

*Get Ready!***Sweet Living**

By: Linda Carlblom

**Text**

Galatians 5:16-25

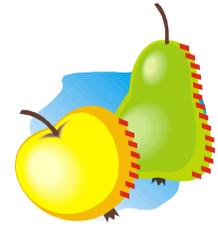
Key Quest Verse

“Love your neighbor as yourself.” Gal. 5:14b

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 is a gift that is offered to those who are new creations in Christ and Paul lists the fruit 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:

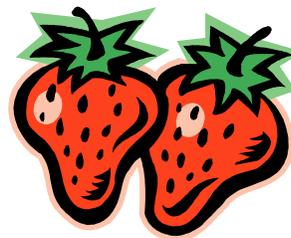
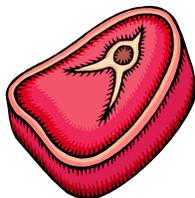
Know: God can help them live out the fruit of His Spirit.

Feel: Capable of living by God's Spirit.

Do: Show love to others.

Leader's Devotion

There are very few people who don't like some kind of fruit. So I think it was no accident that Paul called love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control *fruit* of the Spirit. He could have just as easily called them vegetables or meat. But he called them fruit. After all, who doesn't like fruit? It's sweet, refreshing, inviting, and comes in all colors and sizes, as should Christians living by God's fruit. So go ahead, sweeten and refresh the world around you by offering them some fruit. Fruit of the Spirit, that is.



Get Set!



Option A

FRUIT OR VEGETABLE?

Materials: Various kinds of fruits and vegetables

Procedure: Show each piece of fruit and each vegetable and see if the kids can tell you what it's called. Then on the table, put all the fruit together in a group, and all the vegetables in another group. Pointing to the fruit group ask, **Who can tell me what this group of food is called?** (fruit) **And what is this other group of food called?** (vegetables) **Which is sweeter, fruit or vegetables? Our Bibles tell us about another kind of fruit that helps us to live sweet lives. Let's listen.**

GO TO THE BIBLE STORY

Option B

WHAT IS IT?

Materials: A brown paper bag of fruit

Procedure: I have some things in my bag today. I wonder if you can guess what they are. Who would like to try? Pick up just one thing and hold it to see if you can figure out what it is. You may turn it over and even feel it with both hands, but no peeking! Let first child put his hand in the bag and feel just one piece of fruit without looking inside. **What does it feel like? What do you think it is?** If child guesses correctly, let him hold that piece of fruit. Continue with another child and let him try to guess the same or another piece of fruit. **In our Bibles, we're told about another kind of fruit, but it isn't like the kind of fruit we're holding. Let's listen to hear about this different kind of fruit.**

GO TO THE BIBLE STORY



Get Set!

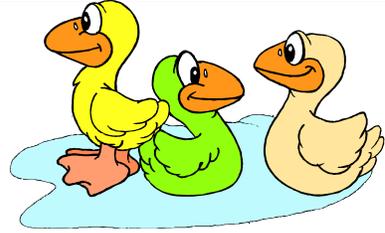


Bible Story

Our Bible tells us about a town long ago called Galatia. The people who lived there were not acting very nice. They were being mean and selfish. Some of them were even breaking the law with the way they behaved.

A man named Paul wrote them a letter. He told them they would be as sweet as fruit if they would live God’s way instead of their own way. He said the fruit of their life living God’s way would be love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. That’s nine kinds of fruit! What a sweet life that would be! But what are all those things? I bet we all know what love is, don’t we? What about joy? What’s that? It’s a deep down good feeling even if things aren’t going the way we hoped because we know God will take care of everything. What’s peace? Peace is a calm feeling that keeps us from being afraid. How about patience? Patience is when we wait quietly without complaining for something. Who knows what kindness is? It’s being nice and thinking of what someone else might want before what we want. What’s goodness? It’s when we make good choices that would please God. How about faithfulness? Faithfulness is when we can be trusted to do what we say we will. Gentleness? It’s when you use kind words and hands and aren’t too rough when you talk or play. The last fruit of the Spirit is self-control. Who can tell me what that is? It’s when you want to do something wrong, but you don’t. Or it could be when you know the right thing to do and don’t want to do it, but you do it anyway.

Paul encouraged the people in Galatia, the Galatians, to quit sinning and start living by the fruit of God’s spirit. Do you think it’s easy to be loving, joyful, peaceful, patient, kind, good, faithful, gentle and self-controlled all the time? No, it’s not. That’s why God promises to help us be those things if we just ask Him. None of us can do it by ourselves. We all need God’s help.

