

Different ways of praying 4 – Maggie Marshall

Fruit

Based on Ideas for Multi- Sensory Prayer by Scripture Union and teaching in a Church School.

You will need a bowl of mixed fruit, large or small, and maybe a plate and a knife (depends how hungry you get!)

The Fruit Script by Sue Wallace, Scripture Union

Take your fruit and look at it carefully. Look at the colours within the fruit and notice how they vary according to the light and shadows. Touch it and feel its skin. Is it smooth or bumpy? Look at the other fruits in the bowl. So many different types. So many colours and textures. Yet they are all still fruit. Jesus said, 'I am the vine; you are the branches. If a person remains in me and I in them, they will bear much fruit; apart from me you can do nothing.'

Think now for a minute about the sorts of fruit you might bear. Love? (Pause) Joy? (Pause) Patience? (Pause) Kindness? (Pause)

Perhaps your fruit might not be the sort of thing you would think of straightaway as being fruit. It might be exotic. It might be mundane. Maybe it's making tasty meals for others or providing a listening ear. Cut into your fruit now and taste a little. Notice its sweetness.

What do you do that makes life a little sweeter for others? Maybe that's your fruit.

You might be feeling a little fruitless at the moment. Or like you used to bear fruit in the past, yet somehow you're feeling a bit dry and uninspired. Or maybe you want to grow some new fruits.

Jesus compared God to the gardener who prunes the fruit tree to bear more fruit. Are there any branches of your life that seem to be going nowhere, projects you should be cutting back on? These might just need to grow a little more, or need a little more patience and love. Or maybe it's time for something new. Ask God to prompt you now, to show you the difference. Where should you be shedding old branches, old projects and beginning new ones?

Where should you just be asking him for more help to grow and patience to wait for the growth to happen? Ask God to send the Holy Spirit to inspire you and bring new fruit to your life now.

Enjoy your fruit.

Song: You are the Vine