



Fruit of the Spirit

Goodness - Lesson 4

"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

Have you ever wanted a toy that belonged to a friend? Have you ever disobeyed your parents or a teacher? Have you ever been so mad at someone that you felt you "hated" him or her? Have you ever liked something so much you spent all your time doing that or thinking about it? Maybe a favorite toy that you have to play with all the time and if you can't you are upset and whine?

We all have things we find pleasure in that make us want to have them all the time and those things trick us. Yep, they trick us into thinking that we need them and life wouldn't be as good without them. We want what other people have because those things look fun and we think we need the same things, too. We disobey adults and tell them "no" so we can do things we want to do. Our hearts want to please ourselves with things that are often not good for us.

What happens when you tell your mom or dad "no"? (Get in trouble, disciplined, face consequences, etc.) What would happen if you played a video game all day long every day? (You wouldn't learn other things; you might become aggressive or mean, etc.) You might even forget to eat and take care of yourself. If that is all we ever did, our lives would turn out to be useless and a waste of time. Our Bible story today reminds us that God cared about our hearts first and sent Jesus to save us for a purpose: to do good things that benefit other people and show them God's love.

Paul writes in the Bible and tells us the following:

Remind God's people to obey rulers and authorities. Remind them to be ready to do what is good. Tell them not to speak evil things against anyone. Remind them to live in peace. They must consider the needs of others. They must be kind and gentle toward all people.

Wait, where have you heard those words before? They are the parts of the fruit - do what is good, live in peace, be kind and gentle. But what do we need first before we can have these things? (God, the Holy Spirit, Jesus.) That's right!

At one time we too acted like fools. We didn't obey God. We were tricked. We were controlled by all kinds of longings and pleasures. We were full of evil. We wanted what belongs to others. People hated us, and we hated one another. But the kindness and love of God our Savior appeared. He saved us. It wasn't because of the good things we had done. (Repeat that.) It was because of his mercy. He saved us by washing away our sins. We were born again. The Holy Spirit gave us new life. God poured out the Spirit on us freely because of what Jesus Christ our Savior has done. His grace made us right with God.

So now we have received the hope of eternal life as God's children. You can trust that saying. Those things are important. Treat them that way. Then those who have trusted in God will be careful to commit themselves to doing what is good. Those things are excellent. They are for the good of everyone. (Titus 3:1-8)

If we do good things will God love us more? Will that save us? No! God could never love us any more than He already does. We just have to trust in God and believe that there is nothing better out in the world for us – not a video game, not a new doll, not the latest DVD, candy bar, or whatever! The Holy Spirit gives us a new life. Not a better life but a NEW ONE! He gives us a “fruitful” heart to want to take action and do good things for other people out of love.

So, instead of buying a new toy with your allowance you might ask, “How can this money be used to help someone?” Instead of spending all day playing a video game you might find out how you spend time helping your mom and dad. You take action! We should be good to others because God is *always* good to us. Also, the Bible says “*if we commit to doing what is good, then we will be able to provide for the daily needs of others. And our lives won't turn out to be useless,*” (Titus 3:14) like a life full of videos games and new toys. When our lives are full of “fruit” other people can see how loving and kind God is.

Prayer Time

Pray for their needs and pray that we all think about the needs of others and take action. Pray over our memory verse that God will show us all the opportunities where we can make a difference by doing good to others. “Therefore, whenever we have the opportunity, we should do good to everyone—especially to those in the family of faith.” Galatians 6:10

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: Helping Hands Craft

Supplies:

Worksheet with verse (1 per child)

Colored construction or printer paper (1 per child)

Pencils (in room)
Scissors (in room)
Glue sticks (in room)
Crayons (in room)

Give each child a piece of colored paper. Have student helpers and teachers trace each child's hands on the colored paper (both hands) and cut them out. Help the children glue the colored hands to the worksheet (on the side with the verse). Show them how they can fold the paper in half to make the hands meet together, like "prayer hands" to remind them that they can pray to God for instruction and ways to do good to others. They can then color the other side, drawing pictures of ways they help other people, including things they can pray about.



The "How Can I Help?" Game

Supplies:

Set of faces (1 set per bin)

Basket to put faces in (1 per bin)

Things that could make someone feel better (plastic food, stuffed animals, a doctor's kit, money, etc.) (various per bin)

Have a series of faces with different unhappy expressions – sad, angry, scared, sick (at least one for every child in the game). Put the faces in a basket and ask kids to take turns choosing a face then acting out the feeling shown.

For example, a "sad" child might pretend to cry. It's the job of the other players to help her feel better. First, they should ask questions to find out what's wrong ("Why are you sad?" "How can I help?" Etc.). After the "upset" child gives his/her explanation ("My friend was mean to me," "I ate too much candy," "Someone stole from me," etc) the other kids will role-play solutions to help the child feel better. They may give hugs, say "I'm sorry," offer to fix a snack, or give money.



A Good Sacrifice

Supplies:

Apple (1 per bin)

Orange (1 per bin)

Form a circle. One child will pass an apple to the right around the circle. Another child will pass an orange to the left around the circle. The key to this game is that kids can't pass the fruit with their hands. Kids can use their feet, elbows, or knees to pass the fruit. If someone drops the fruit or it touches the ground, the child must close his eyes to continue playing. Play continues until only one person with his or her eyes open remains.

Ask kids to talk about what was easy or difficult about the game. Ask kids what it was like to play with their eyes closed and how that affected the game. Explain that serving others and taking action to do good deeds takes sacrifice. We have to give up time, money, or our own comfort or pleasures to help others see Jesus, and it is worth it!



Serve Others Relay

Supplies:

Foam tray (1 per child)

Cups (2 per bin)

Plastic bowl (2 per bin)

Plastic or paper plates (2 per bin)

Spoons (2 per bin)

Divide the kids up into two teams. Give each child a foam tray. Place a cup, bowl, plate, and spoon on the trays and hand them to the kids that are first in line. The kids must carry the trays with all the things on them to one end of the room and back without dropping anything. If they drop something, they must go back and pick it up. Then they place all the items from their tray onto the next child's tray. Keep playing this way until one team wins. Remind the children that the verse in Titus says, *"if we commit to doing what is good, then we will be able to provide for the daily needs of others. And our lives won't turn out to be useless."* (Titus 3:14)



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