

Day 1: What fruit are you eating?

Given the challenging circumstances of life, you could be forgiven for wanting to shout STOP, God, please STOP! Let me off this crazy ride. You step out step out in faith and obstacles come against you. It hardly seems worth trying! So you sit back down again and utter those immortal words, "I knew it; I shouldn't have bothered."

Sounds familiar, right?

We have all been there. It's now that you need to hear the reassuring words of St Paul in his second letter to the Church in Corinth. "Your strength is made perfect in my weakness." The Grace of God is perfected in our inabilities to overcome obstacles.

We are overcomers, but not in our own strength. It is God who has given us all that we need through Jesus Christ. Who we are in Christ is only ever worth mentioning once we know who Christ is, and what he has done for us. That may seem obvious, but can we really walk in grace and peace unless we know Christ's Grace and Peace? Can we ever stand as an overcomer if we don't have revelation of what Christ overcame?

When you next step out in faith and something tries to stop you, or something happens afterwards that make you regret your faith actions, even for a second. Then remember these words in 2 Peter 1 v 3 "...as His divine power has given to us all things that *pertain* to life and godliness..."

The divine power or resurrection power of God has given to us all that we need for life. Knowing this, is knowing what Jesus has done for you. It is above and beyond all that you could ask or even imagine! All Glory be to God.

No matter how crazy life gets. Regardless of how much you want to shout STOP this crazy ride. You have been given everything you need to carry on. It is all in boxes that were given to you when you gave your life to Christ. You just need to unpack them. Ephesians 1 v 3 says "Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with

every spiritual blessing in the heavenly realms. Every blessing is there for you, in Christ. You just need to open the box.

What fruit are you eating?

2 Corinthians 12 v 9

2 Peter 1 v 3

Ephesians 1 v 3

Day 2: The Fruit of your lips.

There is a wonderful verse in Hebrews 13. Verse fifteen is often used in reference to sung worship. Let's change our viewpoint for a moment. Scripture is the 'Living,' word of God. The fruit of your lips are spoken words too. The fruit that you sow with your tongue and lips are not just fruits of praise to God. They are fruits that feed your life.

The question is, are you sowing blessing or Curse?

Deuteronomy 28 talks about the blessings and curses of obedience to God.

Through Jesus Christ we get blessings we don't deserve and are free from the curses we deserve, the curse of sin and the law.

So why would we sow bad seeds into our lives or the lives of others with our words?

Proverbs 18 v 21 tells us, "Death and life *are* in the power of the tongue, and those who love it will eat its fruit." This is a Kingdom principle.

Kingdom principles are simply things that God says are and will be. Like his promises, they are in place and working everywhere, every day.

So what fruit are you eating? Are you eating the fruit of seeds planted in Christ? (Blessings). Or eating the fruit of seeds planted in negativity, (Curse).

Your faith, or lack of it comes from hearing, (or not hearing), the word of God. If all you hear is negative, you will grow that way. The good news is Christ has redeemed you from this too. You don't have to eat bad fruit. You have been given a banquet of good things to eat and share with others.

The words you speak are like a professional boxers punch. They carry weight!

You are probably familiar with the saying, 'Be blessed, you are a blessing.' This is true, it is a beautiful way to affirm to someone they are doing well.

Even our enemies!

In Matthew 5 v 44, Jesus tells us to, "Love your enemies and bless those who curse you..."

I know, right! I can hear you muttering under your breath about that person who did you wrong.

Here's what Jesus would do.

Bless them!

Treat them the way you know Christ would. Feast on the good fruit that you have available to you.

Bless them.

Be a blessing!

What fruit are you eating?

Hebrews 13 v 15

Proverbs 18 v 21

Matthew 5 v 44

Day 3: Spiritual Health Check.

Have you ever gone to the gym?

Once you get passed the hard part, the first few weeks, you start to feel better. The benefits out-way the hard work and sweat. You feel fitter and are often lighter for it.

Have you ever stopped going to the gym?

This happened to my wife and I recently. We had been going once a week for about 6 months, it was routine now, we were talking about making it twice a week, we had free evenings, so it was better than sitting in-front of the T.V. Our circumstances changed and we had to cancel the membership. Slowly but surely, the eating habits changed back to the old ones. The lack of exercise was causing weight to go back on too. Ugh! Unfit again.

Spiritually we are the same. If we pray regularly. Worship God in song and serve the church in some way. Read his word and consider it daily. Go to church and meet with others who are like minded. Then we feel close to God and seem to be able to get through most trials without too much of a fuss.

However. When we stop! Ugh! It's the spiritual equivalent of not going to the gym. Before we know it. We are in a mess.

It is good advice to check for lumps and bumps on your body too. Each person, male and female is encouraged to check for anything unusual when in the shower. So how about this.

Let's check for spiritual lumps and bumps! Let's see if you are spiritually healthy.

1. Is your spiritual diet healthy and full of fruit?
2. Are you getting your spiritual 5 a day?

The answer will be there when you examine yourself. You have to do this honestly.

Don't rush this.

Take time out and sit before God. Seek him and ask him if you are spiritually healthy.

Or do you have some things you need to work out with God?

Allow God to minister his into your life as you sit peacefully at his feet. Wait for his response. The answer to prayer. Physically, emotionally or spiritually. Whatever you need, God will bring during these times of honouring and worshipping him.

Do you need to surrender something?

Is there something you are struggling with that only he can help with?

Are you seeking restoration?

Examine your life against what the word says it should be?

Are you reading the bible enough, remember, the word of God is alive? It is food to your soul.

It is what you need to survive. It is the main course portion of your five a day.

Those who love it shall eat its fruit.

Here's a list of five spiritual things you need in your diet.

1. Worship.
2. Prayer.
3. Reading God's word.
4. Fellowship of the Saints.
5. Serving God and others.

So I'll ask again. What fruit are you eating?

Proverbs 18 v 21

Psalm 46 v 10

Day 4: A Platter so full...

Yesterday we had a spiritual health check. A large part of that is eating your five a day.

Physical health encourages us to eat five portions of fruit and veg a day. There are many fruits and veg to choose from and multiple ways to cook them, so there are no excuses really. This gives us the necessary minerals and fibres we need to stay healthy inside and out.

Would you be surprised if I told you that spiritually you and I have a veritable platter of fruits growing inside of you?

When we are made new, when our lives are born again of the spirit, the old passes away and the new man/woman is born. We are given all that we need in this moment of divine exchange.

Jesus is everything we need for Salvation. We have everything we need for life and Godliness.

What do you need?

How is your Patience?

Are you good at self-control?

How about kindness and gentleness?

These and others are daily struggles for all Christians. Everyone has some of the list checked off and finds that most of the time they cope well in situations that demand that particular attribute of them.

It's time for a feast!

If you and I have been given everything we need for life and Godliness in Christ, why do we struggle with the fruits of the spirit?

They are yours and mine to feast on!

The table is set in the presence of our enemies. The platter is full and the way is clear. We can feast on an endless supply of these fruits. The flesh has been told it has no control, so stand strong in the full armour of God and eat.

It's quite a picture isn't it. Dressed for battle eating from a fruit platter!

All these fruits are yours. You don't need permission to eat them.

So I'll ask you again.

What fruit are you eating?

Galatians 5 v 22

Psalm 23