

Fruit of the Spirit – Spirit and Truth Kids

A lesson is provided for each fruit (9) of the Spirit – even though life groups will meet only seven times this summer. Each attribute is illustrated with a Bible passage. Choose and/or combine the lessons according to students’ needs and life group schedules.

Lesson 1 - LOVE

Scriptures to study: Luke 10:25-37

Supply List

- Cane or crutch
- Bandages or gauze wrapping
- Bottle of medicine (with a child-proof lid)
- Coins
- Bibles
- Note cards, pencils, stickers
- Good fruit and rotten fruit
- Print coloring page.
- Markers or crayons

Welcome

Have students read Luke 10:27. Ask students to describe how they should love God (with all thy heart, and with all thy soul, and with all thy strength, and with all thy mind).

Then ask, “Who is your neighbor?”

Bible Lesson – The Good Samaritan

Have a student or another teacher help dramatize this lesson. Or, have all the students work together to act it out.

A “wounded” man slumps to the floor, groaning in pain. “What am I going to do? Is there anyone to help me?”

The road from Jerusalem to Jericho wandered fifteen miles through a wild mountain landscape. In Bible times, robbers hid behind rocks and bushes on this road. People did not ride in cars. They walked or rode donkeys.

A man was walking along the scary road. Thieves attacked him and pushed him to the ground. The robbers ripped his clothes and grabbed his money. Then the cruel attackers ran away, leaving the half-dead man by the side of the road.

A religious priest hurried down the road. He saw the poor wounded man. Instead of stopping to help, he moved to the other side of the road and walked away.

A man from a very important Israelite family, the Levites, stopped and looked. But the Levite didn't help either. He quickly moved to the other side of the road to get away from the ugly sight.

Then a man from a despised group of people, the Samaritans, came upon the scene. When he saw the dying man, he had compassion. He understood the pain. He felt concern. He cared from his heart.

True love took action. The Samaritan walked over to the hurting man. He poured medicine on the cuts and bruises. He applied bandages. Then he lifted the man up onto his donkey and took him to a motel.

The Samaritan stayed a while to care for man. When he left, the Samaritan gave the motel manager money to pay for anything the man needed while he was recovering. The Good Samaritan even promised to come back to check on the man.

Jesus told this story to demonstrate "Love your neighbor as yourself." He instructed the disciples to follow the Good Samaritan's example of showing love and mercy.

Life Application

How do we obey the instructions of Jesus?

Instruct student to close their eyes and think about someone who needs help.

Is there a kid at school who is bullied every day?

Do you have an elderly neighbor who needs help around the house or the yard?

Is there a person in your family who is sick?

Do you have a younger brother or sister who needs help with homework?

Does your teacher at school need a volunteer helper?

Ask students to share their ideas about showing love and mercy to others.

Prayer

Gather everyone in a circle to prayer. Ask the Lord to help us see the needs of people around us every day.

Group Project

Choose an elderly person, a child with special needs, or a family going through difficult times. Explain brief details to the students. Have students write notes of compassion and promises of prayer. Decorate with stickers.

Object Lesson / Snack

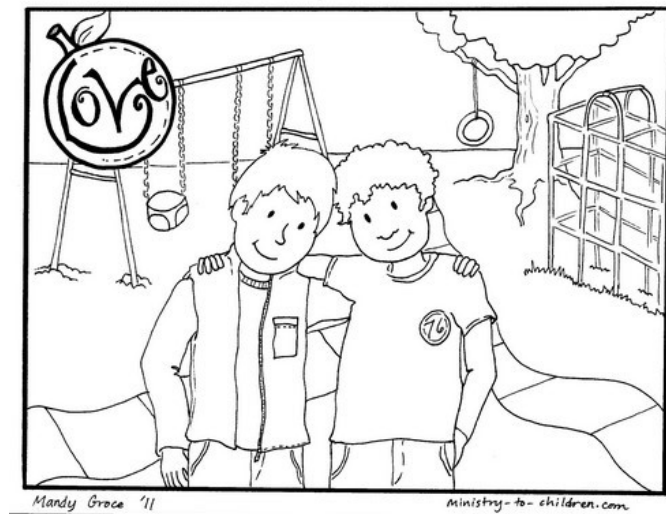
Display several pieces of fruit. Discuss the delicious flavors and the beautiful colors. Compare to the fruit of the Spirit: love, joy, peace, longsuffering (patience), gentleness, goodness, faith, meekness, temperance (self-control). Talk about how the Good Samaritan displayed these qualities.

