

Fruits of the Spirit

Lesson Objective: to live out the Fruits of the Spirit in our lives and share them with one another.

Opening Prayer: Loving God, we thank you for this time to gather as a family. We ask that you would open our hearts and minds to all You have to share with us today. Help us to hear your words and live them each day. Amen.

Activity : Plate full of Fruit!



Supplies: various fruits your family enjoy eating, for example: Apples, Pears, Oranges, Strawberries, Blueberries, Bananas, Raspberries, Blackberries, Pineapple, Grapes, Kiwi, etc.

Arrange the fruit on a plate or platter in color order making a rainbow.

Enjoy the fruit as you read and discuss the lesson.

Feasting on the Word:

Background: In the early years of the church, a Christian named Paul traveled in the countries of the Mediterranean area, preaching about Jesus, and encouraging people to become followers of Jesus. In many places, Paul started Christian churches.

After he left those areas, Paul wrote letters to the people of the churches. Some of these letters now appear in the New Testament as books of the Bible. The book of Galatians is a letter Paul sent to the churches of the Roman province of Galatia.

Some time after Paul had been in Galatia, other people came teaching an incorrect version of Christianity, so Paul wrote to the members of the churches to correct this mistaken teaching. The incorrect teachings said that Christians had to live by certain Jewish laws. Paul said that Christians were free from those laws but should live by the Spirit of God.

People need the Spirit of God to help them live as God wants them to. When people don't live by God's Spirit, the desire to do wrong things can lead to sinful behavior such as being jealous, hating others, refusing to cooperate and other things like this. Paul said that people who live like that will not be received into God's kingdom.

But Christians are people who have "crucified" (put to death) these natural desires. When people live by the Spirit of God, they behave toward one another with love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. These things are called the "fruit of the Spirit." When people live this way, they are keeping "in step with the Spirit."

Galations 5:13-18; 22-25 (NIV)

Life by the Spirit

¹³ You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. ¹⁴ For the entire law is fulfilled in keeping this one command: “Love your neighbor as yourself.” ¹⁵ If you bite and devour each other, watch out or you will be destroyed by each other.

¹⁶ So I say, walk by the Spirit, and you will not gratify the desires of the flesh. ¹⁷ For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. ¹⁸ But if you are led by the Spirit, you are not under the law.

² But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³ gentleness and self-control. Against such things there is no law. ²⁴ Those who belong to Christ Jesus have crucified the flesh with its passions and desires. ²⁵ Since we live by the Spirit, let us keep in step with the Spirit.

Family Discussion:

- Discuss what each fruit means, and what sorts of ways we show those fruits.
 - o What do you think forbearance means?

Definition of *forbearance* (Merriam Webster)

1: a refraining from the enforcement of something (such as a debt, right, or obligation) that is due. The policy provides a means of *forbearance* for borrowers meeting certain criteria.

2: the act of forbearing: PATIENCE. He appreciated his wife’s *forbearances*.

3: the quality of being forbearing: LENIENCY known ... for her *forbearance* with her incorrigible husband

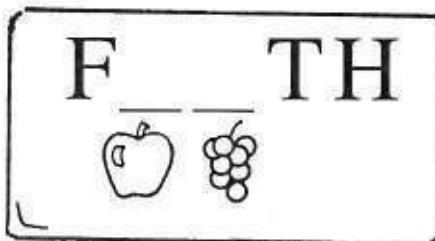
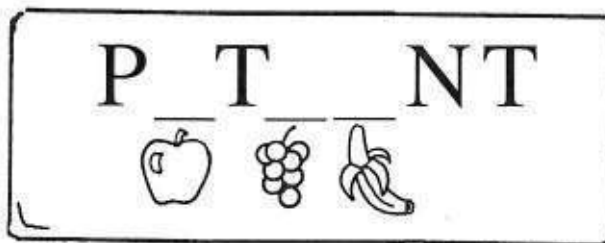
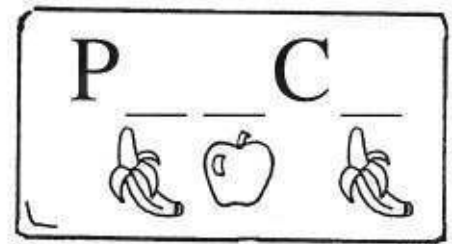
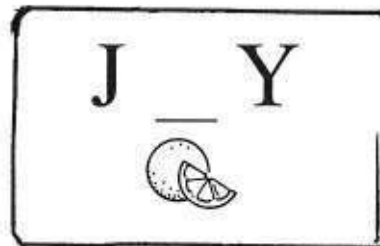
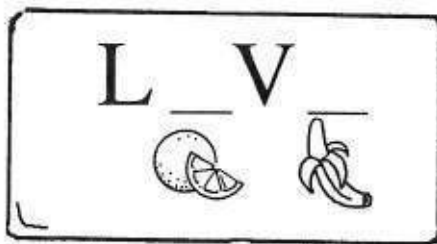
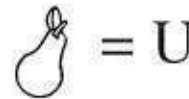
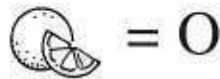
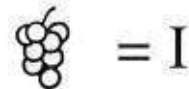
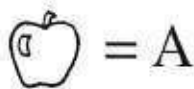
- Which of these do you think is easiest to do?
- Which of these is the hardest to do?
- What do you do when you struggle to live out these “fruits”?
- How can we live out these characteristics?

