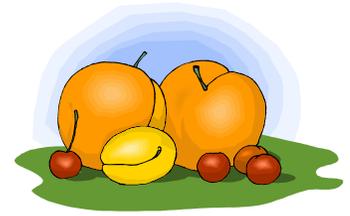


*Get Ready!***Spirit Filled Living**

By: Marsha Crockett

**Text**

Galatians 5:22-26 and Acts 9:36-43.

**Key Quest Verse**

“Since we live by the Spirit, let us keep in step with the Spirit.” Galatians 5:25

**Bible Background**

A letter written by the apostle Paul to the people of Galatia, the book of Galatians reminds its readers that Christ alone is sufficient for the salvation of men. Indeed the fruit of the Spirit are gifts that are offered to those who are new creations in Christ and Paul lists them in chapter 5, verses 22-23: “But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control.” They are not listed as requirements to abide by but rather a result of living in the Spirit. What a wonderful message to the churches of Galatia and a tremendous promise to us!

*Get Ready!***Lesson Quest**

**What I want my students to:**

**Know:** What the fruit of the Spirit is.

**Feel:** That they are growing in the fruit of the Spirit.

**Do:** Identify areas of life where they keep in step with the Spirit and where they need more of the Spirit's guiding.

**Leader's Devotion**

Galatians 5:22-26 indicates that we'll see the results of the Spirit at work in us, just as we see fruit growing naturally on a tree or vine or bush. Consider how fruit grows. It's a slow process and moves through various stages as it develops. Once the fruit is formed, it still takes time to ripen in order to be fully enjoyed.

Often we see such lists like the fruit of the Spirit as a check list or to do list. We begin to formulate our own lists of all the ways we didn't practice patience or ways to better experience self-control, or specific acts of kindness to practice, and our lists could go on and on. But such response to the working of the Spirit turns into a self-centered, self-willed process of trying to "do Christianity."

Read and reflect on John 15:1-17 as you consider what it means to be on the vine of Christ. All Christ asks us to do is simply to "remain" or "abide" in him. Live in his presence. Experience the depth of his love toward you. Bathe in the light of his grace. In the process of allowing Christ to nurture your soul, he will naturally bring forth fruit. "He who began a good work in you will be faithful to complete it." (Philippians 1:6).

Get Set!



**Option A**

**GIVING GOOD GIFTS**

**Materials:** A paper sack with a large, rough rock inside, a big, bright gift bag with a soft blanket in it.

**Procedure:** Welcome your students and tell them you're going to a birthday party later and are still trying to decide which gift to take. Take the rock out of the bag and ask if they think it's a good present. Ask if it's something that you could cuddle up with and really enjoy. Wait for responses. Tell the kids that the rock is kind of like "hate". It isn't very pretty or comforting. It's not something you'd want to give somebody or hang onto yourself. Next bring out the blanket and ask the same questions. **The blanket is like love. It can make you feel better, and give you a warm fuzzy feeling. It's nice to give to someone else to let him or her know you care about them and like being their friend. Let's look at our Bible story today to see what God wants us to know about love and hate.**

**GO TO THE BIBLE STORY**

**Option B**

**FRUIT FROM GOD**

**Materials:** One rotten piece of fruit, and one good piece

**Procedure:** Hold up the bad piece of fruit and ask who would like to eat it. Let kids respond. Ask them why they wouldn't want it, and how they can tell that it's not very good. Then show the good fruit. Ask who would like to eat it, why, and how they know it's good. **In our Bible story today, we are learning about fruit that God gives us. Which kind of fruit do you think He'd like us to have?** (Let kids respond). **That's a trick question, because God's not talking about apples and oranges, He's talking about different characteristics we have. Let's find out just what He means.**

**GO TO THE BIBLE STORY**

*Get Set!*



### Bible Story

**Materials:** A scroll (simply roll up a piece of construction paper) in the form of a letter listing a few ‘sinful natures’ and all of the ‘fruits’ found in Galatians 5, 6 inflated balloons with sad faces drawn on them, 9 needles or pins that are sharp enough to pop a balloon, and a balloon with a smiley face and a fairly large piece of tape on the back that should be hidden from the kids.

