



Keeping in step with the Spirit

A FRUIT OF THE SPIRIT
STUDY JOURNAL

APRIL 12 - JUNE 20



La Jolla
Presbyterian Church



From April 6th through June 13th, Shannon and I will be on sabbatical. There will be times of rest and times for pilgrimage as I reflect on my next season of ministry at LJPC and the plans God has for this church. In talking with my sabbatical sub-committee, we wondered if there was something people at LJPC could also participate in while I am gone.

This journal is the result of that conversation. I am excited about it because though I will not be with you all in person, it is an exercise that I plan to participate in while I am gone, and it is something we can all do together.

In the following pages you will find the sermon text or part of the sermon text for each week, and I am encouraging you to participate in an ancient church practice called “lectio divina.” Lectio divina is a process by which we read Scripture slowly and seek to move it from our head to our heart. It has its roots in the early church and was practiced for centuries by people in monasteries as a way to slow down and receive God’s Word.

The prompts in this journal follow a similar rhythm of the early church. You will be asked to read the passage three times, to notice a word or phrase, and reflect on why it stands out to you and what it stirs in you. Then you will be prompted to spend some time in prayer, rest in silence, and journal what you sense God is saying.

You can do this once a week or you can do it daily in ten to fifteen minutes. Over time, this practice can help us to listen for God’s voice and allow those words to shape our lives.

Grateful to be on this journey with you.

Pastor Paul



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.

Read - Slowly read through the passage three times.

Notice - What word or phrase catches your attention? Write it down.

Reflect - Why might God be highlighting this for you today? What is stirring in you as you sit with this word or phrase? Write it down.

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Pray - Speak honestly back to God what you have reflected on.

Rest - Spend a few minutes in silence.



Love

REV. NOEL MUSICHA & REV. JEREMIAH LESTER

MATTHEW 25:31-36 WEEK OF APRIL 19-25

“When the Son of Man comes in his glory, and all the angels with him, he will sit on his glorious throne. All the nations will be gathered before him, and he will separate the people one from another as a shepherd separates the sheep from the goats. He will put the sheep on his right and the goats on his left. “Then the King will say to those on his right, ‘Come, you who are blessed by my Father; take your inheritance, the kingdom prepared for you since the creation of the world. For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.’

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Joy

REV. EILEEN (MORAN) VANGIESON

JOHN 15:9-11 WEEK OF APRIL 26-MAY 2

As the Father has loved me, so I have loved you; abide in my love. If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. I have said these things to you so that my joy may be in you and that your joy may be complete.

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Peace

REV. SCOTT MITCHELL

EPHESIANS 4:1-8 WEEK OF MAY 3-9

As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace. There is one body and one Spirit, just as you were called to one hope when you were called; one Lord, one faith, one baptism; one God and Father of all, who is over all and through all and in all. But to each one of us grace has been given as Christ apportioned it. This is why it says: "When he ascended on high, he took many captives and gave gifts to his people."

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Patience

REV. DR. DAVE ROHDE

2 TIMOTHY 3:16-4:2 WEEK OF MAY 10-16

All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work. In the presence of God and of Christ Jesus, who will judge the living and the dead, and in view of his appearing and his kingdom, I give you this charge: Preach the word; be prepared in season and out of season; correct, rebuke and encourage - with great patience and careful instruction.

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Kindness

REV. DR. SHERI PERENON

LUKE 10:33-37 WEEK OF MAY 17-23

But a Samaritan, as he traveled, came where the man was; and when he saw him, he took pity on him. He went to him and bandaged his wounds, pouring on oil and wine. Then he put the man on his own donkey, brought him to an inn and took care of him. The next day he took out two denarii and gave them to the innkeeper. ‘Look after him,’ he said, ‘and when I return, I will reimburse you for any extra expense you may have.’ “Which of these three do you think was a neighbor to the man who fell into the hands of robbers?” The expert in the law replied, “The one who had mercy on him.” Jesus told him, “Go and do likewise.”

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Goodness

REV. MIKE SEDGWICK

2 PETER 1:5-8 WEEK OF MAY 24-30

For this very reason, you must make every effort to support your faith with excellence, and excellence with knowledge, and knowledge with self-control, and self-control with endurance, and endurance with godliness, and godliness with mutual affection, and mutual affection with love. For if these things are yours and are increasing among you, they keep you from being ineffective and unfruitful in the knowledge of our Lord Jesus Christ.

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Faithfulness

REV. KIERSTEN (GORE) HILL

LUKE 18:1-8 WEEK OF MAY 31-JUNE 6

Then Jesus told his disciples a parable to show them that they should always pray and not give up. He said: “In a certain town there was a judge who neither feared God nor cared what people thought. And there was a widow in that town who kept coming to him with the plea, ‘Grant me justice against my adversary.’ “For some time he refused. But finally he said to himself, ‘Even though I don’t fear God or care what people think, yet because this widow keeps bothering me, I will see that she gets justice, so that she won’t eventually come and attack me!’”

And the Lord said, “Listen to what the unjust judge says. And will not God bring about justice for his chosen ones, who cry out to him day and night? Will he keep putting them off? I tell you, he will see that they get justice, and quickly. However, when the Son of Man comes, will he find faith on the earth?”

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Gentleness

REV. DR. MINDY (BEARD) SMITH

PHILIPPIANS 4:4-7 WEEK OF JUNE 7-13

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

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Self-Control

REV. CHAD FRANSEN

MATTHEW 7:1-6 WEEK OF JUNE 14-20

“Do not judge others, and you will not be judged. For you will be treated as you treat others. The standard you use in judging is the standard by which you will be judged. “And why worry about a speck in your friend’s eye when you have a log in your own? How can you think of saying to your friend, ‘Let me help you get rid of that speck in your eye,’ when you can’t see past the log in your own eye? Hypocrite! First get rid of the log in your own eye; then you will see well enough to deal with the speck in your friend’s eye. “Don’t waste what is holy on people who are unholy. Don’t throw your pearls to pigs! They will trample the pearls, then turn and attack you.

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***7715 Draper Ave.
La Jolla, CA 92037***

***LJPres.org
858-454-0713***