Optional Activity: Attached Activity Sheets

Closing Prayer: Dear God, we thank you for our moms, our grandmas, our aunts, and all of the people in our lives who love us and show us how to share the fruits of the spirit with one another. Help us to also share these fruits with one another, even when it is difficult. In Jesus name we pray. Amen.

Use the natural fruit to discover the Fruit of the Spirit.

Fill in the missing vowels.



Name _____

The Apostle Paul taught that the acts of the sinful nature and the Spirit are in conflict with each other. God wants us to produce the Fruit of the Spirit.

Find the words from the two lists below in the grid. The words can go horizontally, vertically and diagonally in all eight directions. When you are done, the unused letters in the grid will spell out a message given by Jesus. Write the letters in the lines below to learn the message.

Fruit of the Spirit



- FAITHFULNESS
- GENTLENESS
- GOODNESS
- JOY
- KINDNESS
- LOVE
- PATIENCE
- PEACE
- SELF CONTROL



Acts of Sinful Nature



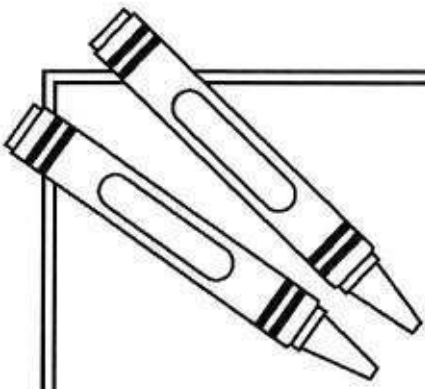
- DISCORD
- DISSENSION
- ENVY
- HATRED
- IDOLATRY
- IMMORALITY
- IMPURITY
- RAGE
- SELFISHNESS



K	L	D	I	S	S	E	N	S	I	O	N	T	H
I	O	I	S	S	E	N	H	S	I	F	L	E	S
N	R	S	I	D	O	L	A	T	R	Y	I	S	T
D	T	S	S	E	N	L	U	F	H	T	I	A	F
N	N	E	I	M	P	U	R	I	T	Y	O	M	D
E	O	V	Y	S	R	P	F	H	G	A	Y	T	I
S	C	O	H	A	S	E	A	O	A	T	R	S	S
S	F	L	G	Y	G	E	O	T	I	T	L	O	C
R	L	E	O	Y	T	D	N	L	I	Y	R	H	O
A	E	J	T	Y	N	O	A	E	U	E	V	E	R
B	S	E	A	E	R	R	M	U	L	C	N	N	D
H	F	R	S	U	O	I	T	S	H	T	O	C	E
W	I	S	N	M	P	E	A	C	E	G	N	Y	E
O	U	R	M	S	E	L	V	E	S	T	O	E	B
E	M	I	Y	D	I	S	C	I	P	L	E	S	G

“ _____ ,
 _____ ,
 _____ ,
 _____ .” John 15:8 (NIV)

