



SEEK FIRST THE KINGDOM OF GOD AND HIS RIGHTEOUSNESS...MATTHEW 6:33

## Fruit of the Spirit

### Fruit Review

"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control." Galatians 5:22-23

#### Lesson Time

Supplies:

Pictures of trees (1 set per bin)

We have been learning about all the good fruit that God's Spirit produces in us when we are connected to Him. I have a question for you: How can we tell what kind of fruit will grow on a tree? (Allow children to respond.) That's right! We can look at what kind of tree it is. That will tell us what kind of fruit it will produce. Look at this picture. (Hold up the picture of the cherry tree.) What kind of fruit do you think this tree will have? Well, it looks like a cherry tree to me. So do you think it will have good, yummy fruit? You do? Do you like cherries? They are yummy aren't they? What about this tree? (Hold up the picture of the black, dead tree.) It is all yucky and black. Will it produce good yummy fruit like the cherry tree? No. It cannot produce good fruit because it is dead. It probably has not been getting water, sun and the other things that it needs to make good fruit, right? It's a bad tree so it will only produce bad fruit. How about this tree? (Hold up the picture of the orange tree.) What kind of tree does this one look like? This tree is an orange tree. What kind of fruit does it produce? That's right, oranges! Can you pick yummy cherries off of it? No! But, it can produce big, bright juicy oranges that we can pick and eat. Since it is a good tree, it will produce good fruit. What is this tree? (Hold up picture of the apple tree.) That's right, it is an apple tree. Do you think it will produce good fruit or bad fruit? It looks like it will produce good fruit, doesn't it? What if it had apples growing on it with worms in them? You would know that something bad got inside the tree, and the tree would show that by the kind of fruit it made.

Did you know that it is the same with people? Let's listen to this verse from the Bible in Luke 6:43-45. "No good tree bears bad fruit, nor does a bad tree bear good fruit. Each tree is recognized by its own fruit. People do not pick figs from thorn bushes or grapes from briars. The good man brings good things out of the good stored up in his heart, and the evil man brings evil things out of the evil stored

up in his heart. For out of the overflow of his heart his mouth speaks.”

People produce either good fruit or bad fruit. Our actions and words tell everyone whether there is good or bad in our hearts. Every word you speak matters. Your words can hurt or help. Your words can lift somebody up, or put someone down. They can make friends or enemies. God wants us to use kind and loving words. Your words and actions do matter – even when you are young. So how can we have actions and words that are good?

It's hard to be good all on our own. Nobody can do that! But, when we stay connected to God, His Spirit changes our heart. He produces all the good fruit in us that we have been learning about. How can we stay connected to God and Jesus? (Read the Bible, pray to Him, obey Him by doing what the Bible says) That's right! All of those things will help us to have a deeper relationship with Jesus. When we obey Him and stay connected to Him, the Spirit will produce good fruit in us. God will also help us say no to things that will produce bad fruit. When our hearts are full of the fruit of the Spirit, it will overflow out of us in the way we speak to and treat others. Let's all say the fruit of the Spirit together. “But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, gentleness, and self-control.” Galatians 5:22-23

## Prayer Time

## 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.



### Fruit Book Craft

Supplies:

10 verse cards on binder ring

Fruit stickers

Crayons

Have the kids color the verse cards as you go over the verses. Then have them put a fruit sticker on each card (a different fruit for each card). Write their names on the back.



### The Great Fruit Race

Supplies:

3 apples (toy or fresh)

This is a partner race, so you'll hook arms with your partner. We partner with the Holy Spirit. We can't grow the fruit in our lives without the Holy Spirit, and He can't grow fruit in our lives without our obedience. We must choose to let Him help us. (Hold up an apple.) At my signal, each pair will take an apple and place it on your arms where your elbows are linked. Then, you'll go as fast as you can one time around the room. If you drop the apple, stop and pick it up. When it's back in place, you can keep going. If you try to race without being linked at the elbows or without your fruit in place, you'll be out of the game. Ready, GO!

## **Good In/Good Out**

Supplies:

Small cups (1 per child)

Water

Watercolor tray (1 per bin)

Paintbrush for the leader (1 per bin)

1/4 Sponge per child

Paper towels

Wipes

This is a fun water activity. In the children's cups pour a small amount of clean water while you say, "If you pour good things into your life like God's word, truth, love, and Bible teaching, then when you are under pressure (meaning you may be frustrated or angry or upset about something) then those things will come out of you. Let's see. Take your sponge and dip it into the water and squeeze it back into your cup. What comes out? Good clean water! (As you say the next part, use a paintbrush to stir black watercolor paint into each child's cup so that their water turns black and yucky as you list the bad things they could put in their lives.) But if we put bad things into our lives like listening to others say mean words, watching bad shows on TV, or playing violent video games, then when we are under pressure those bad things will come out of us. We might want to say something mean or hit instead of walking away or using kind words. Let's see, take your sponge again and see what comes out. YUCK! Who can make our water clean? Jesus can!

## **Fruit Squeeze**

Supplies:

Knife

Squeezable fruits (orange, lime, lemon, tomato)

Roasting pans (2 per bin)

Wipes

Have an adult cut the fruit in half or quarters before hand so that each child can try squeezing the different fruits. Talk about what comes out when it is squeezed, similar to being under pressure. When they squeeze the fruit, what is inside the fruit comes out of it. The same is true for us if we have God's word inside of us and the fruit of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control in us, then that's what will come out of us when we are under pressure or feeling frustrated.

Ask them questions about what they are doing: what is coming out when you squeeze the fruit? What comes out when you get mad? What should you do when you get angry or frustrated? Talk about situations they struggle with and remind them that we need to be connected to Jesus and have His word in us so that when we get frustrated then good things like love and joy come out instead of yelling and tantrums.



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