Describe how we can show these qualities in our lives. Provide examples and ask students for examples. (Sharing with siblings, being honest, helping others, etc.)

Show a rotten banana peel, moldy fruit, or a wormy apple. Compare the stinky, rotten fruit to hate, grouchiness, bitterness, impatience, complaining, gossip, fighting, anger, meanness, bullying, and throwing fits (the opposite of self-control).

Challenge students to allow Jesus to display good fruit (attitudes, words, actions) in their lives. Christian means Christ-like. If we are living for Jesus, our lives will show it.

Coloring Page



Lesson 2 - JOY

Scriptures to study: Acts 2

Supply List

Toy

Bibles

Electric fan

Battery-operated candle

Play-Doh

Welcome

What makes you happy? Allow students to discuss their toys, vacations, friends, etc.

Display a toy. Talk about what happens when toys break, vacations are ruined by bad weather, or friends move away. Our sense of happiness evaporates.

The joy of the Lord, however, is much greater than temporary happiness. It is always with us. It doesn't break. Bad weather can't take it away. It never ends.

Bible Lesson – Eternal Joy

After Jesus died, rose again, and ascended to Heaven, He instructed His followers to wait in Jerusalem for the promise.

Have students find Acts 2.

Have students close their eyes for a moment and imagine they could travel back in time to Jerusalem.

Picture a two-story building with stairs going up to a room. If you walked to the top of the stairs during the time of Acts 2, you would hear 120 people praying. Mary, the mother of Jesus, was there, along with Peter, James, John, and the other disciples.

The people might have prayed liked this, “Jesus, we miss you so much! After you died and rose again, we saw you go back to Heaven. You told us all to go to Jerusalem and wait for the promise. We’ve been praying and waiting many days now. Please, Lord, help us!”

(Turn on fan.) Suddenly a whoosh of wind roared through the windows! It zoomed around the whole room!

(Turn on battery-operated candle.) “What’s that? It looks like flames of fire! Flames of fire on top of every person!”

“Everyone is smiling. Everyone is worshiping God!”

“They’re talking in different languages! They are speaking in tongues!”

“The promise is here! It’s the Holy Ghost! It’s the Spirit of God!”

Outside, crowds of people from Asia, Arabia, Rome, and many other parts of the world were visiting Jerusalem for a special holiday. They looked around. “What’s that noise?”

Someone said, “I hear people praising God. They’re speaking my language! How did they learn my language? I live far away from here.”

“What is happening? What does this mean?”

Several people laughed and said, “Those people had too much wine!”

Then Peter stood up and preached. “These people are not drunk. It’s only 9:00 o’clock in the morning. This is the promise spoken by the prophet Joel!”

Read Joel 2:28.

Peter kept preaching. “David wrote in Psalms that Jesus would come. But when Jesus came, you didn’t believe. You crucified Him.”

The people felt ashamed. “We’re sorry. What can we do?”

Read Acts 2:38.

Have students read Acts 2:39. The promise is for everyone!

3,000 people believed, repented, and were baptized that day. Joy spread through Jerusalem and throughout the land. Every day new people repented. They were baptized in the name of Jesus. They received the Holy Ghost and spoke in tongues.

Many government and church officials were not happy. They put the God’s people in jail. They even killed some of them. But the believers kept worshiping Jesus. Nothing could steal their joy. Soon the Acts 2 experience spread all over the world. Today we can experience the same joy. It never gets old. It doesn’t break. It lasts forever—all the way to Heaven.

Life Application

Share your own experience of receiving the Holy Ghost and ask students to share theirs as well.

Prayer

Have students pray for each other to receive God’s Spirit or to renew their Holy Ghost experience.

Craft Idea

Provide Play-Doh. Instruct students to work together to shape a giant word: JOY. Then have students reshape the Play-Doh into figures of people demonstrating joy.

Lesson 3 - PEACE

Scriptures to study: Acts 27-28

Supply List

Bibles
Spray bottle of water
Toy snake
Wooden skewers (remove sharp ends)
Triangular shapes of construction paper or cardstock
Small red flags cut from paper
Tape
Slices of cantaloupe

Welcome

Ask students to describe the scariest situation they've ever experienced.

