Lesson 8: The Fruit of the Spirit

Overview:

Key Focus All of the Fruit of the Spirit flow from one fruit—love.

Bible Story: The Fruit of the Spirit

Scriptures: Galatians 5:22–23, Ephesians 5:8–9, 2 Samuel 9:1–12

Memory Verses: Galatians 5:22–23 (NKJV) But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law.
**Note that different Bible translations might use different wording for the fruit.

Prep:

Materials Needed:

- 9 index cards

Classroom Prep:

- Write one fruit of the Spirit on each index card: love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, and self-control.

Engage:

Have all the children sit on the floor. As you name a fruit category, have them jump up, call out an answer and then sit back down. *Fruit categories*: name a purple fruit, tastes sour, juicy, has lots of seeds, has one big seed, green, red, and is your favorite.

Today, we will learn that the Holy Spirit helps us grow fruit to show people that the Holy Spirit lives in us!

Memory Verse Activity:
Display the verses. As the group reads together with you, choose a movement to do while saying the verse, such as feet together for one word and then feet apart for the next word, whisper, clap each word, touch knees and straighten up with each word, and stretch up with one word and stretch down to toes for the next word. Each time through the verse, select a different movement to do.

Memory Verses: Galatians 5:22–23 (NKJV) But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law. **Note that different Bible translations might use different wording for the fruit.

Bible Story:

Distribute the fruit of the Spirit written on index cards. **Our memory verses name the nine parts of the fruit of the Spirit. Let's review the fruit and quickly stand and then sit when the fruit on your card is mentioned throughout the lesson.** Say Galatians 5:22–23 together.

The Bible says that the fruit of the Spirit is really one fruit with nine different parts to it. Just like the Trinity is one God with three parts: God the Father, God the Son, and God the Holy Spirit. The Bible also tells us that people will know we belong to God and are followers of Jesus if we have the fruit of the Spirit growing inside us.

Before we talk about growing the fruit of the Spirit in our lives, we should know how plants grow. What does a seed need to grow? (A plant needs good soil, light, water, and fertilizer.) **The very first thing a seed needs is good soil without rocks, clay, or sand in it. Your spirit has good soil—the love of God! The Bible tells us that the Holy Spirit puts the love of God in us because the Holy Spirit is part of God. God loves each person who He created. How does God show His love to you?** (Possible answers: God sent Jesus to pay the price for all sin; He gave me parents who love me and bring me to church; God has good plans for me.) **When you are filled up with God's love, you will grow good fruit.**

Plants need sunlight. Jesus is the Light of the world. His light shines in us because the Holy Spirit is in us when we say "yes" to Jesus Christ as our Savior. The fruit of the Spirit gets more of Jesus' light when we praise Him, worship Him, read the Bible, and pray. The more of Jesus' light we get; the more the fruit of the Spirit grows!

Plants need water and sometimes water is used to talk about the Holy Spirit. When you are filled with the Holy Spirit, the fruit of the Spirit will get watered! Plants also need fertilizer. You can add spiritual fertilizer by reading God's Word, listening to Bible teachers, praising God and singing worship songs, and spending time in prayer listening to what God is saying to you.

As we grow the fruit of the Spirit, people will see love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, and self-control in the words we speak and the things we do. Read Ephesians 5:8–9. **The Holy Spirit guides to know God's truth and teaches us the right way to live like Jesus. When we listen to the Holy Spirit GPS, we will grow lots of good fruit of the Spirit that people will see.**

I'm going to read about King David and I want you to listen for the fruit of the Spirit he showed. Read 2 Samuel 9:1–12. (Possible answers: King David showed kindness to his friend Jonathan's son, gentleness when Mephibosheth was scared to meet him, faithfulness to eat together daily, goodness to give back the land, and love by treating Mephibosheth as one of his own sons.)