Name _____



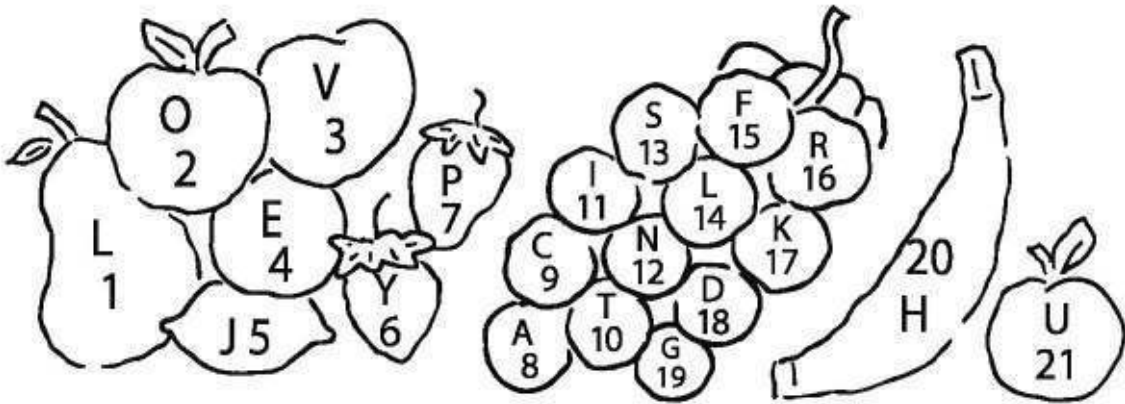
Just for KIDS

Fruit of the Spirit

In the summer we watch flowers, vegetables and fruit grow from tiny seeds and buds. That is also how we grow as children of God – from tiny beings. And as we grow, we need to grow “fruit of the Spirit.” In Galatians 5:22-23 we read about those “fruit of the Spirit.”

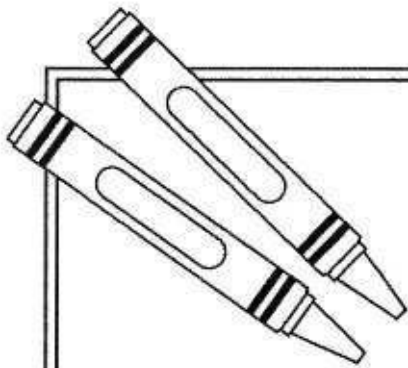
Find the “fruit of the Spirit.”

Write the letter from each fruit onto the numbered lines below.



		<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>						
		<u>5</u>	<u>2</u>	<u>6</u>							
		<u>7</u>	<u>4</u>	<u>8</u>	<u>9</u>	<u>4</u>					
<u>7</u>	<u>8</u>	<u>10</u>	<u>11</u>	<u>4</u>	<u>12</u>	<u>9</u>	<u>4</u>				
<u>13</u>	<u>4</u>	<u>14</u>	<u>15</u>	<u>9</u>	<u>2</u>	<u>12</u>	<u>10</u>	<u>16</u>	<u>2</u>	<u>1</u>	
<u>17</u>	<u>11</u>	<u>12</u>	<u>18</u>	<u>12</u>	<u>4</u>	<u>13</u>	<u>13</u>				
<u>19</u>	<u>2</u>	<u>2</u>	<u>18</u>	<u>12</u>	<u>4</u>	<u>13</u>	<u>13</u>				
<u>15</u>	<u>8</u>	<u>11</u>	<u>10</u>	<u>20</u>	<u>15</u>	<u>21</u>	<u>14</u>	<u>12</u>	<u>4</u>	<u>13</u>	<u>13</u>
<u>19</u>	<u>4</u>	<u>12</u>	<u>10</u>	<u>14</u>	<u>4</u>	<u>12</u>	<u>4</u>	<u>13</u>	<u>13</u>		

Answers: love, joy, peace, patience, self-control, kindness, goodness, faithfulness, gentleness.



Just for **KIDS**

**“The Lord will guide you always.
He will satisfy your needs in a
sun-scorched land...”**

Isaiah 58:11

Find the names of these Biblical plants.
Use the verses given if you have trouble.
Transfer the letters to the lines below to
find more of the verse above.



Purple fruit that grows on a vine
(Genesis 40:10,11)

1 2 3 4 5 6

A grain used in soup
(Hosea 3:2)

7 8 9 10 11 12

A grain used in bread-making
(Matthew 13:25)

13 14 15 16 17

Used for oil, or eaten
green or black
(Exodus 27:20)

18 19 20 21 22 23

Tree that bears acorns
(Genesis 35:8)

24 25 26

Yellow flowers are made into
sandwich spread
(Matthew 13:31,32)

27 28 29 30 31 32 33

Used to flavor candy canes
(Luke 11:42)

34 35 36 37

Used in filling cookies
(Genesis 3:7)

38 39 40 41

“

12 18 28 13 20 10 10 7 5 10 20 26 5

3 13 5 10 10 13 3 17 5 2 5 33

1 3 2 33 5 36 10 20 26 5 8

6 4 2 20 36 1 13 14 18 6 5

13 3 17 5 2 6 36 5 21 5 9 38 3 20 10

”

Mother's Day Flip Book – Easy Gift Idea

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When I was teaching in the public school, my students used to love making flip books. Why couldn't we make a flip book for a Mother's Day gift? It would be a unique gift idea that takes minimal supplies, minimal preparation, and it can take as little or as much time as you have available.