**A long time ago, there was a man named Paul who didn’t believe in God. For God to like him, he thought, he had to follow a bunch of rules, and he wanted the freedom to do whatever he wanted. But he didn’t know that God is the only way to get real freedom. After he learned about this, he wanted to tell everyone he possibly could. So he became a missionary. Do you know what a missionary is? (Let kids respond). Paul decided to help build churches in a place called Galatia. A few years after he left, he learned that the people he had helped weren’t doing what God wanted them to do. So he wrote a letter to the people of Galatia. (Pull out scroll and pretend to read from it). Paul tells the people that just a little bit of bad messes up a lot of good. Have you ever done something you’re not supposed to do and gotten in trouble? (Let kids respond). So you all know what Paul means! It’s hard to do something wrong and have consequences. Paul told the people that the best thing they could do was to love each other even though it was difficult. Paul, and God, didn’t want them to hurt each other did He? What does it feel like when someone is mean to you? (Let kids respond). I think I know how we all feel. (Have one person come up front as you get a balloon and needle.) I’m going to hold this balloon for you and when I say one of the things that God doesn’t want us to do, I want you to push the needle into the balloon okay? “Liking something more than liking God.” (Have child pop the balloon). Yep, that’s how I feel when someone hurts my feelings, and I’m sure God feels the same way. (Repeat the process with 5 different volunteers, naming hatred, jealousy, anger, selfishness, and fighting). I know if I was God, I’d sure be pretty grumpy after hearing so many balloons pop all the time! That’s why Paul also tells us how we can make everyone, God, other people, and ourselves feel good. He calls these the fruit of the Spirit. (Pull out the happy balloon with the tape and all the needles. As you name a ‘fruit’ “love, joy, peace, patience, kindness, goodness, faith, gentleness, and self-control”, push a pin into the tape. It won’t pop!) Now that’s what I like to hear! Isn’t God great?! He knows it’s hard for us to be loving to everyone, so He gives us these wonderful gifts to help us!**

**Go!**



### Fruit Basket Relay

#### GAME

**Materials:** Several pieces of fruit, two baskets, enough pieces of string or cloth to tie every two students together (one right leg, one left leg) to run a three-legged race, masking tape to mark the starting line and finish line

### Quest Connection

**This relay game will help to illustrate how we “keep in step with the Spirit.” Let’s begin!** Have the students line up two by two. Unless your class is very large, it is probably easier to have the relay race against the clock instead of using two teams. They can run it several times to determine their best time. With their ankles tied together with their running partner, have them practice running with “three legs.” (If there is an uneven number of students, you can run the relay with the extra student.) At the starting line, place a basket of fruit. The first two partners pick up one piece of fruit and run it to the end and drop it in the empty basket. Then they have to run back and tag the next two partners who repeat the process. Continue until the basket at the start is empty and the one at the end is full. If there is not enough fruit for all the partners, have the remaining one simply run the relay without the fruit. Be sure to check the start and finish time and mark it on the board. To make the relay more challenging, ask the partners to run backwards. After the relay is finished, ask the students to sit down. Cut up the fruit if you want and share it as a snack as your discuss the race.

### Close

**How difficult was it to run with someone else.** (It was hard at first, but then we got the hang of it. We never had the same size step so it was hard to stay together...etc.) **How do you think this might be like our memory verse about keeping in step with the Spirit?** (Sometimes it’s hard. I want to go at my own speed without thinking about God. Once we get in step together, it’s not as hard as it seems. It gets easier the more we do it. etc...) **This week when you go to bed, take time to think about how you have kept in step with the Spirit. Thank God for give you his Spirit to grow you in his ways.**

**Go!****Spirit Reminders****ART**

**Materials:** Markers, scissors, magnetic sheets (8 ½ x 11) or magnetic strips found at a craft store, the Spirit Reminder words on the Worksheet 1. If possible, copy these words onto self-adhesive pages you can purchase at an office supply store (Avery Label sheets). You can buy sheets that are one page self-adhesive, or precut name-tag size sheets. If you cannot find these sheets, simply copy the page and glue onto the magnetic sheet or strip.

**Quest Connection**

Today we're going to make Spirit Reminder magnets that you can enjoy on your refrigerator at home or any other metallic surface in your own room. Each word on the following sheet can be colored and given your own special design. Then we'll attach them to the magnetic sheet and cut the sheet into individual magnets you can take home. (Pass out the sheets of Spirit Words and markers and allow the children to decorate each word as they want.)

**Close**

Don't forget to hang these on your refrigerator at home. Whenever you see them, ask God to help you to keep in step with his Spirit.



**Go!****Moving in the Spirit****MUSIC & ART**

**Materials:** Prerecorded music and tape player (there should be a variety of styles and beats). Watercolors and paint brushes, cups of water for the paint and plain white paper.

**Quest Connection**

As the music plays, encourage the students to paint shapes, symbols, colors and figures to the beat and inspiration of the music. Have them use a new sheet of paper for every song. Once the tape is finished talk with the students about how painting to the beat of the music is like keeping in step with the Spirit. **Sometimes our spiritual growth seems slow, but other times when we feel God's love and protection our steps are fast and we grow quickly.**

**Close**

Take home the paintings to display as a reminder to keep in step with the Spirit.

