



Meal Ritual

Fruits of the Holy Spirit

Table Center

Collect small house plants (2-3 inch pot size). Place a fruit of the Spirit label on them or attach with a ribbon: love, joy, peace, patience, generosity, faithfulness, gentleness, self control. Make sure to have all the gifts represented, with a minimum of one plant per table guest.

Preparation

- Purchase and label with the fruits of the Spirit.
- Meal option: potluck (even with only one family in attendance everyone could prepare/request their favorite dish).
- Another option might be to challenge everyone to bring or request a dish that has “fruit” in it, for example, lemon chicken, mandarin orange spinach salad, orange glazed carrots, pineapple upside down, pineapple glazed ham, etc.

Note to meal facilitator:

Invite someone to do the reading from Galatians and another to lead the blessing of the food.

+ We Gather...

“We gather at this meal to renew and remember the fruits of the Spirit that we celebrate in Confirmation. I invite everyone to choose one of the small plants in the center of the table and read out loud the gift labeled/attached to it.

I now invite you to ponder and share with those gathered here how you yourself have experienced that fruit. Has it been a fruit easy for you to live out, or a fruit that has brought challenge to your life? How, in what ways?

+ We Tell the Story...

“By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self control. There is no law against such things. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also be guided by the Spirit. Let us not become conceited, competing against one another, envying one another.” (Galatians 5:22-26)

+ We Bless Our Food...

Place the meal to be shared on the table.

We pray...

“We pray now in thanksgiving for the food you have blessed us with. Bless the food before us. May it nourish us to share the fruits of the Spirit with all whom we meet. Amen.

Before eating, invite those gathered at the table to share what they like most about the dish they brought or requested.

As the meal is being shared, invite those gathered at the table to discuss:

- What fruit of the Spirit do you long for most?
- What fruit of the Spirit do you find easiest to grow in your own life?

+ We Go Forth...

We close our meal today by praying a litany to the Holy Spirit.

- + Fill us with love, that we may put the needs of others before our own...

Response: "Fill us with the fruits of your Spirit."

- + Fill us with peace, that we may bring peace and healing to our troubled world ...

Response: "Fill us with the fruits of your Spirit."

- + Fill us with patience, that we may surrender to God's time not ours ...

Response: "Fill us with the fruits of your Spirit."

- + Fill us with kindness, that we may see others through God's eyes ...

Response: "Fill us with the fruits of your Spirit."

- + Fill us with generosity, that we may share what we have with others ...

Response: "Fill us with the fruits of your Spirit."

- + Fill us with faithfulness, that we may persevere in being and sharing your Word...

Response: "Fill us with the fruits of your Spirit."

- + Fill us with gentleness, that we may show others God's compassion...

Response: "Fill us with the fruits of your Spirit."

- + Fill us with self-control, that we may manage our wants and frustrations...

Response: "Fill us with the fruits of your Spirit."

If we live by the Spirit let us be guided by the Spirit. Let us go forward and live our lives rooted in the Spirit who gives us all that we need. Amen.

I invite you to take home with you one of the plants from our table center. Nurture it as a reminder to nurture that fruit of the Spirit within you.