The fruit of the Spirit all grow because of God's love. When people see the fruit of the Spirit in your life, you are sharing God's love with them and letting everyone see that the Holy Spirit lives in you. Which fruit of the Spirit is the easiest for you to show? Name a fruit and have the children stand if that is the easiest for them. **Which fruit of the Spirit is the hardest for you to show?** Name a fruit and have the children stand if that is the hardest for them. **What might help you grow that fruit this week?** (Possible answers: praying about it, focusing on God's love for me, reading God's Word about that fruit)

Bible Story Questions:

- **What are the nine parts of the fruit of the Spirit?** (The fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, and self-control.)
- **What soil does the fruit of the Spirit grow in?** (The fruit of the Spirit grows in the soil of God's love.)
- **How do you show that you have fruit of the Spirit?** (My words and my actions show that I am growing fruit of the Spirit.)
- **Why should you show the fruit of the Spirit in your life this week?** (When I show the fruit of the Spirit, people will see God's love and know that I'm filled with the Holy Spirit.)

Bible Story Activities:

Games:

- Have the children stand in a horizontal line facing you in a large open space. Name a variety of fruit of the Spirit interspersed with non-fruit of the Spirit. The children listen and can take a step forward only when you name a fruit of the Spirit. If they make a mistake and move forward when you didn't name a fruit of the Spirit, they must take a step backward. If they move when you don't say anything, they take a step backward. The children try to be the first person to reach you. When they reach you, have them

name as many fruit of the Spirit as possible. Have everyone go back to the starting line and play again.

Fruit of the Spirit: love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, and self-control

Non-Fruit of the Spirit Words: lying, stealing, jealousy, hate, impatient, mean, loud, pushy, grapes, apples, raspberries, blueberries

- Ideas for Working with Younger Kids:
  Have the children pretend to be the fruit of the Spirit seeds planted in the soil of love. Name a fruit of the Spirit and guide the children to squat and tuck in their arms and head to be that fruit seed planted in the soil of love. Then have the children slowly "grow" as you say you are watering the seed by reading God's Word, praying, singing praises to God, and showing love to everyone. Continue this process with each of the nine fruit of the Spirit.

Discussion:

- Ideas for Working with Older Kids:
  Talk about the importance of good soil of love in your heart. Have the children look up the verses and discuss how to apply the verse to growing the fruit of the Spirit.
  Verses: Romans 2:2–5, 12:9–10; 1 Corinthians 13:4–7; Ephesians 5:1–2; and 1 John 4:7–8, 10–12,16.

Worksheet:

Have the children work in pairs to find the 15 words in the puzzle. On the back of their papers, have them make a fruit of the Spirit poster by drawing nine different fruit shapes and labeling them with the fruit of the Spirit.

Affirmation/Declaration:

My words and actions should show that the Holy Spirit is inside of me.
The Holy Spirit fills me with God's love.
Love grows the fruit of the Spirit.
I want to have a big harvest of the fruit of the Spirit.

Make Connections:

Biblical Worldview Connection:
People who aren't believers often don't want to listen to a sermon or hear someone talk about religion. Encourage the children that by living a life of love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, and self-control—they give the type of sermon people notice.

Missions Connection:
Many cultures grow fruits and understand the concept of good soil, light, fertilizer, and water. Lead the children in praying for people around the world who grow fruit to learn about Jesus and want to grow the fruit of the Spirit in their lives.

Family Connection:
Spend the week focusing on the fruit of the Spirit and growing good fruit. If possible, take a seed from a piece of fruit and plant it. Visit a garden center and talk to someone about growing tips. Talk about how those tips can apply to spiritual fruit. Watch online videos for children explaining the fruit of the Spirit through cartoons, object lessons, and songs. Point out each time you notice a fruit of the Spirit in your child's words or actions this week.

Prayer Points:
Distribute the nine index cards naming the fruit of the Spirit. Each child holding a card should pray aloud or silently for help this week to show that trait in their lives. As time allows, have the children give the card to someone without a card and have another prayer time. Continue until everyone has participated.