Bible Lesson – God Protects Paul

Have students find Acts 27. Tell students they'll help read Scriptures and provide actions and sound effects during this lesson.

In Acts, chapters 27 and 28, Apostle Paul was in a scary situation. He had been arrested for preaching about Jesus. Soldiers took him aboard a ship headed for his court trial in Rome.

It was a dangerous season to be sailing on the ocean because of storms and wind. Paul warned the owner of the ship that the voyage would end in disaster. (Read Acts 27:10.)

In verse 13, a south wind blew softly (everyone make the sound of a soft breeze). The boat sailed across the water (everyone rock back and forth gently). The sun probably felt warm (everyone shade eyes as if in sunlight). The passengers enjoyed their cruise.

Then in verse 14, a powerful wind screeched across the water. (Everyone make howling wind noises.) Clouds covered the sun. (Everyone close their eyes.)

The wind pushed the ship across the water. (Everyone rock back and forth.) The people probably felt seasick. (Dramatize.)

The storm blew all night. The next day, sailors were afraid the ship would sink. They tossed cargo overboard. (Everyone continue rocking and act out throwing things overboard.)

By the third day, the sailors tossed out the ship's equipment. (Act out throwing more things overboard.)

(Read verse 20.) For many days no one on the ship saw the sun or stars. Ancient ships did not have computers or radios. Sailors depended on the stars and sun to find direction. Now they were lost! (Everyone say, "We're lost! We're lost!")

In verse 21, Paul called out, “Sirs, you should have listened to me! You could have avoided this disaster. An angel of God told me we’re will be safe, but the boat is going to crash. Be of good cheer. Trust God.”

After fourteen stormy days, the front of the ship crashed into a sandbar. (Everyone jerk back and forth as if stopping suddenly.)

Waves pounded the back of the ship. Crack! Creak! Smash! (Everyone make sound effects.) The ship broke into pieces!

An officer told everyone to jump overboard and swim to shore. (Act out swimming motions.) Everyone who could not swim grabbed a piece of wood from the boat. (Act as if holding on to a board with one hand and swimming with the other.)

Finally, all 276 passengers made it to the island of Melita. Chilly rain made everyone shiver. (Tell students to shiver. Spray them with water.)

Friendly people on the island started a fire to get everyone warmed up. (Gather around the “camp fire” warming hands in the “heat.” Make sounds of crackling fire.)

Paul picked up sticks to throw on the fire. Suddenly a snake jumped out! (Hold the toy snake.) It bit his hand and wouldn’t let go!

The island people pointed at Paul (everyone point). “He must be a murderer! Now he’s getting paid back.” They waited, expecting Paul to drop dead.

Paul shook the snake into the fire. (Act out shaking a snake into the fire.) Nothing happened to Paul. God was right there with him, keeping him safe.

Later, Paul prayed for people on the island. Many of them recovered from diseases.

God gave Paul peace and courage.

Life Application

God gives us peace—even when we feel afraid. We can always trust Him.

Have students close their eyes and think of something that frightens them. Tell them to practice calling on Jesus. He is always near. When we call on Him, we invite the most powerful force in the universe to stop our fear and bring peace.

Prayer

Gather in a circle. Ask one student to pray for a specific area of life that causes fear. The next student thanks God for peace. Continue around the circle, alternating with prayer and thanks.

Craft/Snack Idea

Make flags for cantaloupe “boats.” Have students write GOD’S PEACE on triangular shapes of construction paper or cardstock. Tape the shapes to wooden skewers. Add a small red flag at the top of the mast. Place the skewers in slices of cantaloupe.

Lesson 4 - LONGSUFFERING / PATIENCE

Scriptures to study:

Supply List

Large marshmallows
Small plates
Print the list of questions for each student.
Pencils
Smartphone, laptop, or tablet with Internet access
Bibles
Paper, markers to draw timeline
Apple, plate, knife
Print coloring pages
Star stickers, sand, cotton balls, grass, glue

Welcome

Say: I'm going to give each one of you a marshmallow to eat. You can eat it right away, or you can wait a few minutes without eating it and I'll give you a second marshmallow.

Walk to another area of the room and observe from a distance. After a few minutes, reward those who waited with another marshmallow. Give everyone a list of questions to answer.

