gentleness?

Think of a time when you should have been gentle but weren't. What caused you to respond the way you did? How might it have played out if you had been gentle?

Why is gentleness important in as we minister to others?



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Jesus is so gentle towards us. Gentleness is a fruit of the Spirit we can show too! We can show grace to our friends and family—even when they don't deserve it. By forgiving each other, we can be like Jesus.

