A time recently where you did not have enough (pick 1 or 2):

Not enough hope Not enough gratitude

Not enough courage Not enough life

Not enough kindness

Not enough strength

Not enough comfort Not enough love

Not enough patience Not enough gentleness

Not enough forgiveness Not enough faithfulness

Not enough boldness Not enough perseverance

Not enough humility Not enough hospitality

Not enough peace of mind Not enough self-control

1. What was your experience like?

2. How would things be different if you had MUCH MORE THAN ENOUGH of this quality because of Christ who strengthened you?

3. Now reflect on how the Spirit has brought out one or more of these fruits in your life or in the life of someone you know.