



The Tree

with its

12 Fruits



Written by
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Bearing good FRUITS

The Bible tells us that in the beginning, when
God created the world,
**He saw all that He had made
and it was very good.**

But sin came when Adam and Eve disobeyed God.
When we sin, we fall away from doing good
works like our Creator and Heavenly Father.

**Yet, God's great desire is that we live a life
of obedience to Him and bear good fruits.**



To help us, God sends us
Power from Heaven,
His Holy Spirit



This book is dedicated to

Holy Spirit

Did you know?

During the time of Jesus, his disciples and other Jews celebrated the

FEAST OF WEEKS

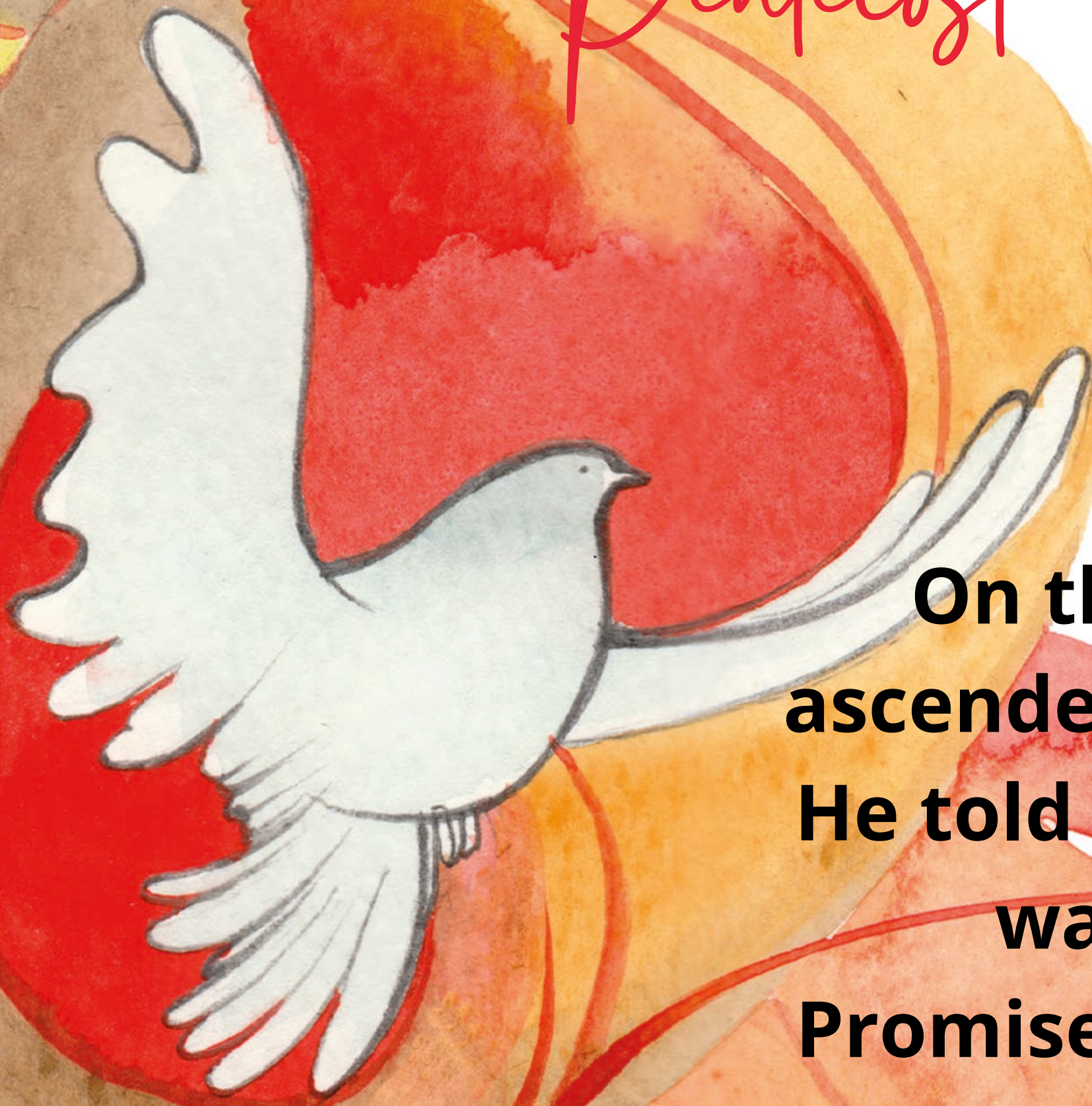
50 days after the Feast of Unleavened Bread.

