

# Being fruitful



### Bible verses:

Galatians 5:13-18,22-26  
The Spirit and human nature



### Aim:

To explore the fruit of Spirit



### Today's fruit:

All fruit



In our session today Paul writes to another church community which is finding it difficult to get along.

This week the church was in a place called Galatia. They were finding it hard to put away the old rules they used to follow before they decided to follow Jesus. This caused a lot of problems. Using fruit as an illustration, Paul reminded them of all the good qualities the Holy Spirit could grow within them if they asked for help.

Each fruit of the fruit of the Spirit is important and can help transform the way we live our lives.

## Each child will need:

- Nine A5 strips of card – orange and yellow – a piece of green card, a hole puncher, scissors, a pen and two split pins
- Pens/pencils and paper
- *Explore It ideas* handout

## You will need:

- *Fruit of the Spirit list*
- To watch *The Fruit of the Spirit (Sunday school crafts)* by Kelly Hahn (1:31)
- You may need to prep the children's craft resources in advance



## Start it

Start with a game of *Fruit salad*. Ask the children to sit in a circle, ensuring there is enough space to run around the outside. Choose four fruits and go around the circle, giving each child

one of the four fruit names. When you call out a fruit, the children need to run around the outside of the circle and return to a different space from the one they were originally in. You can also shout 'Fruit salad!', so all children run outside the circle and return to a different place.

## Sing it

### Say:

Every week we focus on a different fruit of the Spirit. This week, we will discover where we find the fruit of the Spirit in the Bible. Our song for today helps us to remember every fruit.

### Song

'Fruit of the Spirit' (great music for kids) by Go Fish Kids Music (3:10)

## Share it

### Say:

For the last few weeks, we have been looking at Paul's letter to the Ephesians. Today, we are focusing on a different letter. Let's watch the clip to find out more about Paul's letter to the Galatians.

### Video

*God's Story: Galatians* by Crossroads' Kids Club (4:14)

### Ask:

What did you learn about Paul's letter to the Galatians from the clip?

### Say:

The church in Galatia was having unity problems, just like the church in Ephesus. Some believers were adding rules they used to follow before they believed in Jesus. Paul wanted to let them know that this was not OK.

### Read:

**'My brothers, God called you to be free. But do not use your freedom as an excuse to do the things that please your sinful self. Serve each other with love. The whole law is made complete in this one command: "Love your neighbour as you love yourself." If you go on hurting each other and tearing each other apart, be careful! You will completely destroy each other.'**

(Galatians 5:13-15 *ICB*)

**Ask:**

- What message did Paul have for the Galatians?
- What could we learn from this message as Christians today?

**Say:**

Paul recognised that it wasn't always easy for people to get along. He knew that sometimes we look out for ourselves rather than looking out for each other. Paul wanted the people at Galatia to know that they had a helper, the Holy Spirit.

**Say:**

On 29 May we celebrate Ascension Day, when Jesus was taken up to Heaven after his death and resurrection. Before Jesus left, he assured his disciples that the Holy Spirit would support them. In this letter, Paul reminds the church in Galatia that they can ask the Holy Spirit for help.

**Read:**

**'So I tell you: live by following the Spirit. Then you will not do what your sinful selves want. Our sinful selves want what is against the Spirit. The Spirit wants what is against our sinful selves. The two are against each other. So you must not do just what you please. But if you let the Spirit lead you, you are not under the law.'**

(Galatians 5:16-18 *ICB*)

**Say:**

Paul shared the good news that, if we live by the Spirit, then our lives will be filled with wonderful things. We have the choice to decide how we will live and can ask the Holy Spirit to lead us.

**Ask:**

- Have you ever seen a tree that is growing fruit? What does the tree look like?
- Have you ever eaten fruit straight from the tree? How would you describe it?

**Say:**

Each week we think about different fruits of the Spirit, and this is the part of the Bible they come from.

**Read:**

**'But the Spirit gives love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control. There is no law that says these things are wrong. Those who belong to Christ Jesus have crucified their own sinful selves. They have given up their old selfish feelings and the evil things they wanted to do. We get our new life from the Spirit. So we should follow the Spirit. We must not be proud. We must not make trouble with each other. And we must not be jealous of each other.'**

(Galatians 5:22-26 *ICB*)

## Say:

Often it's the healthy trees that make fruit that tastes delicious. When we stay connected to God and ask the Holy Spirit for help, then we grow these fruits in our lives.

## Action it

Display the *Fruit of the Spirit* list.

Explain to the children that they are going to make their own 'fruit of the Spirit' apple. Depending on your group, you may need to prepare resources for this activity in advance. The clip provided explains how the fruit of the Spirit apple is created.

## Video

*The fruit of the Spirit (Sunday school crafts)* by Kelly Hahn (1:31)

Children can take their apples home, which links with one of the *Explore It Ideas* activities.

## Pray it

### Say:

In his letters to both the Ephesians and the Galatians, Paul reminds the people how they should treat one another. Our memory verse throughout this month sums up Paul's message. Let's share it together.

## Memory verse

**'Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.'**

(Ephesians 4:32 *NIV*)

### Ask:

Sometimes it can be difficult to show kindness and compassion to others. Who can we ask for help?

### Say:

Think of someone who you are struggling to treat in the way God wants us to treat others. You don't need to say their name; just picture them in your mind. As the music plays, look at the fruit of the Spirit apple you have created. Spend time asking God to help you to grow the fruit you need just now. Maybe you need to show more patience, or maybe you need to be gentler when you spend time with this person. As the music plays, ask for the Holy Spirit's help.

## Listen

'Holy Spirit' by Francesca Battistelli (5:02)

When the music finishes, bring the session to a close in prayer.

## Explore it

Remember to send home the *Explore It ideas* for children and families.



## Being fruitful

Here are some ideas for you to explore at home.



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### Aim:

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All fruit



### Discover

Watch the clip to find out more about the fruit of the Spirit.

*God's Story: Fruit of the Spirit* by Crossroads' Kids Club (4:22)



### Share

In this week's session you made a fruit of the Spirit apple. Show someone at home and discuss what each fruit of the Spirit might look like in your everyday life.



### Song for the week

'Fruit of the Spirit' (great music for kids) by Go Fish Kids Music



### Memory verse

'Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.'

(Ephesians 4:32 NIV)



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