Name _____

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Find the 15 ***bold*** *words in the puzzle.*

Z	P	P	B	R	W	E	G	T	L	B	K	L	S	D
S	M	E	E	D	O	V	V	I	X	C	S	O	S	Z
C	S	V	A	B	R	H	Z	U	B	O	D	N	E	A
R	O	E	J	C	D	Q	X	R	Z	Y	X	G	N	Y
L	P	S	N	P	E	Z	N	F	E	X	S	S	E	G
H	F	G	H	L	U	T	J	O	Y	M	K	U	L	P
N	N	K	Y	O	U	G	I	A	Q	I	H	F	T	E
F	M	T	C	B	W	F	C	R	N	R	S	F	N	H
S	A	O	P	N	Q	T	H	D	I	C	G	E	E	A
L	C	H	Y	D	I	Y	N	T	Y	P	O	R	G	A
U	V	W	C	O	V	E	J	K	I	W	S	I	N	B
F	T	X	N	W	S	R	T	G	H	A	F	N	F	S
Q	W	S	S	S	E	N	D	O	O	G	F	G	Y	Q
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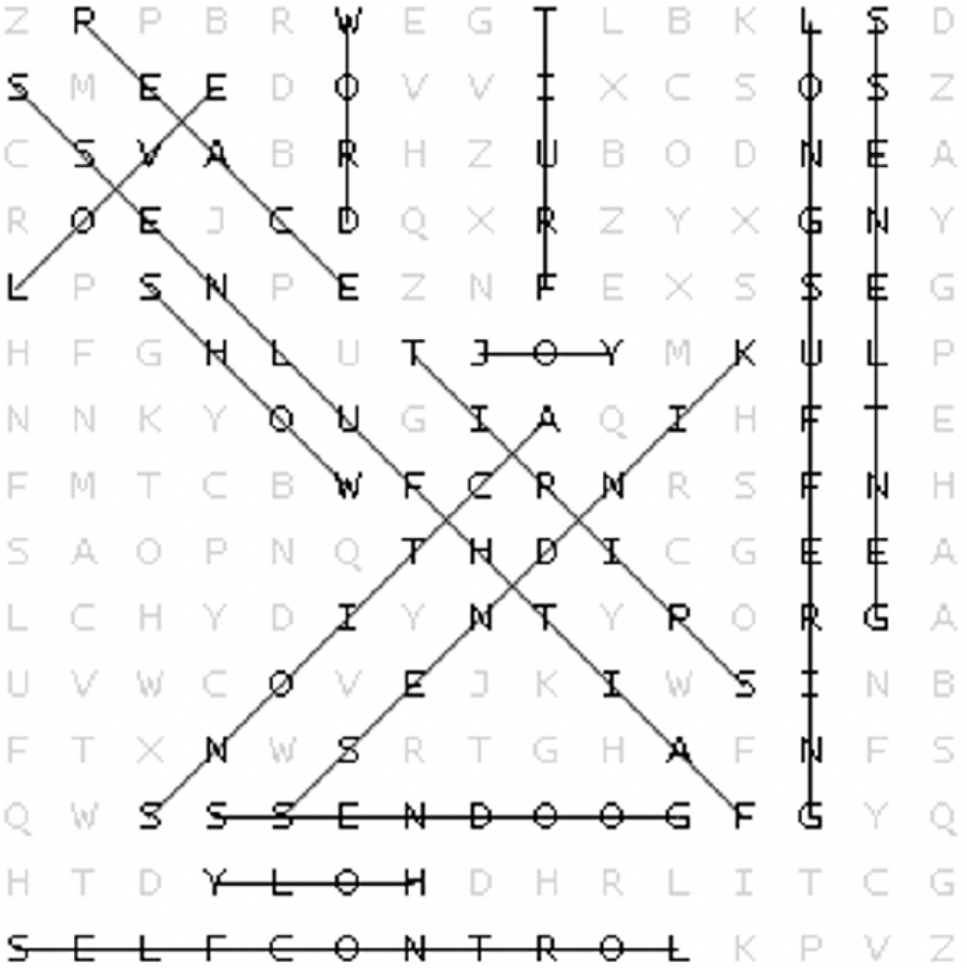
The **Holy Spirit** fills us with God's love. The **fruit** of the Spirit is **love**, **joy**, **peace**, **longsuffering**, **kindness**, **goodness**, **faithfulness**, **gentleness**, and **self-control**. I **show** the fruit of the Spirit by **actions** and each **word** I say.

BONUS: *On the back of this page, make a fruit of the Spirit poster by drawing nine different fruit shapes and labeling them with the fruit of the Spirit.*

ANSWERS

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Find the 15 ***bold*** *words in the puzzle.*



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