The Feast of Weeks celebrated the
first fruits of the wheat harvest



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Pentecost



**On the day Jesus
ascended into Heaven,
He told His disciples to
wait for the
Promise of The Father.**

**After 9 days of waiting and praying,
on the Feast of Weeks, the Holy Spirit
came down on all of Jesus' disciples..**

**We call this day,
*PENTECOST***



First Fruits

So the Feast of Weeks celebrated the first fruits of the wheat harvest.

The Feast of Pentecost celebrates the first fruits of Jesus' harvest.

Jesus said, "unless a grain of wheat falls on the earth and dies, it remains a single grain. But if it dies, it bears much fruit."

- John 12:24

Jesus is that grain of wheat that died
on the cross for us.

(Remember He said, I AM The Bread of Life).
WE are the FIRST FRUITS that He has borne
through His death, resurrection and
ascension into Heaven.



A letter from

JESUS

"You show that you are a letter of Christ, ... written not with ink but with the Spirit of the living God, not on tablets of stone but on tablets of human hearts."

- 2 Corinthians 3:3

My dear child, I have sent the Holy Spirit, from my Father to be your Helper in this world.

Allow Him to help you bear good fruits in your heart, and write my Father's law in your heart. This way, you become my letter to the world.



Come Holy Spirit

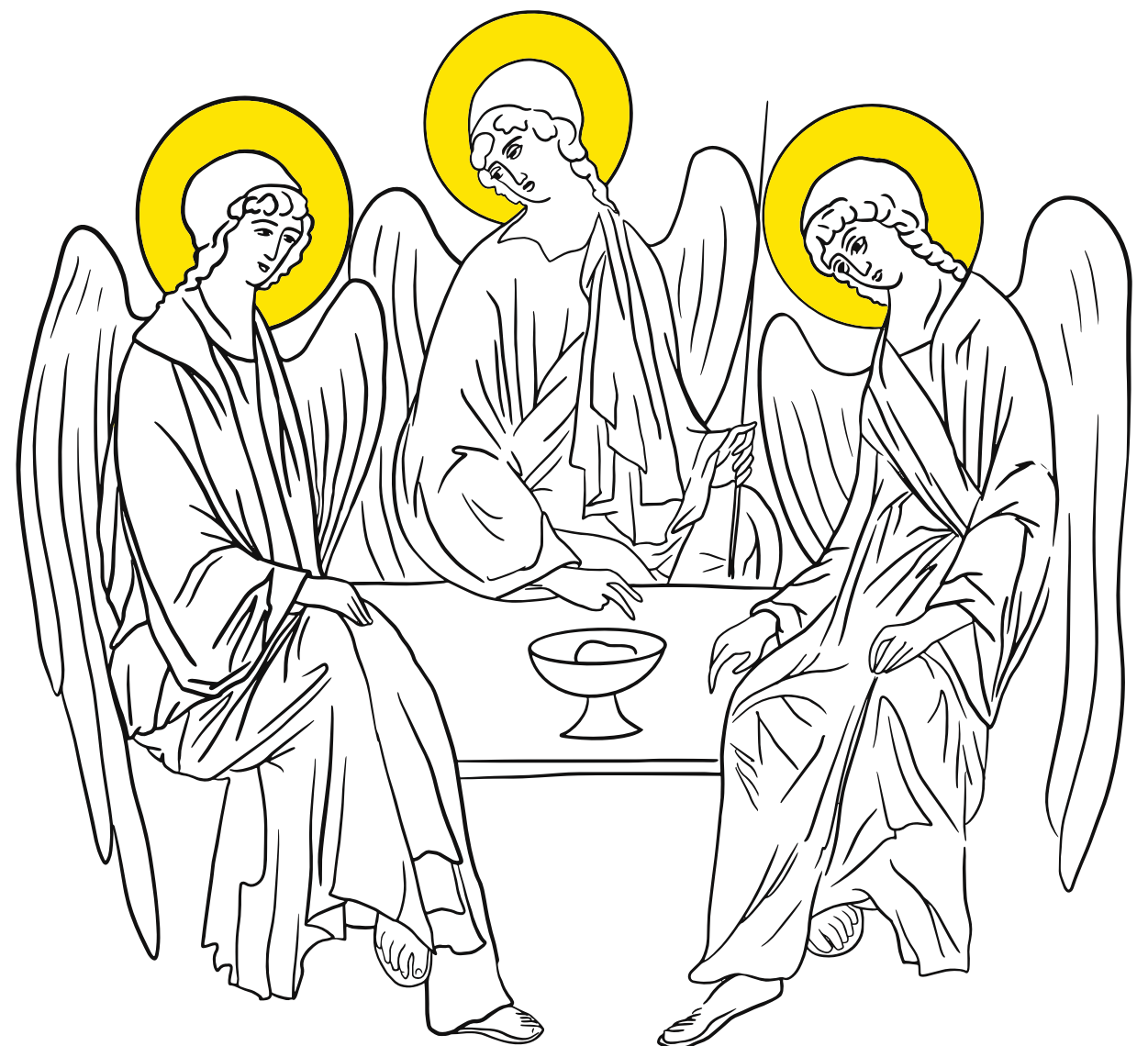


Fill the hearts of the
faithful, and enkindle in them,
the fire of Your love.

The Holy Spirit is God.

He is the Third Person of the
Most Holy Trinity.

We need Him to constantly be in a
Holy Communion with God.





God inspired RECIPES

These are 7-day recipes combining fruits of the Holy Spirit that you can use every day of the week.

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Ingredients

love

joy

peace

patience

kindness

goodness

generosity

gentleness

faithfulness

modesty

self-control

chastity

The 12
fruits
of the
Holy
Spirit

*Recipes 1 & 2:
Your Goal*



TO STAY IN COMMUNION WITH

God

Recipe 1

The fruit of the Spirit is love, joy
and peace.
– Galatians 5:22.



This is a bumper recipe. And could very well be God's favourite. One of the best ways to bear these fruits and cook them into a recipe, is through prayer. As you spend time talking with God, the Holy Spirit will stew up all these three into a delightful dish for God.

Pray: COME HOLY SPIRIT, fill my heart!

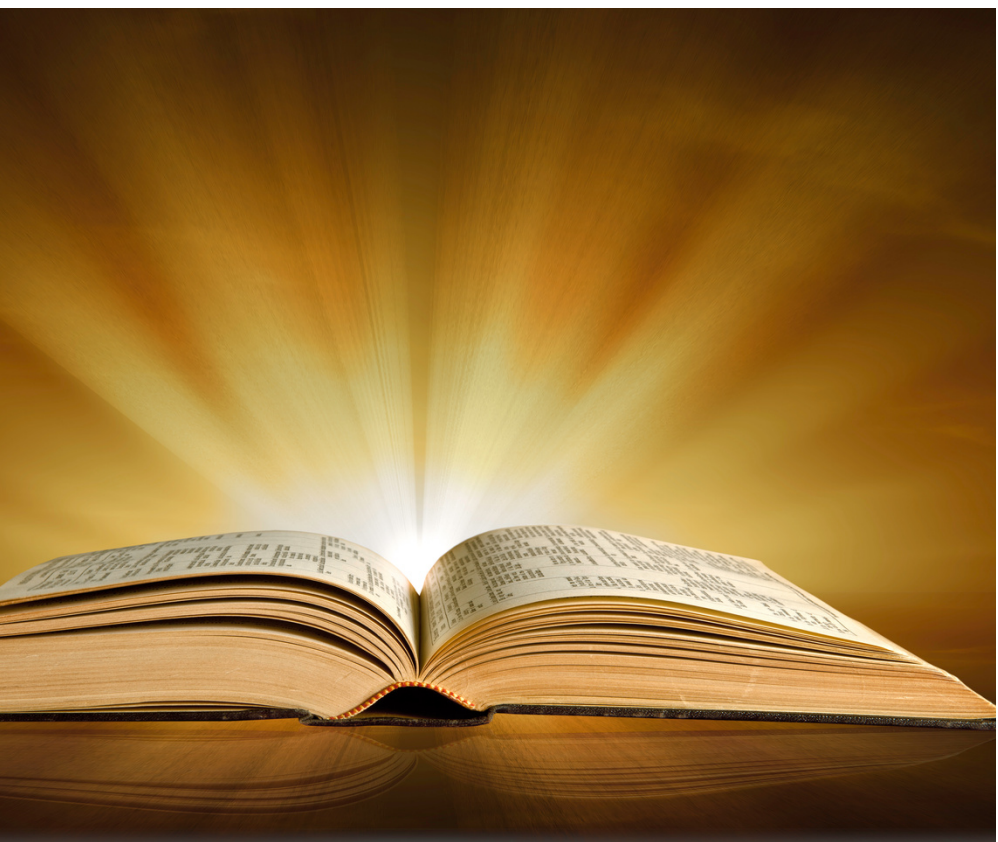
Praying the Rosary helps us to grow in **peace, joy and love**. Mary, the mother of Jesus, was at Pentecost with His disciples. Ask her to help you to receive the Holy Spirit.



