

## FRUIT OF THE SPIRIT: GOODNESS, FAITHFULNESS AND GENTLENESS

### BIG IDEA

The Holy Spirit is working in us to give us goodness, faithfulness and gentleness. That means we act and speak in ways that consider others and we can be relied on to stick to our promises.

### PREP *(Kids can help!)*

**Get** a vivid marker and the 9 fruit of Spirit appendix cards

**Buy** a grapefruit or orange

**Buy** a packet of balloons

**Buy** some kebab sticks/bamboo skewers and fruit to cut up ready to make fruit kebabs (you may like to add marshmallows!)

**Make** two 'bats' from rolled up newspaper

**Put everything into the Faith Box before you start**

### INTRO

**TAKE OUT THE FRUIT OF THE SPIRIT CARDS AND SET THEM ON THE TABLE.**

The fruit of the Spirit are only useful when we make them part of us. If we don't use them, they are like balloons with no air in them.

*Pass out 9 balloons for the children to blow up and tie. Then ask them to copy each of the 9 fruit of the Spirit cards onto the 9 balloons with a vivid marker (e.g. one balloon will be "Love", another "Joy" and you can draw the apple and watermelon if you wish).*



*Jesus turns life right side  
up and heaven outside in.”  
- Carl Henry*

Who can remember which fruit of the Spirit we looked at last session? Who can remember what the first three were? Today we are going to look at the last three fruit of the Holy Spirit. How many does that make in total? Yes, nine!

*Can you select the 3 “fruit” balloons that we are talking about today?*

They are goodness, faithfulness and gentleness.

Have you ever seen a gardener tending his/her plants? They water, fertilise, weed and sometimes spray the plants to keep bugs off. They do everything they can to keep that plant living and growing. Well, we have to do the same with the fruit of the Spirit which God has planted deep inside us. We have to cultivate the fruit of the Spirit within us which means that we constantly watch how we act towards others.

When we continue to practice displaying the fruit of the Spirit then we grow up spiritually. Those little seeds that God planted inside us mature into a bumper crop of lovely fruit.

## GAME

### *Gentle Balloon Hockey Relay Race*

*DIVIDE INTO TWO TEAMS. Have a relay race in which everyone uses a rolled up newspaper to gently push one of the balloons to a marker and back. They must keep the balloon touching the newspaper hockey stick. If the balloon loses contact with the stick they must start again.*

*When the race is over come back to the table. Each bring a balloon to hold while reading.*

## READ

**Gentleness** is a bit like holding something very precious like a new baby. It means we are careful and tender rather than rough and careless. Gentleness doesn't mean we shouldn't stick up for ourselves when we need to – if someone is doing something you know is wrong you should tell an adult or tell them to stop. Just do it in a gentle way as Jesus would. Think about this past week. Can you think of a time when it would have been better if you had been more gentle?

**Faithfulness** is keeping your promises and being a loyal friend even when times get tough. Faithfulness is being trustworthy and doing the things you said you would do.

The early Christians found that God's Holy Spirit gave them a love and desire to serve each other joyfully and faithfully. One of these was Lydia, a businesswoman who sold beautiful fabric and garments. She faithfully served amongst the early Christians and gave hospitality and kindness in her home to the apostles. We are going to talk more about Lydia later in session 10.

### *Parents read*

But the Holy Spirit produces this kind of fruit in our lives:

### *Children finish the verse*

love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control;

### *Parents read*

There is no law against these things!

*Galatians 5:22-23 NLT*

## EXPLORE

### QUESTIONS

In the balloon game, how was it trying to hurry and still be gentle?

Can you think of a time when you were in such a hurry that you forgot a fruit of the Spirit?

## GAME

### *Fruit Pass*

*TAKE OUT THE GRAPEFRUIT.*

*Put it under your chin and pass it to the next person in the family who must pass it to the next. Each person has to transfer it to the next person's chin without touching or dropping it. They must wait until the other person has the grapefruit securely held under their chin before they let go.*

While you were passing the grapefruit, what fruit of the Spirit did you need until your partner had the fruit securely under their chin?

Being good, or goodness, means God can depend on us to be honest and turn away from bad things. The only true goodness we have is the goodness of God living in us.

Can you think of someone from the Bible who showed goodness by doing something good? (e.g. the good Samaritan, the widow who gave all her money, the widow of Zarephath, Nicodemus).

## PRAY

*Place all the balloons in the middle of the room and stand in a circle around them. Give time for everyone to choose one fruit of the Spirit they are going to work at this week. Then take turns from oldest to youngest to come forward, pick up that particular balloon and say "Please God help me have more \_\_\_\_\_ this week." Replace the balloon and go back into the circle, and the next person has a turn. Keep going until everyone has prayed.*

## LIVE

Work together to make your own fruit kebabs. Place the different fruits you have used over the past three weeks onto wooden kebab sticks. See which fruit of the Spirit the children can remember as they eat them.

## FAITH BOARD



## OTHER IDEAS

**1** If you have a pet, talk about what faithfulness means in caring for your animal. What happens if we are not faithful in giving them water or food or attention?

**2** Read "Horton hatches an egg" by Dr Seuss.

**3** Have fruit loops for breakfast this week and let the children decide which colour reminds them of which fruit of the Spirit.

**4** Have turns sharing a favourite story character.

- who it is
- why they are your favourite
- a good thing they did in the story

## BUY FOR NEXT SESSION

- A packet of jelly babies or mini gingerbread men