What helped you resist eating the marshmallow?
Do you think it would be easier or harder to resist if you were by yourself?
What if I was out of the room?
Did your classmates influence your decision to eat the marshmallow?
Why did you decide to eat the marshmallow before the time was up?
What would have helped you wait longer?
How long do you think you could wait?
What if it were a different kind of treat?
What lessons did you learn from this "test" that you can apply to your own life?

Optional: Show this funny video of children taking the marshmallow test.

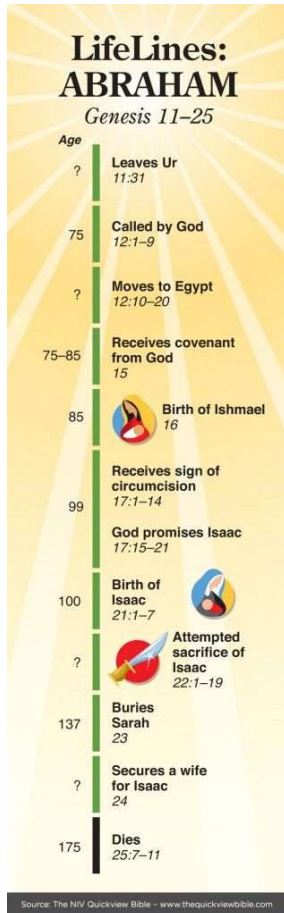
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Discuss: Why is it so hard to be patient?

Bible Lesson – Abraham

Read Hebrews 6:13-15

Draw a simple timeline of Abraham's life as students watch. Explain how Abraham waited a long time for God's promise to be fulfilled in his life. He wasn't always patient, but he kept following God even after he made mistakes. God kept His promise to Abraham.



Life Application

Abraham waited for God's promise. His life blessed many others.

How will your life influence others?

Why is it important to follow God and wait for His directions?

How does God shine through you when you are patient?

Object Lesson Display an apple. Have students guess how many seeds are in the apple. Ask for guesses about how many apples each seed will produce. Cut open the apple and display the seeds.

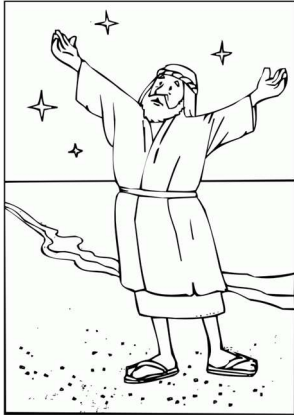
Just one seed can grow into an apple tree that produces thousands of apples.

In the same way, God wants each of us to grow a Christian life filled with good fruit. Then we'll help many other people find Jesus.

Prayer

Go on a prayer walk. Instruct students to follow carefully and patiently as they pray.

Coloring Page



God promised Abraham's descendants would be as many as the stars in the heavens and the grains of sand by the sea. Add star stickers and glue a small amount of sand around Abraham's feet.



In their old age, a son was born to Abraham and his wife, Sarah. He was named Isaac.

Glue grass to the foreground and cotton to the sheep.

Lesson 5- GENTLENESS

Scriptures to study: Matthew 18:21-35

Supply List

Bibles

Copy the dramatization for three students to read.

Bag (to represent money bag)

Cardboard tubes, crepe paper, glue, tape, wiggle eyes, chenille stems (pipe cleaners), foam shapes, heart stickers, and markers.

Welcome

Have you ever been gentle and kind to someone who didn't deserve it?

It's easy to be gentle and kind to good people, friends, and those who agree with us. However, the fruit of the Spirit helps us be kind to difficult people, enemies, and those who disagree with us.

Bible Lesson – The Servant Who Had No Mercy

Have students find Matthew 18:21-35.

Peter asked Jesus, "How many times should I forgive a brother who sins against me? Maybe seven times? (Hold up seven fingers.)

Jesus told him to forgive more than seven times. "Forgive seventy times seven," He said. Then Jesus told a story to help people understand.

Choose three students to read and act out the parts.

King: (Hold a bag.) I need to collect all the money my servants owe me.

Servant 1: (Act worried.) The king wants me to pay back millions of dollars! I can't pay it!

King: Go sell your wife, your children, and everything you own. I want my money!

Servant 1: (Bow on your knees in front of the king.) Please, give me time! I'll pay everything back.

King: (Pat the servant on the head.) I feel sorry for you. I forgive all your debt. You don't need to pay anything.