Recipe 2

Faith, Hope and Love, these
three abide forever.

– I Corinthians 13:13



Faith is the gift of the Holy Spirit
that brings light into our hearts.
Faith helps us to understand without
doubting all that God has revealed.

God's revelation comes to us
through reading the Bible and
uniting in worship in His Church.

Pray: COME HOLY SPIRIT, fill my heart!

Faith

As you spend time with God in worship,
you bear the fruit of faithfulness.

The Holy Spirit will stir up God's Truth in
your heart and fill you with hope to hold
on to God's promises.





Take a few minutes to reflect on peace.

The Holy Spirit brings peace to us.

What areas of your life and our world need peace?

Ask Holy Spirit to give you peace in your heart,
in your family, and to bring peace into our world.

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*Recipes 3, 4 & 5:
Your Goal*



TO STAY IN COMMUNION WITH

Others

Recipe 3

KINDNESS

Be kind to one another,
tenderhearted, forgiving one another,
as God in Christ has forgiven you.

– Ephesians 4:32

patience

SELF
control

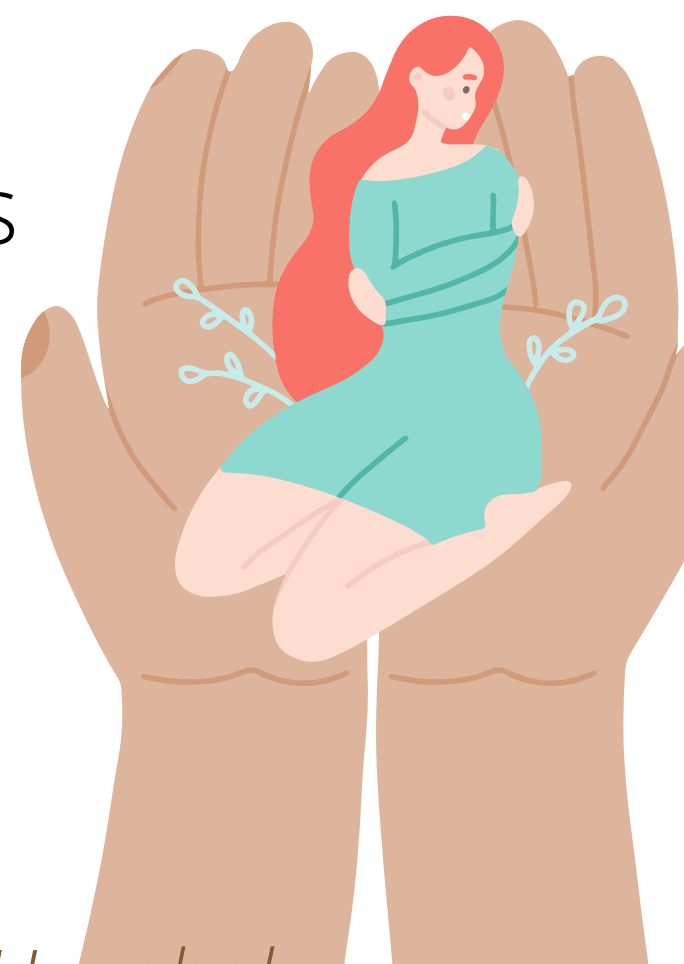
This is a recommended recipe for when
your faith is tested by fire.

When others are unkind to you or
offend you, how do you react?

Ask the Holy Spirit to help you show
kindness instead of malice, patience to
forgive and self-control instead of anger.

Pray: COME HOLY SPIRIT. fill my heart!

When we wait on God, we grow the fruits
of **patience, self-control and
kindness.** Jesus asked His disciples to
wait for the Holy Spirit. Let us ask for His
grace to also learn to wait on Him.



Recipe 4

So then, whenever we have an
opportunity, let us work for the
good of all
– Galatians 6:10



Goodness is a fruit of the Holy Spirit that
makes us like Jesus. The Bible says that
Jesus went about doing good.
When we do good to others, we bear the
fruit of goodness.
The Gospel is also called "Good News".
Living a good life show others that you
believe in Jesus Christ.

