

# Fruit Review

(Galatians 5:22-23)

## Pre-Session Warm Up

People can tell what kind of a person you are when they see the fruit of your life. Some people's lives produce rotten fruit like selfishness and meanness. Other people's lives produce good fruit full of love, joy, peace, patience, and so forth. When people see someone with good fruit like that, they'll know that person has a close walk with God.

What kind of fruit does your life bear? Let's pray and ask God to help our lives produce good fruit.

## Opening Prayer

Father, Thank You for loving us and giving us the gift of the Holy Spirit. Help us to use the power Your Holy Spirit gives us as we live every day. Help us respond to our friends and brothers and sisters in a way that pleases You and lets them see You in us. In Jesus' name, Amen.

## Memory Verse

*Those who belong to Christ Jesus have nailed their natural evil desires to his cross and crucified them there. (Galatians 5:24 TLB)*

## Lesson

When you accepted Jesus to become Lord of your life, God planted seeds in your heart that began to grow – seeds of love, joy, peace, patience, goodness, faithfulness, gentleness and self-control.

During our day-to-day lives, we need to learn how to make good choices so that we can show others the fruit of God's Spirit living within us. We show others we belong to Jesus in how we act and react to different situations.

This isn't always easy because we are not perfect. Our first reaction to something may not be the way God would want us to behave. Sometimes we are caught off guard and don't always react to situations the way we should. It's harder in some places than in others. For example, it may be harder for you to show self-control at school or maybe you have a tough time being kind to someone at home. It takes the strength and power of the Holy Spirit to completely change your behavior.

If you belong to Jesus, people should see the fruit of the Spirit in your life. Let's see how this works...

## Fruity Situations

As I read to you a situation, tell me what fruit you would need and how you could demonstrate it.

1. **Love:** A new girl is in your class. She is very quiet and always eats lunch by herself. You've seen her looking at you and your friends at recess. What fruit do you need? (Love) How could you show love to her?
2. **Joy:** Your Sunday school class is having a workday at your church. You've been asked to help pull weeds from the large flower beds in front of the church. You very much dislike pulling weeds. What fruit do you need? (joy) How can you show joy as you help out?
3. **Peace:** Your grandma is very ill and you don't know what will happen to her. What fruit do you need? (peace) What can you do to have peace? (pray)
4. **Patience:** Your three-year-old cousin is visiting. You're trying to put together a new puzzle that you've just received as a birthday present. Your cousin really wants to help. What fruit do you need? (patience) How can you show patience as he tries to help?
5. **Kindness:** Suppose you are at a friends' birthday party and one guest is being excluded from most of the activities. What fruit do you need? (kindness) How can you show kindness to this person?

6. **Goodness:** You've just earned ten dollars by helping your neighbors clean out their garage. What fruit do you need as you decide what to do with your money? (goodness) How can you show goodness?
7. **Faithfulness:** An elderly next-door neighbor has asked you to help her by walking her dog every day for the next four weeks while her sprained ankle heals. It was fun in the beginning, but now it's been raining and you don't feel like you have much time. What fruit do you need? (faithfulness) How can you show faithfulness in this situation?
8. **Gentleness:** Your friend's little brother has been bugging you and your friend all day. He sticks his tongue out at you and is just plain obnoxious. Your friend wants to hit him. What fruit do you need? (gentleness) If you want to show gentleness, what should be your reaction?
9. **Self-control:** You are at the mall with your mom. A new video game you've been wanting is on sale. You ask your mom whether she will get it for you, and she says no. What fruit do you need? (self-control) If you wanted to show self-control, what would you NOT do?

Our natural responses to many of these things are quite different from the way the Holy Spirit would have us act. But overtime, as we allow the Holy Spirit to be more and more a part of our lives, showing the fruit of the Spirit to other people becomes a way of life. What do you think it means to allow the Holy Spirit to be more a part of your life? By spending time with God—reading His Word every day, praying, choosing godly friends. Soon the fruit of the Spirit will become a part of your everyday life—a way of life.

Now, it's important to realize that the fruit of the Spirit is not a bunch of different fruits that we can pick and choose from. We can't say, *"I'll take love, joy and peace, but leave patience and self-control behind."* The Bible says the *"fruit of the Spirit is..."* not *"the fruits of the Spirit"*

*are..."* The fruit of the Spirit is NOT nine different types of fruit. It's one fruit with many parts.

It's like an orange; it has many sections. [Teacher, hand each child an orange and let him peel it. Then have him take a section out.] If you remove one section, how many types of fruit will you have? (One, an orange.) Is your orange whole now? (No, it's missing something.)

Just as our orange is not whole when we take out one of the sections, our lives are not complete if we don't have *all* the fruit of the Spirit.

We need to pray for God to give us the strength to be more like Jesus and for the fruit of the Spirit to fill us.

## Closing Prayer

Father, thank You so much for loving us and for coming to earth to show us how to live in a way that is pleasing to You. Help us to let the world know that we belong to You by the fruit that they see in our lives. In Jesus' name, Amen.

## Learning Activities

### Craft Corner

### Snack

Oranges

### Game Center

#### *What's My Fruit?*

[Teacher, you can either ask these questions yourself, or let the children have turns asking them of the other children:]

1. This fruit makes me thoughtful to someone that doesn't even deserve it. What's my fruit? (Love)
2. This fruit makes me happy from the inside out, even when I'm having a bad day. What's my fruit? (Joy)
3. This fruit gives me the ability to help stop an argument between two people. What's my fruit? (Peace)
4. This fruit helps me forgive others when they do things that bug me. What's my fruit? (Patience)
5. This fruit gives me compassion for others and a willingness to do something for them without expecting to get anything in return. What's my fruit? (Kindness)
6. This fruit helps me actively look for opportunities to do what God says is the right thing to do. What's my fruit? (Goodness)
7. This fruit makes me true to my word. I always do what I say I'm going to do. What's my fruit? (Faithfulness)
8. This fruit helps me quietly put God's love into action. What's my fruit? (Gentleness)
9. This fruit gives me power over my reactions to people and situations. I am able to handle my thoughts, words, and actions, especially when I'm angry. What's my fruit? (Self-Control)

Conclude by asking the following discussion questions:

1. Which fruit of the Spirit is easiest for you to exhibit?
2. Which fruit is hardest for you to exhibit? Why?