Servant 1: Wow! What a gentle, kind, merciful king. Thank you!

Later

Servant 1: You know . . . I just remembered something. Servant 2 owes me a few dollars. I'm going to find him. (Stand near servant 2). Hey, you! Pay me back! Now!

Servant 2: (Bow down before servant 1.) Give me time, please. I'll pay you back.

Servant 1: Nope! I'm calling the cops. You will stay in jail until you can pay me.

Later

King: Servant 1. You're wicked! I forgave all that you owed me. Why didn't you show mercy to the other servant just as I showed mercy to you? Now you're going to jail. You'll be punished until you pay everything back.

Life Application

Have students read Matthew 18:35. Jesus wants us to forgive, be gentle and kind, and show mercy, just as He has shown each of us mercy. It isn't always easy.

Ask students to think of a difficult person or a person who makes them feel frustrated or angry. Ask them to share how they can follow Jesus this week and demonstrate gentleness.

Prayer

Have everyone pray together for the fruit of gentleness to share with difficult people.

Craft Idea

Make "kindness monsters" with cardboard tubes, crepe paper, glue, tape, wiggle eyes, chenille stems (pipe cleaners), foam shapes, heart stickers, and markers.



Lesson 6 - GOODNESS

Scriptures to study:

Supply List

Lyric video “Good, Good Father” by Chris Tomlin

Paper, markers

Bibles

Container of salt

Flameless candle, camping lantern, or flashlight

Grapes, pretzels

Print coloring page.

Welcome

Play lyric video “Good, Good Father” by Chris Tomlin

<https://youtu.be/iBmwwwiHrOk>

Ask each student to share one example of God’s goodness.

As students watch, draw a simple tree outline on a piece of paper. Label the tree as an apple tree. Draw a few leaves and add bananas hanging from the branches. Ask students what’s wrong with the picture.

Draw another tree labeled good. Write love, joy, peace, etc. on the branches.

Draw a tree labeled evil. Write cussing, stealing, bullying, etc. on the branches.

Jesus wants us to obey His Word and produce good fruit.

Bible Lesson – Instructions from Jesus

God is good and He expects us to be like Him.

Display a container of salt.

Ask students if they like food without salt. Read Matthew 5:13. Jesus saved us so we can add goodness and flavor to our world. We do this by showing God’s love, being kind, helping others, and sharing the gospel.

Display a flameless candle, a camping lantern, or a flashlight.

Read Matthew 5:14-16. When we do good things, the light of Jesus shines to others. The light we share helps others find their way to God.

Life Application

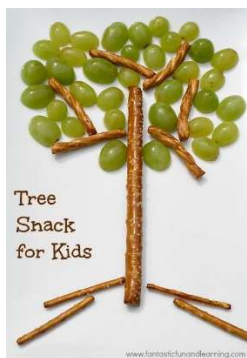
Read I Thessalonians 5:15. God wants us to do good things for everyone. How can we demonstrate God's goodness in our lives?

One at a time, ask each student to silently act out doing something good as everyone else guesses what she is doing. Everyone must choose a different action.

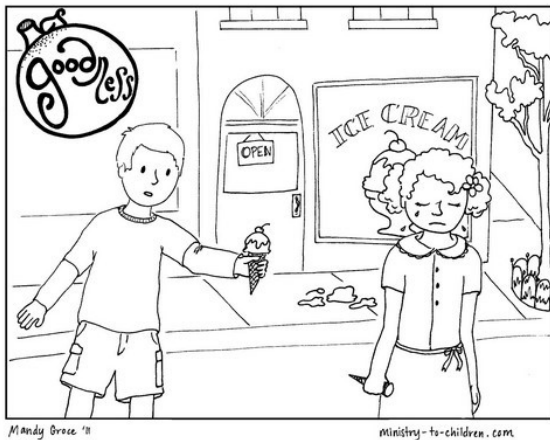
Prayer

Choose a student to lead a prayer asking the Lord to help us share His goodness.

Snack Idea



Coloring Page



Lesson 7 - FAITH

Scriptures to study: Matthew 7

Supply List

Sports team cap or t-shirt

Paper, markers

Bibles

Hammer and a piece of wood

Blueprints or Lego instructions

Add a small amount of rice to a cardboard tube and tape both ends with mailing tape.