Go!**Duck, Duck, Fruit****GAME****Materials:** None

Procedure: This game is played like Duck, Duck, Goose. Children sit in a circle on the floor. One person goes around the outside of the circle touching each child's head saying, "Duck." But instead of saying, "goose" when he touches the head of the child he wants to have chase him around the circle, he must say a fruit of the Spirit. It would go something like this, "Duck, duck, duck, duck, patience!" If the child who was going around the circle makes it back to the place the chasing child was sitting without being tagged, the one who was chasing him gets to go around the circle saying, "Duck, duck, duck." If he doesn't make it back before being tagged, he takes another turn going around the circle. You may need to help each child think of a fruit of the Spirit before he starts around the circle.

Quest Connection

This game helps you remember the fruit of the Spirit. Then you won't forget to do those things in your life.

Close

That was a fun game to play, I have so much fun with each of you. Now you have a new game you can teach to your friends and a special way to remember the fruit of the Spirit.

Go!**Old Tune, New Verse**

MUSIC

Materials: None

Quest Connection

Sometimes when we sing a song about something it makes it easier to remember. Let's learn a song about the fruit of the Spirit.

Procedure: Sing to the tune of "Twinkle, Twinkle Little Star."

The fruit of the spirit is
Love, joy, peace, patience,
Kindness, goodness, faithfulness,
Gentleness and self-control.

That is how God makes me sweet
To the people that I meet.

Close

Let's ask God to help us grow His fruit in our hearts. Dear God, thank You for helping us when we ask You to. Please help us to grow the fruit of Your Spirit in our hearts so we can please You and live happy lives. Amen.

Go!**Fruity for Jesus!****ARTS/CRAFTS**

Materials: Construction paper headbands, fruit cutouts for kids to color (see Teacher Resources for both), glue sticks. Optional: You could make these out of fun foam also.

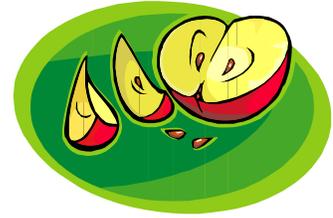
Procedure: Have kids cut out the headbands and fruit if they're able or cut them out before class. Let kids color the fruit, then glue them on the headband. Fit the headband to the child's head and fasten with tape or a stapler.

Quest Connection

When we wear our headbands, we'll remember to be fruity for Jesus by living out the fruit of the Spirit in our lives.

Close

If you have the fruit of the Spirit in your life, you can be proud of the way you live. You can be proud to be fruity for Jesus!

Go!**Apple Smiles****FOOD**

Materials: Apples cut in wedges, miniature marshmallows, small paper plates

Procedure: Pass out two apple wedges to each child and five or six marshmallows. Lay the two wedges on the plate so they touch, skin side out. Lay the marshmallows in the space between the skin to look like teeth.

Quest Connection

When you live by the fruit of God's Spirit, you'll smile just like these apple smiles.

Close

Did you enjoy those apple smiles? Now let me see *your* happy smiles! Looks like you're living with the fruit of the Spirit in your hearts!

*Go!***Pin the Fruit on the Fruit Tree****GAME**

Materials: Fruit tree and fruit (see Teacher Resources), blindfold

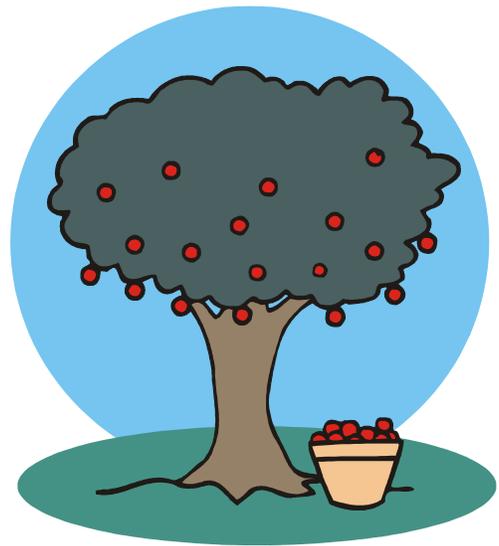
Procedure: Play this like “Pin the Tail on the Donkey.” Hang the tree picture on the wall. Blindfold child and hand him a piece of paper fruit with a piece of tape on the back. Talk about what fruit of the Spirit he is holding and see if he can give an example of how that fruit could be lived out.. Spin him around a few times, then point him in the direction of the tree. Let him stick the fruit on the tree. Tell the child he can grow that fruit in his heart with God’s help. Let each child have a turn.

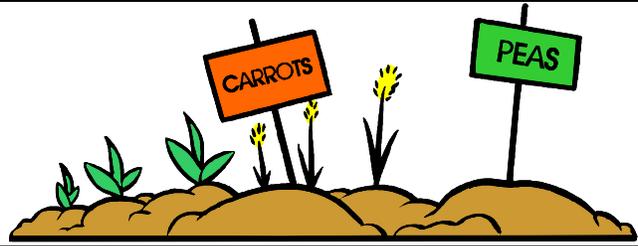
Quest Connection

Jesus wants the fruit of the Spirit to grow in our hearts like fruit we eat grows on trees.

