

THE HOLY SPIRIT GROWS FRUIT IN US: LOVE, JOY AND KINDNESS

BIG IDEA

God's Holy Spirit energises our lives to grow like Jesus. His power never runs out and He makes the fruit of the Spirit – love, joy and kindness – grow in our hearts.

PREP *(Kids can help!)*

Buy 10 plastic or paper plates

Buy some biscuits/treats

Buy or find an effervescent tablet
(alkaseltzer, berocca etc. optional)

Draw a sad face on the underside of 5 of the plates, and on the other 5 write the following:

"I can be happy when I have to tidy my bedroom."

"I can be happy when I have homework to do."

"I can be happy when I don't get my own way."

"I can be happy when I can't play with my friend."

"I can be happy when I lose at a game."

Get pencils and an A4 sheet of paper for each person

Find a hair dryer and tea bag (or coin)

Cut out the fruit of the Spirit cards from appendix and hide around room

Put everything into the Faith Box before you start

INTRO

The Bible talks about God helping us to become strong Christians and to grow different kinds of fruit in our lives. Do you know what the fruit of the Spirit are? Hidden around the room are nine cards with pictures on them. See how fast you can find them and bring back here.



Lay out the cards face down. See if the children can guess any before they turn them over and read them out.

God wants to give us all these 'fruit' in our lives, but nine are a lot to remember so today we are going to talk especially about three of them – LOVE, JOY and KINDNESS.

Put the other six cards back in the box. BRING OUT THE HAIR DRYER. See if the children can make it work while it is not plugged into the socket. Now plug it into the power socket.

QUESTIONS

Where is the energy coming from? What does the socket connect to?

The Bible tells us that we can't live as Jesus wants us to live without being connected to the Holy Spirit. He is God's vast energy supply!

How many hairdryers can run off one big hydro dam all at one time? Millions! God's love and power are like that. They never run out. That's why we don't have to worry whether we have enough kindness or love or joy to give to others.

Let's talk about JOY. Who thinks that God loves laughing and parties and joy? In the Bible when the people brought their gifts (a tenth of their money and grain and goods) each year to the temple, God said they were to have a party with singing and dancing and their favourite things to eat and drink. Because we are God's children we can have an attitude of facing each day with joy.

GAME

Take the paper plates out of the Faith Box and lay them randomly around the room on the floor. Get everyone to stand on one side of the room in a line from the youngest to the eldest, and then everyone has a turn throwing the teabag/coin onto one of the plates. When it lands on a plate, the thrower looks under the plate... if it is a sad face they go to the back of the line; if it is an "I can be happy" statement, they read it out loud, ask for a treat and sit where the plate was. If the person seated catches the teabag/coin another has thrown, they quickly toss it on to another plate. Keep playing until all are sitting amongst the plates.

READ

When God sent the Holy Spirit at Pentecost it changed everything for Jesus' disciples. They became brave followers of Jesus and wherever they went they told people about what Jesus had done. They were full of joy and love, and they did many miracles in Jesus' name.

But not everyone was happy with them. For some people it upset their way of life and showed up the bad things they were doing.

Some of the early Christians became like missionaries and travelled to many different cities to tell people about Jesus being raised from the dead and about how anyone who believed in Him could have their sins forgiven.

Before you read the Story of Paul and Silas, put the effervescent tablet in a glass of water. Tell the children to watch what happens as you read the Bible.

“ Paul and Silas travelled to a town called Philippi where they cast an evil spirit out of a young girl. But some wicked men who had made a living by using this young girl got angry and told lies about Paul and Silas so that the whole crowd got angry with Paul and Silas. The city leaders gave an order for them to get a beating. After that, Paul and Silas were put in jail. The jailer, the man who was in charge of the jail, was told to be sure they didn't get out. So he took them into a room way inside the prison and put their feet through holes in some blocks of wood locking them in place. But in the middle of the night Paul and Silas were

praying and singing praises to God and suddenly a great earthquake shook the whole jail. All the doors opened and everyone's chains fell off! The jailer woke up and was really scared. He thought everyone had run away. He was ready to kill himself, because he was afraid that he would be killed for letting the prisoners escape. But Paul shouted to him, "Don't hurt yourself. We're all here."

Then the man called for a light and ran into the room where Paul and Silas were. He got down on his knees and cried out, "Sirs, what must I do to be saved?"

