



LOVE

The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

Today's Fruit is LOVE.

This type Love is not a feeling but an action. In 1 Corinthians 13:4-5 it says Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged.

In sports, love can be shown through teamwork, sacrifice, and dedication to the team. Remember today, to show love to each other and to the other team.

Prayer: Dear God, Help us to to act in Love today as we play together as a team. Amen.

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JOY

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Today's Fruit is Joy.

Joy isn't the same as being happy. It is something more powerful and rests deep inside of you. In Nehemiah 8:10, we read "The joy of the LORD is your strength."

Who doesn't want JOY and strength? In sports, Joy can be found in the experience of playing the game, the thrill of victory, and the energy that it brings to the team.

Prayer: Dear God, Help us to be full of JOY today as we play well and encourage one another. Amen.

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The background is a light pink color with various fruit and vegetable illustrations in a darker pink tone. In the corners, there are larger, more detailed illustrations: a peach in the top-left, a strawberry in the top-right, a watermelon slice in the bottom-left, and an apple in the bottom-right. A yellow rounded rectangle is centered near the top.

PEACE

The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

Today's Fruit is PEACE.

PEACE doesn't mean everything will go right but it does influence how we react to things that do not go the way we want them to.

In 2 Corinthians 13:11, we read:

Finally, sisters, rejoice! Strive for full restoration, encourage one another, be of one mind, live in peace. And the God of love and peace will be with you.

In sports, Peace can be found in maintaining composure under pressure, making smart decisions, and being able to trust the process.

Prayer: Dear God, Help us to be full of the peace that passes all understanding. And help us to seek peace as a team. Amen.

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PATIENCE

The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

Today's Fruit is PATIENCE.

Patience is not always easy but it is important for you as you work together as a team.

Romans 12:12 says

“Rejoice in our confident hope. Be patient in trouble, and keep on praying.”

In sports, Patience can be found in waiting for the right opportunity, trusting the process, and understanding that improvement takes time.

You and your teammates are all learning and growing in this sport.

When you are having trouble being patient, stop and pray. God will help you.

Prayer: Dear God, Help us to be patient with each others and ourselves as we grow as a team and individuals. Amen.

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KINDNESS

The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

Today's Fruit is KINDNESS.

Kindness is so important today and always.

The kindness you show each other and the teams you play will build up your character. Helping you to be more like Christ.

“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” Ephesians 4:32

. Show kindness today but being caring, compassionate and forgiving.

Prayer: Dear God, Help us to be patient with each others and ourselves as we grow as a team and individuals. Amen.

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GOODNESS & FAITHFULNESS

The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

Today's Fruits are GOODNESS & FAITHFULNESS

Goodness is a fruit of the Spirit that is an attribute of action. It means living one's life with good morals and motives as well as doing good things for others. Good morals and motives are important when it comes to faithfulness.

"Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers."
Galatians 6:10

Doing good to your team and the other team is also acting faithfully as you are faithful to the team and to the game.

Prayer: Dear God, Help us to see your goodness and faithfulness around us and to share it with others. Amen.

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GENTLENESS & SELF CONTROL

The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

Today's Fruits are GENTLENESS & SELF CONTROL

Goodness is a fruit of the Spirit that is an attribute of action. It means living one's life with good morals and motives as well as doing good things for others. Good morals and motives are important when it comes to faithfulness.

"A gentle answer turns away wrath, but a harsh word stirs up anger." Proverbs 15:1

This verse applies to both gentleness and self control. It takes self control to respond in a gentle way. Choose gentle over harsh and avoid the anger that can come from not having self control. If you need a minute to step back, breath and choose your words better, do it!

Prayer: Dear God, Help us to see your goodness and faithfulness around us and to share it with others. Amen.

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