**Sermon for**

**Sunday, May 3rd, 2020**

**Galatians 5:22-23**

We are free to choose.

We can choose love.

Instead of hatred, bitterness, resentment, we can choose love.

We can choose to love God, and all that God loves.

We can choose joy.

Instead of sadness, worry, or fear, we can choose laughter, and happiness and joy.

We can find joy in the little things. We can rejoice in God's presence.

We can choose peace.

We can choose hope, instead of despair.

We can choose to set aside our doubts and replace them with faith.

We can live in God's forgiveness, and trust in the care of the Shepherd.

We can choose patience.

We can overlook the inconveniences of the world.

We can face them with confidence and courage because we are not alone.

We can choose kindness.

We can be kind to those who are hungry, frightened, lonely, isolated, and suffering.

We can be thankful for those who are on the front lines struggling to save lives.

We can discover ways to encourage and strengthen each person around us.

We can choose goodness.

We can find goodness in our hearts, and discover ways

            to make these difficult times enjoyable.

The smallest of our actions can make a difference in our lives,

            and in the lives of everyone around us.

We can choose faithfulness.

We can choose to trust God and walk in his ways.

We can choose not to doubt, or to give up, but to continue living God's way,

            in spite of all the problems around us.

We can choose gentleness.

Much more is accomplished by gentleness than by force.

Gentleness can build people up and encourage one another.

We can choose self-control.

We can choose our words, and we can choose our actions.

We decide to follow him, or not.

Our decisions make all the difference in our lives, and in the lives of others.

            God has offered us his gifts.

            It is up to us to choose.

Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

            To these we can commit our days.

            If we succeed, we will give thanks.

            If we fail, we will seek His grace.

And then, when this day is done,

            we can place our heads on our pillows, and rest in Him.

  **AMEN**