Baking dishes, craft sticks, sand, rock

Welcome

Display a sports team cap or t-shirt.

Are you loyal to a sports team? How do you demonstrate your loyalty?

Bible Lesson – A Wise, Faithful Man

Students will add sound effects as directed during the Bible lesson. Give one student the hammer and wood. Give another student the cardboard tube of rice.

Ask students if they've ever built something without following the instructions. What happened?

Jesus said a person who listens to God's instructions and obeys is like a wise (or faithful) man. Jesus told about a man who built his house on a rock. (Hammer pounding on wood.) The man followed directions and looked at instructions. (Show blueprints or Lego instructions.)

One day, after the house was finished, a storm blew in (wind blowing). Clouds covered the sun. Darkness crept around the house. Wind howled! (Wind whistling through the windows.) The door rattled! (Door rattling.) Rain poured! (Shake the cardboard tube of rice.) Thunder crashed! (Clap hands.) Waves pounded! (Make sound of waves crashing.)

The wise man's house stood safe on the rock, protected by a solid foundation.

Then Jesus described another man. This foolish guy built his house on slippery sand. He wasn't careful. He slapped everything together as quick as he could. He did not follow directions. (Hammer pounding on wood.)

The foolish man was like a person who doesn't follow God's Word. He isn't faithful. He never prays or goes to church.

After the foolish man finished his house, another storm blew in (wind blowing). Clouds covered the sun. Darkness crept around the house. Wind howled! (Wind whistling through windows.) The door rattled! (Door rattling.) Rain poured! (Shake the cardboard tube of rice.) Thunder crashed! (Clap hands.) Waves pounded! (Make sound of waves crashing.)

The house on the sand crashed into pieces. (Clap and make crashing noises.) The foolish man lost everything!

Life Application

How did the wise man demonstrate his faith?

Discuss how loyalty compares to faith or faithfulness. Ask students how they show their loyalty and faithfulness to God.

Prayer

Have students close their eyes and bow their heads. Play background worship music. Encourage students to consider their own lives in comparison to the wise man and the foolish man. Jesus wants us to be faithful and build our lives on His Word. Allow time for repentance and consecration. Then pray together.

Object Lesson

Let students build craft stick structures on sand in one dish and on a rock in another dish. Pour water over and watch the difference.



MEEKNESS

Scriptures to study: Luke 18; I Corinthians 13

Supply List

Two pan lids

Bibles

Print coupon templates and cut out.

Pencils, pens, markers

Welcome

Have you ever heard someone say this? “Yeah, I’m a Christian. I go to church every week. I give money to the church. I help poor people.” Then the next minute that same person is saying mean things about someone, spreading rumors, cussing, or criticizing the teacher.

When a Christian doesn’t show the fruit of the Spirit, it’s just like two pan lids crashing together. (Demonstrate.) It’s a jarring sound that crunches against our eardrums and makes us shiver.

The Bible says that if we don’t have love, everything we do for God is just an empty, banging sound.

Bible Lesson – Two Different Prayers

Hold the Bible, open to Luke 18, as you share this lesson.

One day, two men went to the temple to pray. One was a Pharisee, a very religious man who knew many Scriptures. The other man was a tax collector, a publican, despised because he often took money that did not belong to him.

The Pharisee stood arrogant, with his nose in the air (demonstrate with your body language) and called out to God. “God, I thank thee, that I am not like other men—robbers, evildoers, adulterers—or like that tax collector over there (point with finger). “ Lord, you know, I fast twice a week and pay my tithes on everything I own.”

The tax collector stood off in a corner. He didn’t even lift his head to look at Heaven (demonstrate with your body language). Instead, he beat himself on the chest (demonstrate), saying, “God, be merciful to me a sinner.”

Jesus told his disciples that He heard the publican’s prayer and did not pay attention to the Pharisee’s prayer.

Why?

“Because,” Jesus said, “everyone who exalts himself will be humbled, and he who humbles himself will be exalted.”

A person with God’s fruit of the Spirit does not boast, brag, or make a big scene.

The fruit of the Spirit helps us be humble, kind, respectful.

Life Application

Ask students to think about ways they can show a humble attitude this week. Then have students fill in coupons promising an act of humble service. Be sure they add a promise not to whine or complain. Coupons could be for car washes, dishwashing, pulling weeds, babysitting, housecleaning, or help around the church.

