

# A FRUITFUL SUMMER

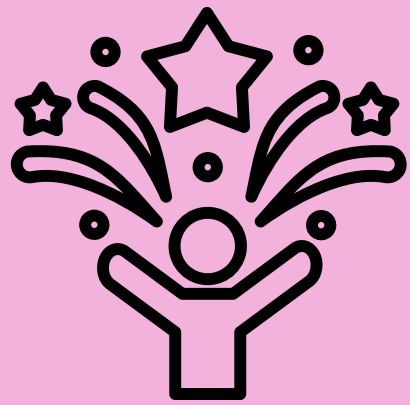
## LOVE

- name 2 things/people/places that you love and why
- tell someone you love them
- write a love letter from God to you
- spend 15 minutes doing an activity you love
- take a photo of something you love
- choose 1 person to demonstrate love to
- listen to the song “Jesus we love you” by Paul McClure



## JOY

- what brought you joy today?
- how can you bring joy to someone else's day?
- eat a treat and savour the joy it brings you
- have a dance party
- celebrate an accomplishment (big or small) from your day
- go on a walk
- watch the sunset
- listen to your favourite song
- play music while doing chores



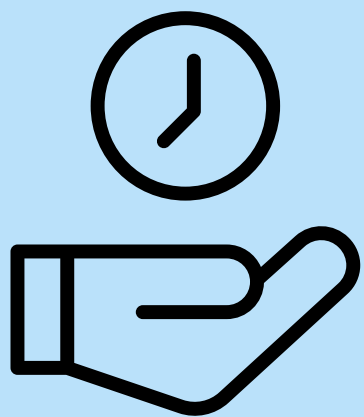
## PEACE

- listen to “Fade Away” by Passion
- silence notifications for 1 hour
- stay off the news and social media for 1 day
- pass/share the peace of christ by greeting someone with “hello” and a smile
- spend 5-10 minutes in silence with God
- have a silent commute to work - no music or podcasts



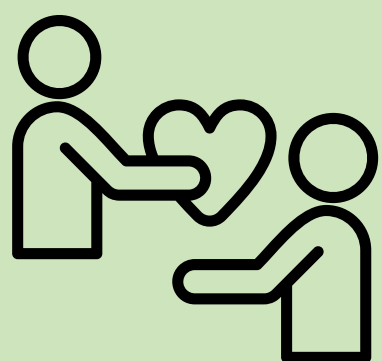
## PATIENCE

- each time you eat something, pray asking God for patience
- breathe before responding
- pray thanking God for working on your behalf as you wait
- listen to “Seasons” by Hillsong
- listen to “Way maker” by Leeland
- start your day with 5 minutes of prayer/bible



## KINDNESS

- how can you demonstrate kindness and grace to yourself today
- hold the door open for 1 person
- pray for a friend/family member
- pray for someone who is hard to love
- encourage 1 person with words
- say one good thing about yourself



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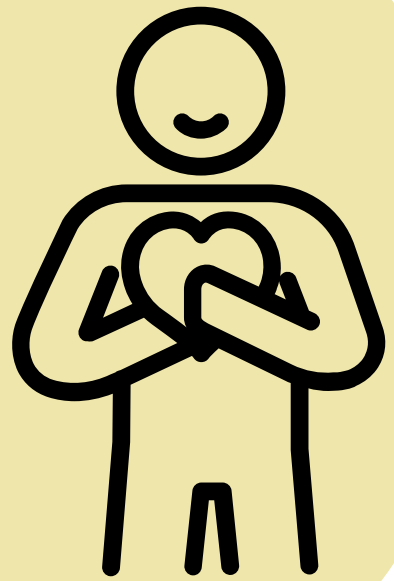
## GOODNESS

- name 1 way you have experienced God's goodness
- name 1 way you saw goodness in others
- pay it forward - do a good deed for someone else
- take a walk outside & see God's GOOD creation
- tell someone they did a good job
- name 1 thing you're grateful for today



## FAITHFULNESS

- how can you be faithful today?
- how did you experience God's faithfulness today?
- how can you not judge others today?
- pick up 1 piece of trash to be a faithful steward of God's creation
- read the Bible for 5 minutes each day this week
- create a timeline of how God has been faithful in your life



## GENTLENESS

- speak gently to yourself today when you mess up
- be slow to speak & quick to listen
- listen to "Christ be all around me" by All Sons and Daughters
- offer to help someone
- do one activity that cares for yourself
- take 5 minutes to sit in quiet in the midst of the busyness
- be present in the moment
- listen to the song "Be Kind to yourself" by Andrew Peterson



## SELF CONTROL

- spend 5 minutes in solitude listening to the Holy Spirit
- consciously think about each decision you make and if it contributes to your longterm goals
- find an accountability buddy and set a goal together
- limit screen time & excessive scrolling/binge watching
- donate items that you have enough of
- go to bed early
- choose a healthy snack

