

***The Fruit of the Spirit* - Yarn Prayer Necklace (Galatians 5:22-23)**

Cut a length of yarn about 3 inches longer than what you need for a necklace. Then starting from the middle and extending out to each side, make double knots in the yarn about an inch apart, until you have 10 knots. Alternately, you can use smaller pieces of colored yarn to make knots about every inch. Complete the necklace and use these prayers with it.

At the first knot:

LOVE – Lord, help me to love the people around me both in what I say and in how I treat them.

At the second knot:

JOY – Lord, help me find things to be happy and joyful about even when things aren't going my way.

At the third knot:

PEACE – Lord, help me stay more calm even when I feel upset inside.

At the fourth knot:

PATIENCE – Lord, help me take a deep breath, count to 10, and wait calmly for what's coming.

At the fifth knot:

KINDNESS – Lord, show me one way I can be kind and helpful to someone in my house today.

At the sixth knot:

GOODNESS – Lord, help me to make a good choice the next time I really don't want to.

At the seventh knot:

FAITHFULNESS – Lord, help me listen to You and read the Bible regularly.

At the eighth knot:

GENTLENESS – Lord, the next time I'm tempted to be loud and upset, help me to be gentle like a butterfly.

At the ninth knot:

SELF-CONTROL – Lord, the next time I want to get angry, help me to realize it and choose a better way.

At the tenth knot:

GRATITUDE – Lord, help me to be thankful for what I have and for the people who love me.