They answered him, "Believe in the Lord Jesus Christ and you'll be saved. Your family will believe and be saved too." When they told him and his family about the Saviour, they all believed and were baptised.

The jailer cared for the men and bathed their wounds and there was lots of joy in the whole family!" 

Excerpts from Acts 16:12-40

EXPLORE

QUESTIONS

Were the bubbles in the water before we put the tablet in?

Did you know that God says the joy of the Lord is our strength?

Would you have been happy and sung praises to God if you had been beaten and were chained up?

Where do you think Paul and Silas's joy came from?
(GOD PUTS IT IN US LIKE THE TABLET IN THE WATER)

JOY is what God gives us from his Spirit. It is kind of like being happy on the inside even when things around us aren't great. The Holy Spirit is like our coach encouraging us and giving us the strength we need.

Hand out pieces of paper to everyone. Ask everyone to write their name on the top. Pass the paper to the next person around the circle. The next person reads the 'owner's' name; draws a bubble and writes inside it one thing they have seen this person do this week that has been kind or has brought JOY to someone else. Hand the page on to the next person to do the same thing. Continue until the papers all return to their 'owners'. Ask each one to read out loud all the lovely things written about them.

Each person chooses one of the 'fruit' from this session. Tell us how you think you can have more of this fruit in your life this week. (e.g. be more joyful when I lose at cricket, not be grumpy when I have to take out the rubbish).

PRAY

Thank God for the love we receive from our family (e.g. thank you God for the love Dad shows me when he gives me a piggyback). Ask God to help you show more of one of the fruit we talked about (e.g. please God help me be more joyful when _____).

LIVE

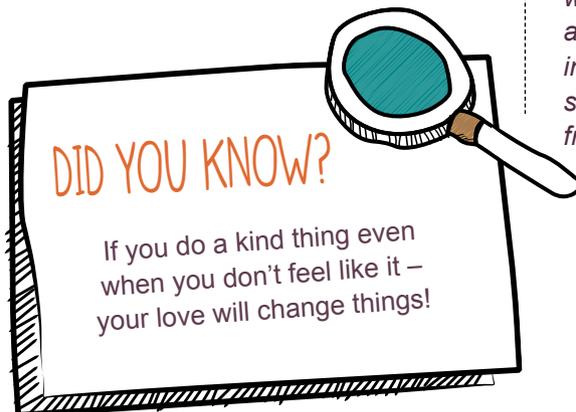
Make an "L-J-K Jar" (love, joy and kindness). Attach a label on the outside and fill it with strips of paper that have ideas about how to show love or bring joy. During the week have turns taking one out and doing it that day...

Or fill a jar with different coloured marbles (or gob stoppers or Tangy Fruits). Every time you find one of

the children using a fruit of the Spirit (being kind, loving etc) put a lolly/marble in the jar.

At the end of the week celebrate your family's success by having a lolly each and talking about it. Older children could also do it for their parents or each other!

FAITHBOARD



OTHER IDEAS

1 Try this experiment. Gather a plastic water bottle, vinegar, baking soda, a tissue or paper towel, and a cork (optional). Take the children outside. Pour a cup of vinegar into the bottle. Wrap 2 Tbsp. baking soda in small piece of paper towel and poke into bottle, then put cork in top. Carbon dioxide will build up in the bottle and pop off the cork! Or without a cork it will bubble up and out! Ask the children what this experiment could say to us about God. Then explain how every day we can bubble over with love and explode with joy, knowing God has made this new day for us to enjoy.

2 Watch the movie *Evan Almighty* and talk about random acts of kindness. How might love motivate you to such acts this week?

3 **Make Fruity Putty.**
What you need:

- 3oz gelatin
- 2 cups flour
- 4 tsp cream of tartar
- 2 cups boiling water
- fruit flavouring essence
- 1 cup salt
- 2 tbsp oil

What to do: Mix dry ingredients in a pot, add boiling water and oil. Stir over medium heat until mixture forms a ball. Let cool before placing in airtight container. Make in three different colours and mould into different fruit shapes. Keep them in a bowl to remind you of the three fruit of the Spirit: LOVE, JOY and KINDNESS.

BUY FOR NEXT SESSION

- An orange, apple and pear
- Fruit lollies



SESSION TWO

CARDS