Coupon template:



Prayer

Gather everyone together to hold their coupons and pray that Jesus would help each student to demonstrate humility and love this week.

TEMPERANCE / SELF-CONTROL

Scriptures to study: Genesis 37, 39-45

Supply List

- Bibles
- Broom or toilet brush
- Coat
- Handcuffs or chain
- Cake mix or baking item
- Print a small sign “2 Years”
- Corn on the cob
- Can of soda (practice object lesson in advance)
- Two paper plates, two feathers, tape
- Print coloring page.
- Markers

Welcome

Ask: Have you ever felt like you were going to blow up? What happened?

Bible Lesson – Joseph’s Example of Self-Control

Have students find Genesis 37.

Summarize Joseph's life and point out how his self-control allowed God to work through him. Use visuals to help students focus.

Broom or toilet brush – Joseph was a slave in Potiphar's house after being sold by his brothers. Maybe Joseph had to clean toilets and sweep floors. Maybe he had to do all the laundry. Whatever he did, he worked hard and obeyed his master. Potiphar noticed Joseph's good attitude. Soon Joseph was in charge of the whole house.

Coat – Potiphar's wife tried to trick Joseph into disobeying God. Joseph controlled himself and stood for God. He left his coat and ran away. But the woman lied and accused him of trying to hurt her. Joseph was sent to jail.

Handcuffs or chain – Months and years passed. Joseph kept control of his attitude. Prison officials noticed. Joseph was an excellent leader. Soon he was put in charge of the entire prison.

Cake mix or baking item – In the prison, butler and a baker, had confusing dreams. Joseph explained God would help him understand their dreams. Everything Joseph told them came true. The butler was released. Joseph asked him to give a message to Pharaoh. The butler forgot.

“2 years” sign – For two more years, Joseph was stuck in the dark, lonely prison. Did he curl up in a corner and suck his thumb? No way! He controlled his attitude and kept serving God.

Corn on the cob – Pharaoh had a strange dream. None of his helpers could understand it. Suddenly the butler remembered Joseph. “I know who can help you!”

Read Genesis 41:16 – After Joseph was brought from the prison to explain the Pharaoh's dream, he kept a humble attitude and kept his focus on God. He did not allow pride to overtake his thoughts.

Joseph explained the dream and warned Pharaoh to store up corn and grain in preparation for a famine. Pharaoh chose Joseph to lead to effort.

Years passed. The famine spread throughout the land. Joseph's brothers came to find food in Egypt. When they arrived, Joseph could have taken revenge. Instead, he controlled his anger, forgave his brothers, and provided for them.

Read Genesis 50:20 – Joseph told his brothers, “You meant it for evil, but God planned it for good. He wanted to save our family.”

Life Application

God uses people who have self-control. His Spirit helps us control anger, pride, jealousy, cruelty, and other things that steal good things from our lives.

Ask students to describe how a person with self-control can help others and share the love of God.

Prayer

Ask everyone to demonstrate self-control by crossing their arms and placing their hands on their shoulders, pressing down to indicate keeping a tight grip on self. Tell students to stay in that position as they close their eyes and pray together for self-control.

Object Lesson



Have students read Ephesians 4:26.

When we get angry we need to be very careful not to sin. Sin means going against God's rules. If we push, fight, and say cruel words we are not following God.

Have you ever been really mad at someone?

(Take out can of soda.)

Uncontrolled anger is like shaking this can of soda. (Shake the can hard then act like you are going to open it.)

What would happen if I opened this can? It would explode everywhere!

(Set the can down and make sure you give it at least a minute or two before picking it up again. It would be best if you test this before presenting it.)

So if we get all angry like this can and sin by fighting or calling someone bad names it would be like opening this can and it spraying everywhere. Sometimes we need to walk away, pray, and ask God to help us to calm down and control ourselves.

(Take the can and open it. It should open normally now. Make this dramatic so the kids think it will spray everywhere.)

Explain the can needed a few moments of quiet time so it could calm down. Then it could be opened without exploding.

Game

Divide students into two teams. Teams line up on one side of the room. Give the first person on each team a paper plate with a feather on top (do not tape the feather). Compare the feather to a person with no self-control.

Instruct the first two students to race across the room without touching or dropping the feather, touch the other wall, and run back to their teams. If a feather falls, the student must return to his team and give the plate and feather to the next person in line.

