



Fruit of the Spirit

Goodness – Lesson 1

"Therefore, whenever we have the opportunity, we should do good to everyone – especially to those in the family of faith." Galatians 6:10

Lesson Time

Supplies:

Fruit cutouts

Masking tape

Put masking tape (sticky side out) on the back of each fruit cutout and hand out the fruit to the children. Have a student leader stand in the middle of the circle pretending to be a tree with his arms out. As you talk through the below, have children stick the fruit to the "tree" when his/her fruit is called out.

Wow, that is a great looking tree standing there. Do you think it's a good tree that is growing good fruit? I bet it is. What fruit should it be growing if it is growing good fruit? The fruit of the Spirit! That's right. We have love (have the kid with love go up placing their fruit on the "tree"), joy (have the joy kid go up), peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Great job! Do you remember how we can grow good fruit like the fruit on that tree? (The Holy Spirit, God...) Right, the Bible says that only God is good and all of our *goodness* comes from Him. Which part of the fruit do you think we are going to talk about now? GOODNESS! That's right! You guys are such great listeners.

God is good and everything He created, in the beginning, He called good. God is good and loving to us all the time. What are some of the good and loving things that God does? (Give the children a chance to answer, then add some or all of these: He sent his Son Jesus to take the punishment for our sins; gives us eternal life; forgives us; helps us; teaches us; changes our hearts; protects us; comforts us; takes care of us; heals us; etc.)

So, since God is so good to you, how does that make you want to be toward God? (Give children a chance to answer). It makes me want to love Him, too! We can show our love for God by listening to Him, praying to Him, praising and thanking Him, obeying Him, and serving.

Serving is a way to love Him by sharing His love with others. When we love God, we show it when we help people and do good things for them. Can we make God love us by doing good things? No, God already loves us. We just need to trust that He is good, ask Him to forgive us, and choose to live our lives with Him and for Him. We need to accept His love for us and then follow Him. Then it is all about Him giving us the desire to do good things because we love Him so much and He gives us great love for other people as we listen and follow Him. So, after we choose to become followers of Christ the Bible says: "Therefore, whenever we have the opportunity, we should do good to everyone—especially to those in the family of faith." Galatians 6:10

This is our new memory verse. (Break it down and have them say it with you a few times.)

What are good things that we can do? (Allow time for responses.) It's important to think about the attitude that we have when doing things, not just the act of doing something. What is something you can do for someone at this church? (Allow time for responses.) We are called to take care of each other like God takes care of us. We are going to do a group activity together today before centers.

Group Activity - God's Pure Goodness

Supplies:

3 clear cups, water

Dirt

Funnel

Coffee filters

Gravel

Sand

Clear bin

Fill two cups with water, one full and the other half way. The full one will represent God's pure goodness. Add some dirt to the half-filled cup to represent us (represents sin – things like jealousy, being mean to others, disobeying). Set up the third cup with the funnel, coffee filter, gravel, and then the sand.

Say, "God is pure goodness, but we have to be purified." Explain that you are going to attempt to purify our water and make it as pure as God's. Pour dirty water through the filter with gravel and sand. (Do all of this over a bin to protect the floor.) As the water drips through, ask the children, "**Can we purify ourselves and become as good as God?**" (No.) **Why not?** (Because no one can be as good as God.)

How can we be purified? (By praying and confessing our sins to God, asking for His forgiveness, accepting Jesus as our Lord and Savior, and asking the Holy Spirit to guide us and lead us.) **That's right.** Then we can have the fruit. We can love others and have goodness in our hearts to want to do good things for other people.

Prayer Time

Thank God for His goodness and pray for the Holy Spirit to work in their lives so they can have goodness in their hearts and the readiness to do good things for God.

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.



God is Good

Supplies:

Magazines

Scissors

Glue sticks

Boxes or brown paper bag

Have the kids cut out magazine pictures that show God’s goodness. Have them think of creation and how God is good and loving to us like you talked about. Use glue sticks to make a collage on their boxes or bags. They can take this box or bag home and put reminders in it as they continue to see how God is good.

(Teachers – Magazines have been chosen carefully, in the hopes of avoiding inappropriate content or advertisements but please be vigilant as the kids look for images to cut out. You may even want to flip through and point out specific, fitting options.)



“And It Was Very Good” Wall Art

Supplies:

Chalk

Bible

Large piece of butcher/craft paper or chalkboard wall

“God saw all that He had made and it was very good.” Genesis. 1:31

Help the kids draw some of the wonderful things God created and said was good. Use a Bible to help.



Fruit Race

Supplies:

Fruit cutouts from opening activity

Basket

Masking tape

Make a line down the middle of the room with masking tape. Have the children stand on one side and give them each a fruit cutout from Circle Time. Place a basket about 20 feet behind the other side of the line. The objective is for the kids to put their fruit in the basket while dodging “temptations.” Use

student helpers to be "temptations" – they will try to tag kids before they get to the basket. Any kid who gets tagged must go back to the other side of the line and try again. Explain that the "temptations" represent things that keep good fruit from growing inside us.



Memory Verse Card

Supplies:

Magnetic sleeves

Verse cards

Stickers

Crayons

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



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