



SESSION THREE

FRUIT OF THE SPIRIT: PATIENCE, PEACE AND SELF-CONTROL

BIG IDEA

Patience, peace and self-control help us to have a gentle, long-suffering attitude toward others. Life in our family is full of opportunities to practice these.

PREP *(Kids can help!)*

Write on an orange, pear and apple (or similar); the words *patience, peace, self-control*

Buy two sweets (fruit lollies) per person. Place one sweet per person in a bowl, the other hidden in the Faith Box

Find the cards from last session with pictures of all the fruit of the Spirit

Get a broom and have it ready for the first game

Put everything into the Faith Box before you start (except the broom)

INTRO

Can you remember the fruit we talked about last session? What were they? We talked about God giving us JOY in our hearts and how God's power gives us the strength to love others and show kindness.



Tell us how you got on with the fruit you asked God to help you with last week. Today we are going to talk about three more fruit that the Holy Spirit grows in our lives.

BRING OUT THE FRUIT labelled with *patience, self-control and peace, and put them on the table*

Do you know what patience is? (It might be waiting your turn in a game or not interrupting when someone is talking, or waiting for dinner time even though you are really hungry now.)

Having patience means waiting calmly for something without making a fuss. Being patient isn't always easy, but good things often come when we wait.

Pick up the self-control and peace fruit and explain that they are also a bit like patience.

Place the bowl in the centre of the table with enough sweets in it for one each. Tell the children they can have one fruit lolly now or they can wait patiently until the end of Faith Box time and get two! If any choose to have one, let them eat it now, but remind them about the deal!

GAME

TAKE EVERYONE OUTSIDE FOR THIS GAME.

Dizzy Broom Game

Each person has a turn at holding the broom horizontally at knee level with both hands and stepping over the broom between your arms.

Then have turns holding the broom with both hands above your head, looking up and spinning around the number of years of your age.

When you are finished, try to step over the broom again.

Come inside for family talk time.

EXPLORE

How did you feel trying to step over the broom after spinning around? Why was it harder than the first time? Sometimes (like in the game), it is really funny when things are out of control, but other times it's not so good.

SELF-CONTROL

Self-control is very important, it means to be in control of what we say and do. To be able to live the way God wants, we need his help to make good choices. But sometimes things happen that make it harder – like when a brother or sister bugs you so much you just want to hit them or say something mean. We know that we should control ourselves and not do it.

Hard/easy

Designate one wall in the room as 'easy' – 1

And another as 'hard' – 10

Have the children decide which of these situations are hard and which are easy by finding a spot between the two walls to stand, which shows where they would rank the situation.

- ***When my brother or sister messes up my stuff***
- ***When my Mum is late picking me up from school***
- ***When I don't get good marks, even though I tried hard***
- ***When my parents won't buy me what I think I need***

God is so happy when we control ourselves!

Take the 'self-control' fruit and hand it to the person on your right. Whoever is holding the fruit answers a question then hands it on.

QUESTIONS

Self-control helps us to be content with what we have.

What might self-control look like when you are at a lolly scramble?

What might self-control look like when you lose an important sports game?

What might self-control look like when someone really makes you angry?

GAME

PLAY THE 'PATIENCE' GAME. Dad is 'it'. He stands at one end of the room (or garden) and everyone else lines up at the opposite end of the room.

The objective is to be the first person to reach where Dad is. But if Dad sees you move you have to go back to the start. Dad turns away and faces the wall for 5 or 10 seconds.

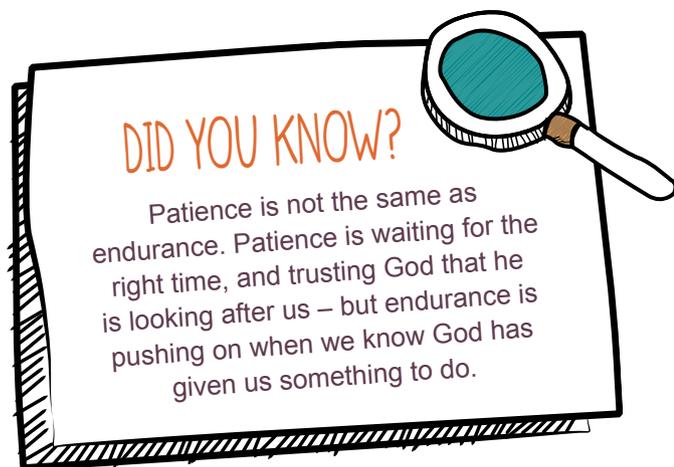
While his back is turned everyone tries to sneak close to him.

When he turns back everyone has to freeze. It takes patience and self-control to get there! The first person to get there becomes 'it'.

Discuss how those people in the game who were patient and had self-control often ended up winning even though at the start it looked like they would lose.

PEACE

When we think of peace, we usually think of no more fighting or war. That is right, but the peace of the Spirit is a bit different. This is the peace we get when we trust Jesus.



Give the 'peace' fruit to a child and ask how they could bring Jesus' peace when your family is having a really busy day and there are too many things to get done and not enough time.

God's peace means we can be relaxed and patient because we know God is looking after our needs.

READ

Get the cards with the nine fruit on them from the box. Put them on the table. As you read the following two verses get the children to point to any fruit mentioned in the verses! (afterwards put the cards back in the Faith Box for next session)

“ But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things! ”

Galatians 5:22-23 NLT

Remember what we said about patience? Well done! Waiting patiently for your sweet means you get the two you were promised. That shows how patience paid off.

Place another fruit sweet in the bowl for each child who chose not to take the first lolly.

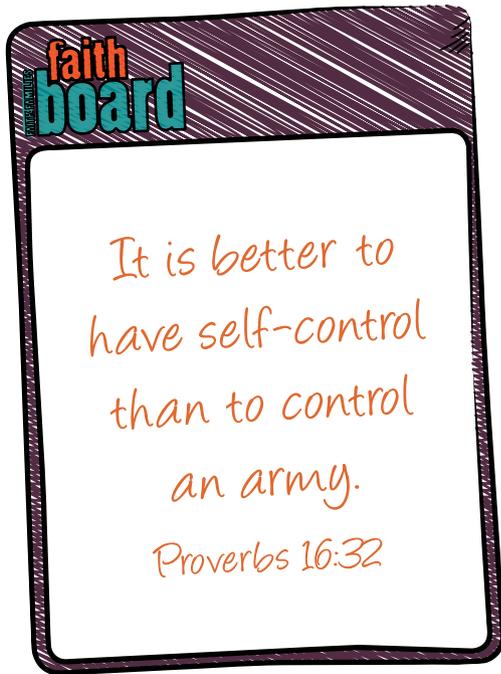
PRAY

Invite everyone to share a one-line prayer asking God to help them be patient when someone annoys them.

LIVE

At a meal time this week, pass the 'peace' fruit or the 'peace card' round. When each person holds it, let them share about something that is worrying them and how they think peace might be able to enter the situation. Others in the family may be able to help with this.

FAITH BOARD



OTHER IDEAS

1 This week during meal times, practice self-control by introducing a new rule – no one is allowed to take anything from the table without having it passed to them.

2 Read "Five Minutes Peace" by Jill Murphy.

Patience is
the companion
of wisdom.
- Saint Augustine

BUY FOR NEXT SESSION

- Nine balloons
- A grapefruit or orange
- Some kebab or bamboo sticks