After everyone has a turn, talk about how difficult it is to be successful in life without self-control. A lack of self-control causes many problems.

Next, tape the feathers to the plates. Compare the tape to God's Spirit. It helps us control our actions.

Conduct the relay again. Then ask students to describe how the race improved with self-control. Our also improve when we allow God’s Spirit to help us control ourselves.

Coloring Page



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EXTRA IDEAS

Create a posterboard interactive display for students to review the fruit of the Spirit (love, joy, peace, longsuffering or patience, kindness, goodness, faithfulness, gentleness, self-control). Write each fruit of the Spirit on separate strips of cardstock. Use adhesive putty to attach the strips of paper and reuse the poster each week.

Example:



MEMORIZE

Each week, practice memorizing Galatians 5:22-23 with actions.

(This example is from the *King James Version* of the Bible.)

The fruit of the Spirit is love, (Make a heart shape with fingers.)

Joy, (Jump up and down.)

Peace, (Make peace signs with both hands by making a V with second and third fingers.)

Longsuffering / patience, (Pinch together thumb and index finger on each hand. Hands meet together, then slowly pull apart, indicating looooooong.)

Gentleness, (Pat someone on the shoulder.)

Goodness, (Both thumbs up.)

Faith, (Hands in prayer pose. Look up to Heaven.)

Meekness, (Bow down to show humility.)

Temperance / self-control. (Cross arms and place hands on shoulders, pressing down to indicate keeping a tight grip on self.)

Fruit Basket Upset Game

Game Objective: To always find a seat in the circle and to practice memorizing the fruit of the Spirit.

Game Set-up:

Place chairs in a large circle, so there is one less chair than total number of children participating.

Every child will sit in a chair facing the center of the circle with one child leftover who will begin the game standing in the middle.

How to Play:

Each seated child will silently choose one fruit of the Spirit (love, joy, peace, patience, gentleness, goodness, faith, meekness, or self-control) without telling anyone else which fruit they have chosen.

The child standing in the middle of the circle will call out one fruit of the Spirit, such as “joy.”

The seated children who chose “joy” will then get up from their chairs and move across the circle to any open chair left by another child.

Meanwhile, the child who called out “joy” will also try to find an empty seat and sit down.

Most likely a new child will be leftover to call out the next fruit of the Spirit of their choosing and the game continues.

What connects this game to its title is the child standing in middle of the circle always has the option to call out “fruit basket upset,” which means every seated child, no matter their chosen fruit, will have to get up from their seat to find a new one. This can become a bit chaotic, but fun.

This game does not end with one winner. There will be a child in the middle of the circle when you decide the game is finished.

Tips:

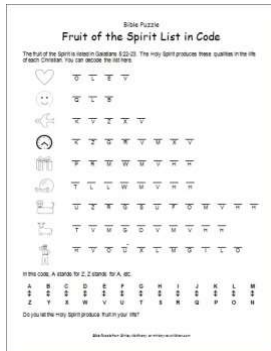
To add variety, change the way the children move across the circle to their new seat. They could run, skip, walk, hop on one foot, step sideways, bear crawl, or crab walk. Your choice of movement would need to be based on the children in your class, their physical abilities, and what they happen to be wearing.

A game is usually more fun when you stop it before children have grown tired. If they're still having fun when you say time is up, they will more likely want to play it again in the future.

Crossword Puzzle Link

<http://www.akidsheart.com/bible/nt/fruit/frtspcwp.htm>

Puzzle



<https://cdn.ministry-to-children.com/wp-content/uploads/2014/04/fruit-of-the-spirit.pdf>

Craft Idea

Talk about God's goodness. He sees every sparrow that falls. (See Matthew 10:29; Luke 12:6.)

Have students glue bird shapes to a paper plate and create a nest underneath the bird.



Object Lesson

Display a beautiful rose. Ask students to help you take all the petals off the rose, one at a time. Set a timer and see how long it takes.

Then set the timer and ask students to put all the petals back on.

When they realize it cannot be done, talk about the power of our words. When we gossip and say mean words to people, it is like pulling apart their reputation and character. We can't change our words once they leave our mouths.

Instead of tearing people apart, we should build them up with kind words. If we can't say positive words about people or to people, we should be quiet.

Read Philippians 4:8. The thoughts in our hearts and minds influence the words we speak.