**Go!****Life Examples****GUEST QUEST**

**Materials:** Nametags if helpful, list of questions/prompts given to guest(s) beforehand

**Quest Connection**

**Today is an especially great day; we're having a couple guests share with us their own experiences working to cultivate different Christian attributes in their own lives. We'll let them share first, but feel free to ask any questions you have.**

**Procedure:** Arrange ahead of time to have two or three individuals from your church visit your class. Choose people who strongly exhibit one or more of the fruit of the Spirit. Tell the children why you asked them to attend your class. Ask the visitors ahead of time to be prepared to answer the following questions:

Were you always naturally kind (or patient or joyful...)?

How did you grow in the fruit of the Spirit?

Was there one thing or person who helped you to keep in step with the Spirit?

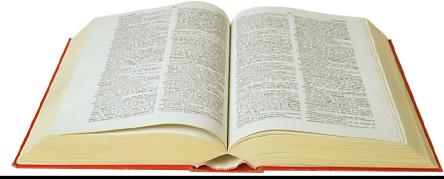
Encourage the visitor to share specific stories about their spiritual journey that would reflect the fruit of the Spirit.

Allow the children to ask the visitors questions as well.

**Close**

Thank your guest(s) as well as your class for their participation. After the guest(s) leave, pass around thank you cards for the class to sign and send to your guest(s).

**Go!**



### Fruitful Facts

#### GAME

**Materials:** White board and markers, magnetic board if available, a good dictionary, situation cards, fruit cards (available in teacher resource pages)

### Quest Connection

As students arrive, direct them to the magnetic board where you have the fruit of the Spirit words attached. Ask them to begin to read the situation cards and match them to the “fruit” words (love, joy, peace, patience, kindness, goodness, gentleness, faithfulness, self control). After the students have worked making matches, bring the stack of “fruit” words to the center for discussion. **Do you know what God calls these single words in the Bible? They are called the Fruit of the Spirit. Why do you think these words are called fruit of the Spirit? Open your Bibles to Galatians 5:22-26.** (Ask one or two students to read these verses out loud to the group.) **Let’s work together to decide what each of these words mean.** Ask one student to be the record keeper at the white board or chalk board. Another older student can be the dictionary keeper. Then go through each word and ask for a definition from the students. Encourage them to work together, or to combine their various ideas into one definition. The record-keeper should write the word and the ideas on the board. If the children have trouble coming up with ideas, ask the dictionary keeper to read the definition to the class, or you can use the following list of ideas:

- o Love: A choice to be committed, devoted, obedient to another.
- o Joy: A satisfied, deep-down happy feeling that comes from God regardless of the problems.
- o Peace: A settled or calm contentment, without worry or fear, knowing that all will be well.
- o Patience: An ability to graciously put up with something or someone or to understand them.
- o Kindness: A selfless act of compassion or generosity.
- o Goodness: Making God-pleasing choices.
- o Faithfulness: A committed loyalty or confidence in God or someone else.
- o Gentleness: Tender-hearted in speech and action.
- o Self-Control: Able to control my behavior so it doesn’t lead me to sin.

### Close

**Which of these words do you feel are easy for you to live out every day?** (Allow time for the students to share. Encourage them by pointing out the fruit of the Spirit in their lives that they might not be aware of.) **This is God working in your life and we need to thank him for his work. Are there any of these words that present a real challenge for you?** (Again, allow time for students to share.) **These are areas where we can pray for God to grow his fruit of the Spirit in you.**

**Go!**



### Finding Fruit

**Materials:** Bibles, Survey Worksheet, magnetic Fruit of the Spirit cards

### Quest Connection

Last week we learned about how God works in our lives through his Spirit to help us grow to be more like him. We call this the **Fruit of the Spirit**. Who remembers some of the **Fruit of the Spirit** words we defined last week? (Allow students to come up with the list. If they don't get all the words, have them look up Galatians 5:22-26 and see what they missed. Put the Fruit words on the magnetic board again in the order they are listed in scripture. Have the class read through the list together. Then take away two of the words and have them repeat all the words including the ones you've removed. Continue removing words to see if they can remember all the fruit of the Spirit). **This morning we're going to read the story of a special woman named Tabitha, also known as Dorcas. As we read this story you'll see how easy it is to see the fruit of the Spirit in her life. But let's look for hidden fruit in others as we read.** Ask the students to open their Bibles to Acts 9:36-43. Read the story together. **After hearing this story, which fruit of the Spirit would you use to describe Tabitha? What about her friends? Did they show signs of the fruit of the Spirit?** (Faithfulness to Tabitha and in believing Peter could help through God's strength. Love – because they loved her so much they went for help.) **What about Peter? How did he show the fruit of the Spirit?** (Faithfulness in believing God has power to bring Tabitha back to life. Peace because he didn't panic when he saw the dead woman. Patience when someone came to interrupt him and drag him to their house...) **If these people didn't have the fruit of the Spirit in them, how do you think this story could have gone?** (Encourage the children to be creative in imagining "What if...the women had only stayed and cried over Tabitha..." "What if Peter got mad when the women came to him?" It's okay if this exercise in imagining becomes humorous.)

