



Fruit of the Spirit

Faithfulness – Lesson 1

“Faith is being sure of what we hope for. It is being certain of what we do not see.” Hebrews 11:1

Lesson Time

Supplies:

Two empty plastic water bottles one with the cap on, one without

Who can say the parts of the fruit of the spirit without taking a breath for me? (Have them say it as fast as they can.) Can anybody say them with your hands over your eyes? (Have the child stand in the middle of the circle and cover his/her eyes.) “But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.” (Galatians 5:22-23) Great job! You can sit back down.

Who can tell me who gave you breath? Who gave you your eyes? Who gives us the fruit in our lives? That is right, God does. But how do you know that? Have you ever seen him with your eyes? This month we are going to learn about faithfulness. Just like God is always good, He also always keeps His promises and is faithful. Who knows what faith means? The Bible tells us in Hebrews, “Faith is being sure of what we hope for. It is being certain of what we do not see.” (Practice the memory verse with them.)

So, to have faith means that we believe in God, and not only do we believe in His existence (that He is real), but we believe everything He says in His Word. We also trust Him. We base what we do on the fact that He is real and His promises are true. Over and over in the Bible, God shows that He keeps His promises. God even promised He would send us a Savior and He did. He sent His Son, Jesus, to die for our sins and make us right with God again. We can trust that God will do what He promises He will do. He will take care of us just like He says He will. When we are hurting or afraid our faith in Him gives us the strength and courage to get through it.

Here I have two empty plastic bottles. These bottles can help to demonstrate how faith works and why it is important. The bottles look the same, but there is a difference. This one with a cap is full of faith. You cannot see it now, but it is there. The other bottle does not have faith—it is empty. What do you think will happen to this bottle without faith when fear comes along? (Allow for answers, and then crush the bottle with your hand.) See, fear was able to crush it. What about this bottle filled with faith? (Try to crush the capped bottle.) Look, fear could not crush it. In fact, it does not even look hurt. When we have faith in God, He is our strength. We cannot see faith itself, but what faith produces we can see, such as strength, courage, peace of mind, and self-control.

The Lord loves us and wants to have His fruit come out of our hearts and lives. We just need to allow the Holy Spirit to work in our lives and His fruit will grow. It begins by asking Jesus to take control of your life. The Holy Spirit will then live in your heart and help you to grow the fruit of the Spirit.

Prayer Time

Pray for the needs of the kids and for them to grow in their faith in God. Thank God for always being faithful in keeping His promises.

Activity Time

The goal of this time is to utilize a variety of engaging activities –passive and active play, crafts, application, and more – to reinforce what was taught in the lesson. While you may not get to every activity, we encourage you to complete the “Take-Home” activity so children leave with a tangible reminder of what was discussed today.

If numbers are high and/or time and space allow, you may want to use a center format: divide the class into groups (one for each activity) and rotate through the centers after an allotted time.



Outside Time or Parachute

Supplies:

Streamers and/or parachute

If weather is ok take the kids outside to talk about the wind. The wind cannot be seen but we can feel it and see its action when something is blowing in it. It is like our faith in God. When God works in our lives, we cannot see Him with our eyes, or prove God's there, but our faith can be visible by the way we live, how we treat others and rely on God for everything. Give each child a streamer and let them see how the streamers fly in the wind. If the wind is not strong they can run around to create the same affect.

If weather doesn't cooperate use the parachute. Here are ideas for parachute games:

Touch the sky! - everyone raise the parachute up as high as they can

Touch the floor! - bring it down to the ground

Wave! - flap the parachute in the air

Foot inside! - everyone put one foot under the canopy

Walk! - the group walks round in a circle

Underneath! - all children run under the parachute

Merry-go-round! – turn the body so that the parachute is held with only one hand then walk, hop, jump, or skip around holding the chute. It looks like a merry-go-round.



Memory Verse Card

Supplies:

Magnetic sleeves

Memory verse cards

Crayons

Assorted stickers

Give each child a verse note card to decorate. Go over the memory verse a few times with the children.



Blindfolded Obstacle Course

Supplies:

2–3 blindfolds

Beanbags

Chairs

Trashcan

Create an obstacle course using everyday items such as trashcans, beanbags, chairs, and other items in the room. Blindfold one child on each team. Assign each blindfolded person to a person who can see, and have the person with sight navigate the blind person through the obstacle course.

The point: Talk about how this is the type of faith God requires when a person trusts his life to God. Remind them of the memory verse and have them repeat it again.



What's in the Bag?

Supplies:

Blindfolds,

Brown paper bag or re-useable grocery bag

Cotton balls

Apple

Rubber band

Book

Stuffed animal

Puzzle piece

Lego block

Other stuff from around the room that can be placed in the bag

Place several random and common household items into a brown paper bag. Have the children sit in a circle on the floor. The children should put blindfolds on and take turns pulling items out of the bag and guessing what they are by touch only. They might know that an apple is an apple, yet they cannot prove it without sight. They simply have faith that they know what they are touching. Likewise, they will know a cotton ball when they feel it because they have had experience with cotton balls in the past and have faith that they are experiencing the same thing.

The point: Explain to the kids that our faith in God is much like faith in understanding the items in the bag. While we cannot clearly see God, our experiences with God help us to have faith and identify God's working in our lives.



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