**Saturday 11th July**

Galatians 5:22-25

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the flesh with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit.

When I was a child I was in the Girl’s Brigade, and in those days we would do drill at most meetings. I was not good at it! And then every term we would have a parade when we would march to church. This really showed off my lack of skill and coordination! No matter how hard I concentrated, I couldn’t seem to keep in step with the other girls! I would look at the girls either side and try to take several ‘lefts’ to bring me back into alignment! Apart from ruling out any possible career in the forces, the experience didn‘t really do me any harm! In these verse, Paul urges us to keep in step with the Spirit - to match our pace, direction and stride length to His. Paul lists nine beautiful indicators that we are in step with the Spirit. The good thing is, that unlike my Girl’s Brigade experiences, we do not have to strive. These fruit are the product of a life inhabited by the Spirit of God, where He is made welcome as an honoured guest, and are therefore available to any child of God.

*Heavenly Father, thank you for the gift of your Holy Spirit living within us. We pray that you will help us to keep in step with Him as He works to make us more like Jesus. We particularly pray, that at a time of uncertainty about the future we will follow His leading and direction. We pray that we will be recognised as belonging to you by an abundance of the Fruit of the Spirit in our lives. Amen*

