

# 24/7

A Newsletter  
for the  
Christian Home

Vol. 4 • No. 11  
July 2010  
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## THE FRUITS OF SUMMER

As a kid growing up, I was a fruit fiend.

Nothing was more refreshing to me on a hot summer day than a cold piece of fruit. I loved to eat peaches, nectarines, apricots, plums and green grapes. I preferred this over candy—had no choice, as I had braces at the time. I could not eat candy—or anything with processed sugar. So, I enjoyed “God’s candy,” stayed healthy, and kept my orthodontist happy.

One summer day, after quickly consuming nearly all the fruit my mother had just purchased from the grocery store, she made a declaration. I was now to limit my fruit intake to one piece per kind, per day.

Due to this fruit budget that I had been placed under, I planned my eating very carefully. I usually ate only one piece between breakfast and lunch, which left four other selections during the heat of the afternoon. The evening was reserved for sugarless ice cream (ice milk) and other similar treats. Sometimes, mom would splurge and bring home some “bonus fruit,” such as strawberries, cherries, or boysenberries!

These are great summer memories for me to recall. I am grateful that I grew

up in a home that could provide for me in this special way, and for a mother who did a great job of looking after all the needs of her children. I enjoyed a home that valued healthy eating habits, regular family meals, and a home that practiced forgiveness when—on occasion—I did exceed the one fruit per kind, per day rule.

Our gracious Heavenly Father provides spiritual fruit for us through the Holy Spirit, which we read about in Galatians 5:22-23. This fruit comes to us in the form of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. These are not just seasonal fruit either! They are poured out on us daily, and given for us to use every day, with all people, especially those in our family and home settings.

Imagine what a home filled with this kind of fruit would be like! It would be the kind of place that kids and parents would enjoy day after day. These spiritual fruits would be readily shared among several generations. The home would welcome visitors and friends openly. It would be a caring place and a safe place.

Bless my mother for her sense of stewardship, and wanting to make sure that fruit was available to me and the rest of the family—for a few days at least. We need not worry however, about such limits when it comes to the fruit of the Spirit. God has given them to us in abundance! He places no limitations on how much love, joy, peace or patience we can experience. God does not speak of portion control when it comes to us expressing kindness, goodness, faithfulness, gentleness or self-control with others. In fact, this is the essence of Christian living—to share these fruits with one another everyday, during every season of life.

So, parents . . . please be generous in doling out a fair share of summer fruits with your children. Also, be lavish as you shower love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control within your family.

Against such things, there is no law.



Family

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