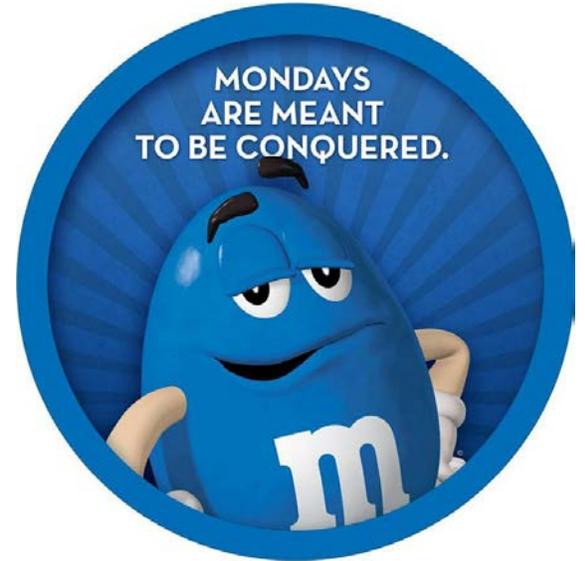


## M&M Monday

*Meditation and Motivation  
through Bible verse and prayer  
to help you get through your Monday!*



**Galatians 5:22-23 - But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law.**

Father thank You for bringing us to another week's beginning. Help us to walk in the spirit as much as we can, as often as we can think about it. We ask that You would give us grace and the reminder to call on You for all we need. Thank You for filling us with the fruits of the Spirit knowing that as we walk in them, there is nothing this world can stick to us. Thank You Lord! In Jesus name, Amen.

### ***Matthew Henry's Commentary regarding this scripture:***

*If you be led by the Spirit, you are not under the law. As if he had said, "You must expect a struggle between flesh and spirit as long as you are in the world, that the flesh will be lusting against the spirit as well as the spirit against the flesh; but if, in the prevailing bent and tenour of your lives, you be led by the Spirit,—if you act under the guidance and government of the Holy Spirit and of that spiritual nature and disposition he has wrought in you,—if you make the word of God your rule and the grace of God your principle,—it will hence appear that you are not under the law, not under the condemning, though you are still under the commanding, power of it; for there is now no condemnation to those that are in Christ Jesus, who walk not after the flesh, but after the Spirit; and as many as are led by the Spirit of God, they are the sons of God," **Rom. 8:1-14.***

Father God we make Your Word our rule today and we make Your grace our principle – we aim to act under the guidance and government of Holy Spirit and be led by Him today and always in Jesus name, Amen!

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