### Close

Now we can see what a difference the Spirit, God's power, makes in our lives. We're going to take a survey of how the Spirit is working in your life. This isn't anything you have to share with anyone else, but it needs to be a quiet time for you to talk to God about all these areas of your life. (Pass out the Fruit of the Spirit Survey Worksheet. Ask the kids to spread apart and find a place to work alone on this project. After they've completed it, call them back together and ask them if this was helpful in seeing how God is working in their lives. Ask if anyone wants to share anything from the survey.)

fruit of the spirit cards

---

**LOVE**

**PATIENCE**

**Faithfulness**

**GOODNESS**

**KINDNESS**

**GENTLENESS**

**SELF CONTROL**

**JOY**

## MIX AND MATCH:

Draw a line to connect one or more of the fruit of the Spirit to the situation pictured.



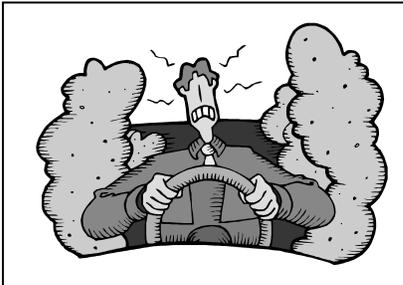
**LOVE**

**JOY**



**PATIENCE**

**SELF CONTROL**



**KINDNESS**

**PEACE**

**GOODNESS**



**GENTLENESS**

**FAITHFULNESS**

# FRUIT OF THE SPIRIT SURVEY

Fruit of the Spirit	Always	Sometimes	Never
<p>Love</p> <p>When I see someone in trouble, I try to find ways to help.</p>			
<p>Joy</p> <p>When I wake up, I'm excited about what the new day has in store even if there's a problem to face.</p>			
<p>Peace</p> <p>When there is a problem or trouble, I don't worry but pray knowing everything is in God's hands.</p>			
<p>Patience</p> <p>When something is bugging me and I'm feeling frustrated, I try to figure out why I feel that way and express my thoughts in appropriate ways.</p>			
<p>Kindness</p> <p>I like to find surprising ways to help make someone's day special.</p>			
<p>Goodness</p> <p>I usually choose what I know is right even when I'm pressured to do something wrong.</p>			
<p>Gentleness</p> <p>My words and actions show tenderness and love especially toward those who are smaller or weaker than me.</p>			
<p>Faithfulness</p> <p>I always stick by my friends even if they're in trouble and I always stick close to God.</p>			
<p>Self Control</p> <p>My life show my desire to obey God and to avoid actions that may lead to sin.</p>			

**Resource Page**

**Situation Cards for Magnetic Board**

***Situation One***

*A bunch of kids thought it would be funny to T.P. a house in their neighborhood. They didn't realize that the house belonged to an elderly couple who couldn't clean up the mess themselves. You decide to help by cleaning it up before they even ask.*

***Situation Two***

*There's a lot of pressure at school to do things that some kids think are cool but really, when you think about it, it's disrespectful to a teacher or another student. You choose to stay away from those situations or to stick up with someone who is the brunt of their jokes.*

***Situation Three***

*Your brother won't stop bugging you by getting into your room and bothering the things you have on your desk. Instead of just yelling at him again, you realize he might just want to do something with you and you ask him if he wants to play a game.*

***Situation Four***

*There's a student that sits near your table at lunch. He's not in your class, but you know he rarely has a good lunch to eat and not many friends. You ask your mom to pack an extra bag or chips or a sandwich and offer it to the student.*

***Situation Five***

*When you ask someone what they're doing over the weekend, you like to invite them to go to church with you. You figure God is always there for you, so you want to be there for him by inviting others to get to know him better.*

## **If...Then**

Finish one or more of these thoughts:

**If** I remembered that God's Spirit is helping me, **then** today I might...

**If** I knew God was growing spiritual fruit in me, **then** my words today would be...

**If** I tried to be obedient to God today, **then** I would be...