First of all, here are the steps to put a flip book together:

1. You will need a stapler and 2 pieces of paper per book. This can be any type of paper: construction paper, white paper, colored paper, etc.
2. Layer the 2 pieces of paper on top of each other leaving a margin at the bottom of about an inch (this doesn't need to be measured).

3. Fold over both pieces of paper layering the new edges and leaving a margin of about an inch.
4. Staple at the top of your book to hold the papers together.

There. Now you have a flip book.

With markers, have the children write on each flap:

- Top cover - I
- 2nd page (flap) - Love
- 3rd page (flap) - My Mom
- Bottom page (flap) - Love: (the child's name)

Now they can draw pictures on each of the flaps and/or decorate:



- Top Cover - decorate with stickers/stamps/drawing
- 2nd page (flap) - draw a heart - draw things that they love about their mom
- 3rd page (flap) - draw a picture of their mom
- Bottom page (flap) - draw a picture of themselves with their mom

Have fun with this simple project. Let the children put their hearts into it and make it the way they want it to be for their moms.

MOTHERS OF THE BIBLE CROSSWORD

P	Q	W	E	R	T	J	O	C	H	E	B	E	D	R	F
E	H	F	G	F	E	C	D	C	F	V	G	B	N	H	J
J	O	A	C	G	D	E	A	A	F	R	C	V	R	G	B
F	P	T	R	E	B	E	K	A	H	Y	I	I	S	N	M
E	O	G	Y	A	U	U	Q	U	O	U	P	K	A	J	K
F	L	F	H	Y	O	Y	W	H	L	T	I	J	R	U	I
G	K	V	R	A	C	H	E	L	P	R	U	M	A	I	J
E	I	B	J	U	H	I	S	U	U	D	J	N	H	M	N
V	U	N	E	A	C	K	T	D	R	E	K	H	O	H	H
E	J	J	N	M	V	J	Y	M	A	F	L	G	K	G	M
D	G	N	D	A	I	K	U	J	E	U	O	B	J	F	A
E	A	R	F	R	M	L	I	U	R	H	G	N	U	N	R
H	A	E	B	I	O	O	O	J	F	Y	T	H	K	M	Y
E	E	L	I	Z	A	B	E	T	H	G	H	Y	T	R	M
S	F	G	B	Y	N	L	M	P	O	I	J	H	G	E	K
F	H	J	L	O	M	N	B	V	C	S	D	E	R	F	R

EVE

JOCHEBED

ELIZABETH

SARAH

PHARAOHS DAUGHTER

REBEKAH

NAOMI

MARY

RACHEL

HANNAH

MOTHERS OF THE BIBLE CROSSWORD

P	Q	W	E	R	T	J	O	C	H	E	B	E	D	R	F
E	H	F	G	F	E	C	D	C	F	V	G	B	N	H	J
J	O	A	C	G	D	E	A	A	F	R	C	V	R	G	B
F	P	T	R	E	B	E	K	A	H	Y	I	I	S	N	M
E	O	G	Y	A	U	U	Q	U	O	U	P	K	A	J	K
F	L	F	H	Y	O	Y	W	H	L	T	I	J	R	U	I
G	K	V	R	A	C	H	E	L	P	R	U	M	A	I	J
E	I	B	J	U	H	I	S	U	U	D	J	N	H	M	N
V	U	N	E	A	C	K	T	D	R	E	K	H	O	H	H
E	J	J	N	M	V	J	Y	M	A	F	L	G	K	G	M
D	G	N	D	A	I	K	U	J	E	U	O	B	J	F	A
E	A	R	F	R	M	L	I	U	R	H	G	N	U	N	R
H	A	E	B	I	O	O	O	J	F	Y	T	H	K	M	Y
E	E	L	I	Z	A	B	E	T	H	G	H	Y	T	R	M
S	F	G	B	Y	N	L	M	P	O	I	J	H	G	E	K
F	H	J	L	O	M	N	B	V	C	S	D	E	R	F	R

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