



Fruit of the Spirit

Goodness - Lesson 3

"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:

Saltshaker with salt (1 per bin)

Flashlight (1 per bin)

Jesus talked to many people about God. He taught them a lot of things and shared with them how they should live. One day Jesus told people that they are "the salt of the earth." People use salt to make things taste good – to give it flavor. (Shake the salt in your hand so they can see it or in each of their hands so they can taste it.) Salt can also be used to preserve food. That means that salt helps make the food stay good so it doesn't become rotten. So when Jesus told the people that they should be the salt of the earth He meant that they should show others the "flavor" of God's goodness and love.

Jesus also taught the people that "if salt loses its saltiness...it is no longer good for anything except to be thrown out and trampled by men." (Matthew 5:13) If salt loses its saltiness then it is no longer good and cannot be used to keep something from rotting. Jesus taught us that we need to stay salty by living out God's goodness. This way we will not become "rotten" or "trampled by men." We can choose to let God lead our lives and change our hearts so His love is seen by others in how we treat them.

Then, Jesus taught that we needed to be the light of the world. "You are the light of the world. A city on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before men, that they may see your good deeds and praise your Father in heaven." (Matthew 5:14-16)

Just like we turn on a light in a dark room (shine a flashlight on the wall or ceiling), we must shine the light of Jesus to those who do not know Him! Jesus said we should not hide our light. He means that we should not be ashamed to share Him with others. Jesus doesn't want us to hide the fact that we are Christians. He wants us to tell others about Him and be a good example and do good things out of love so that people will praise God and turn to Him.

Ask: How can we show others how good God is? (By taking action and helping someone; sharing the love of Jesus with others; being full of joy, peacemakers, patient with others, kind and compassionate; etc.)

How can people see our good deeds and want to praise God? Maybe there is something that no one else is willing to do, like picking up the trash or sharing a snack with someone who doesn't have one. When people see that you care enough to do things that other people wouldn't do, they will want to know why you are different. Then you have an opportunity to share that you are following Jesus' example. You are able to do good because Jesus died for your sins and saved you. The Holy Spirit made you new so that you can love other people like Jesus first loved you.

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.



Take-Home: Light Catcher Craft

Supplies:

Cardstock "frame" with Matthew 5:16 (1 per child)

Coffee filter (1 per child)

Roll of tape (1-2 per bin)

Watercolor paints (5-6 per bin)

Spool of colored yarn (1 per bin)

Tape a flattened coffee filter in the center of the back of the frame. Use the water color to color the filter. Punch a hole in the top of the frame and thread a piece of yarn (approximately 12") through it to create a loop so it can be hung.

Hang near a window to remind you to "let your light shine before men, that they may see your good deeds and praise your Father in heaven." Matthew 5:16



Take-Home: Blind Coloring

Supplies:

Bandanas (5 per bin)

White paper (1 per child)

Crayons (in room)

Place a bandana over the children's eyes. Now ask them to draw a simple picture. You might have them draw a house or a tree or simple shapes for the younger ones. They could add any other simple thing you can think of (a sun, a flower, a bird, etc). Have the child remove the blindfold and then draw the same thing.

Discuss how simple things like drawing can be very difficult if we are in the dark. We would be so happy if someone turned a light on for us. In today's story we learned about a very important kind of light that we need to turn on so other people can see Jesus.



Light of the World

Supplies:

Flashlight (1 per bin)

Large bowl (1 per bin)

Parachute (1 per bin)

Make a tent out of chairs and the parachute (or turn the lights off if doing it with the whole group). Have all the kids get underneath the tent and talk to them about how dark it is when there is no light. Ask them how darkness makes them feel. (Afraid, alone, suspicious, etc.) Make sure you don't actually scare anyone. Turn on a flashlight under a large bowl. Talk to them about how if we hide our light others will not be able to see and know Jesus but if we let our light shine before men (take out the flashlight from under the bowl) and do good things for others then people see how good God is.



Salt-less Snack

Supplies:

Salted Saltines (2 per child)

Unsalted Saltines (2 per child)

Gallon-sized Ziploc bag for unused crackers (1 per bin)

When Jesus was comparing salt to his believers' witness to others, he emphasized that salt that has lost its flavor (saltiness) is not good for anything. Likewise believers who have lost their Christ-like attitudes and behaviors are not fruitful. Provide two saltine crackers with salt and two without salt on a napkin. Ask kids to eat the unsalted crackers first. Have them eat the salted version next and respond about the taste difference between the two. (Please seal unused crackers in the Ziploc bag so they'll stay fresh.)



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