Pray: COME HOLY SPIRIT, fill my heart!



As Christians spreading good vibes, means that
we are spreading the **goodness of God**
wherever we go.

Do not spread rumours or mock others instead,
let good vibes flow out of you to others.



Recipe 5

Let your gentleness be known to everyone.

.- Phillipians 4:5



Generosity and Gentleness are a great blend.

Jesus says, "give, and it will be given to you.

A good measure, pressed down, shaken together, running over, will be put into your lap; for the measure you give will be the measure you get back."

Ask God to give you a heart that is generous and gentle.

Pray: COME HOLY SPIRIT, fill my heart!



You can **be generous** in different ways. By giving others a gentle hand to reach their dreams, sharing what you have, supporting a good cause, or encouraging others with words.



Recipes 6 & 7
Your Goal



TO STAY IN COMMUNION WITH

Yourself

Recipe 6

Chastity Modesty

Or do you not know that your body is a temple of the Holy Spirit within you, which you have from God...? For you were bought with a price; therefore glorify God in your body.

- I Corinthians 6:19-20



Chastity is a fruit of the Holy Spirit which we bear when we treat our bodies with respect. This means that we don't maltreat our bodies or misuse parts of our bodies. You recognise that God lives in you and you worship God in your body. Modesty means we do not brag but live and speak humbly.

Pray: COME HOLY SPIRIT, fill my heart!



Ask the Holy Spirit to make you **modest and chaste** so that you guard your eyes, ears, mouth, mind, and heart. And you see no evil, hear no evil, speak no evil, think no evil and believe no evil.

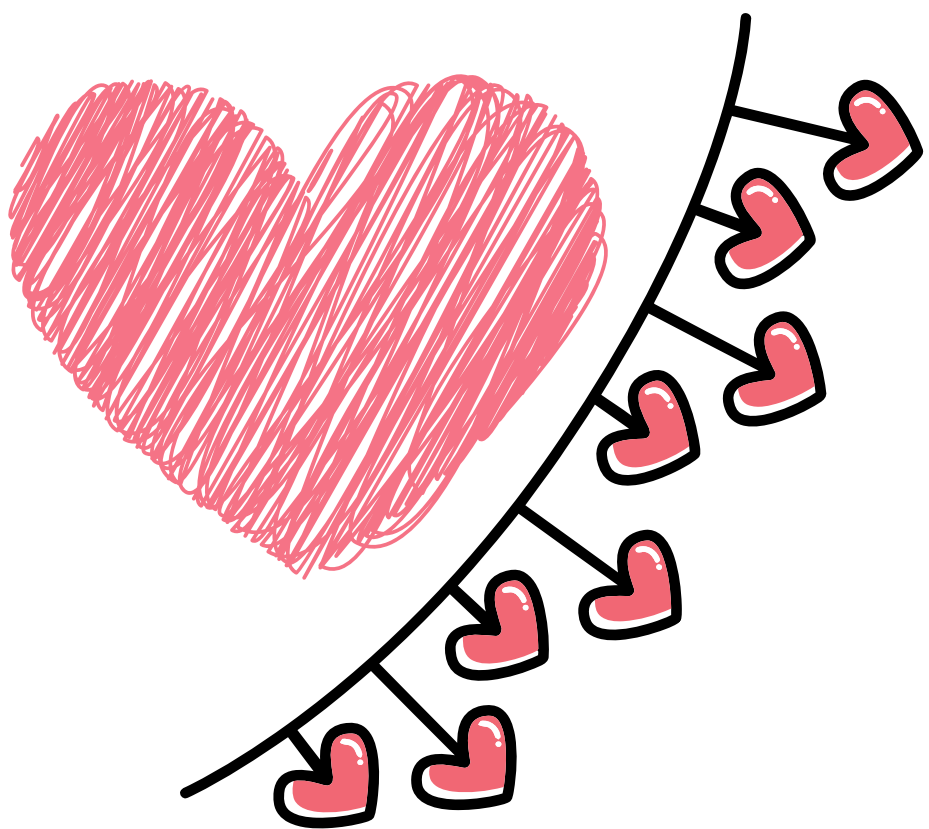


Recipe 7

Jesus replied: “‘Love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the first and greatest commandment. And the second is like it:

‘Love your neighbor as yourself.’

– Matthew 22:37-39



LOVE is a fruit of the Holy Spirit that can be a combined or a standalone recipe. When we love God with all our hearts and everything we are, His love grows in us. This love we have for Him helps us to love ourselves as God loves us and then multiplies out of us to others.

Pray: COME HOLY SPIRIT, fill my heart!



Ask the Holy Spirit to help you see yourself as God sees you. **God loves you with an everlasting love.** It is because He first loved us, that we now are able to love Him in return.





Take 5 minutes

Each day to pray



You're God's Family

For through Him (Jesus) both of us
have access in one Spirit to the Father.
So then you are no longer strangers and
aliens, but you are citizens with the
saints and also members of the
household of God

- Ephesians 2:18-19



This is the main reason why the
Holy Spirit came on Pentecost.

**He came to remind us
that because Jesus
Christ has died and risen
for us, we are now
members of
God's Family.**



*Just like Mary and Joseph, we can live with Jesus here on earth
and forever in Heaven.*

Prayer to The Holy Spirit



*Oh Holy Spirit, I kneel down
before You in the presence of all
the angels and saints. I offer my
life completely to You.*

*I know now that You are God,
just as The Father and The Son.*

*I ask You to come into my life
and change me completely that I
may become exactly like Christ.*

*Fill me with your love and all
your twelve fruits.*

I ask for the fruit of love.

I ask for the fruit of joy.

I ask for the fruit of peace.

I ask for the fruit of faithfulness.

*I ask for the fruit of patience.
I ask for the fruit of kindness.
I ask for the fruit of self-control.
I ask for the fruit of goodness.
I ask for the fruit of gentleness.*

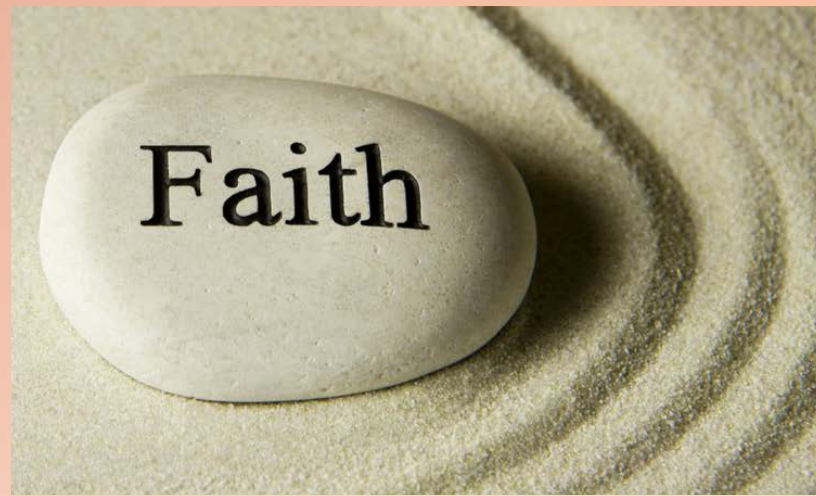
*I ask for the fruit of generosity.
I ask for the fruit of chastity.
I ask for the fruit of modesty.*

*Keep me away from sin and
help me to learn to hear Your
voice and obey The Father.
I ask all this in Jesus Name.*

Amen.



Reminder
Cues



keep
CALM
& be
KIND

BE POSITIVE,
PATIENT AND
PERSISTENT.

JOY

GOOD VIBES



PEACE



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Holy Spirit, Lord of Light

Holy Spirit, Lord of light,
From Thy clear celestial height
Thy pure beaming radiance give.
Come, Thou Father of the poor,
Come with treasures which endure,
Come, Thou Light of all that live.

Thou, of all consolers best,
Thou, the soul's delightful Guest,
Dost refreshing peace bestow.
Thou in toil art comfort sweet,
Pleasant coolness in the heat,
Solace in the midst of woe.

Light immortal, Light divine,
Visit Thou these hearts of Thine,
And our inmost being fill.
If Thou take Thy grace away,
Nothing pure in man will stay;
All his good is turned to ill.

About the Hymn

*Words: Attributed to Innocent III (1160–1216)
(Veni, Sancte Spiritus).
Translated from Latin to
English by Edward Cas-
wall, 1848.*

Heal our wounds; our strength
renew;
On our dryness pour Thy dew;
Wash the stains of guilt away.
Bend the stubborn heart and will;
Melt the frozen, warm the chill;
Guide the steps that go astray.

Thou, on us who evermore
Thee confess and Thee adore,
In Thy sevenfold gifts descend:
Give us comfort when we die,
Give us life with Thee on high;
Give us joys that never end.



Sparkie & Shine

With abundant fruits
of the Holy Spirit



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