Close

We always win when we have the fruit of the Spirit growing in our hearts.



Go!**Rhyme Time****MEMORIZATION****Materials:** None**Quest Connection****Procedure:** Have you ever heard this nursery rhyme?

“Mary, Mary, quite contrary
how does your garden grow?
With silver bells and cockle shells
And pretty maids all in a row.”

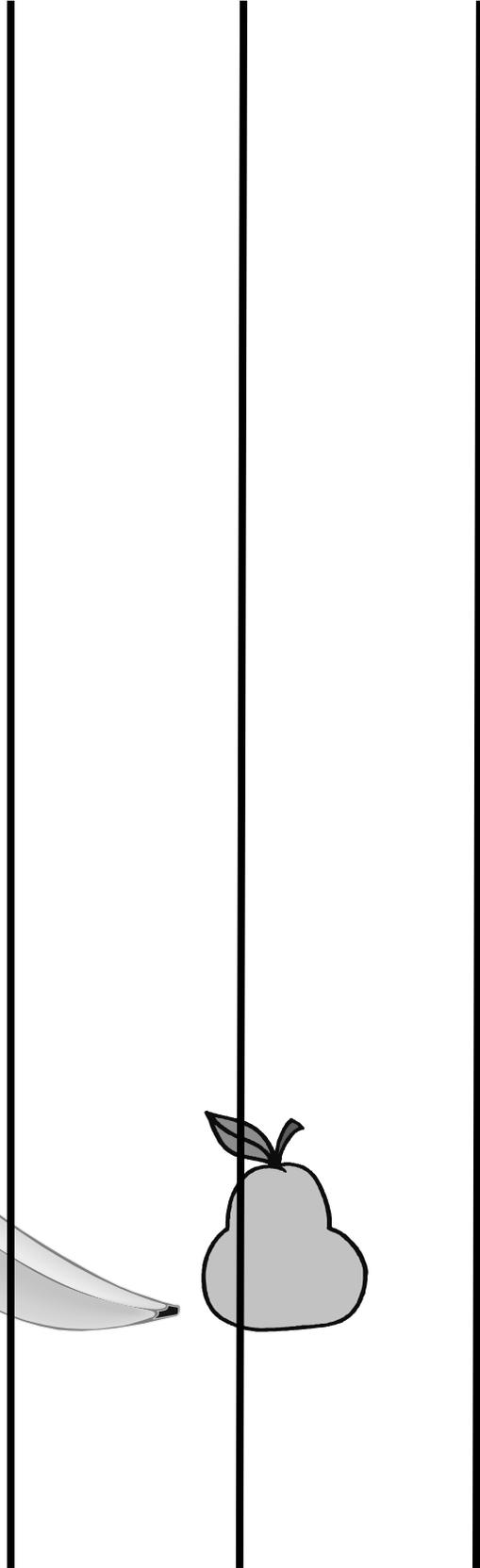
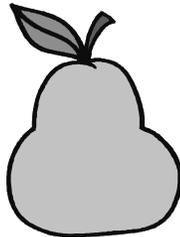
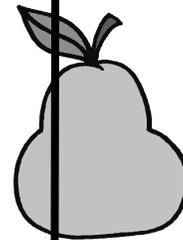
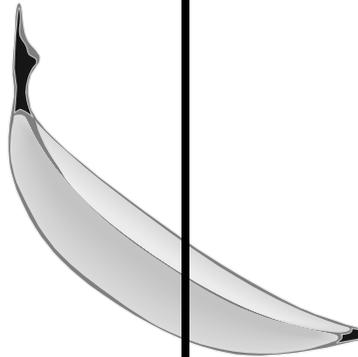
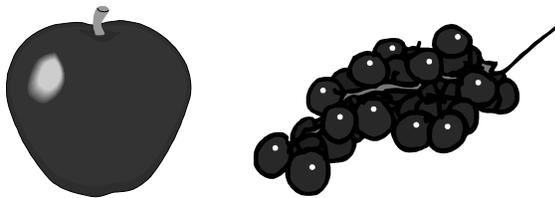
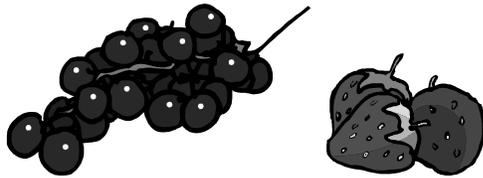
We can say this nursery rhyme using our names and the fruit of the Spirit that grows in the garden of our hearts! I’ll say the first part and ask how your garden grows. Then you answer by saying a few examples of the fruit of the Spirit. Let’s try it.

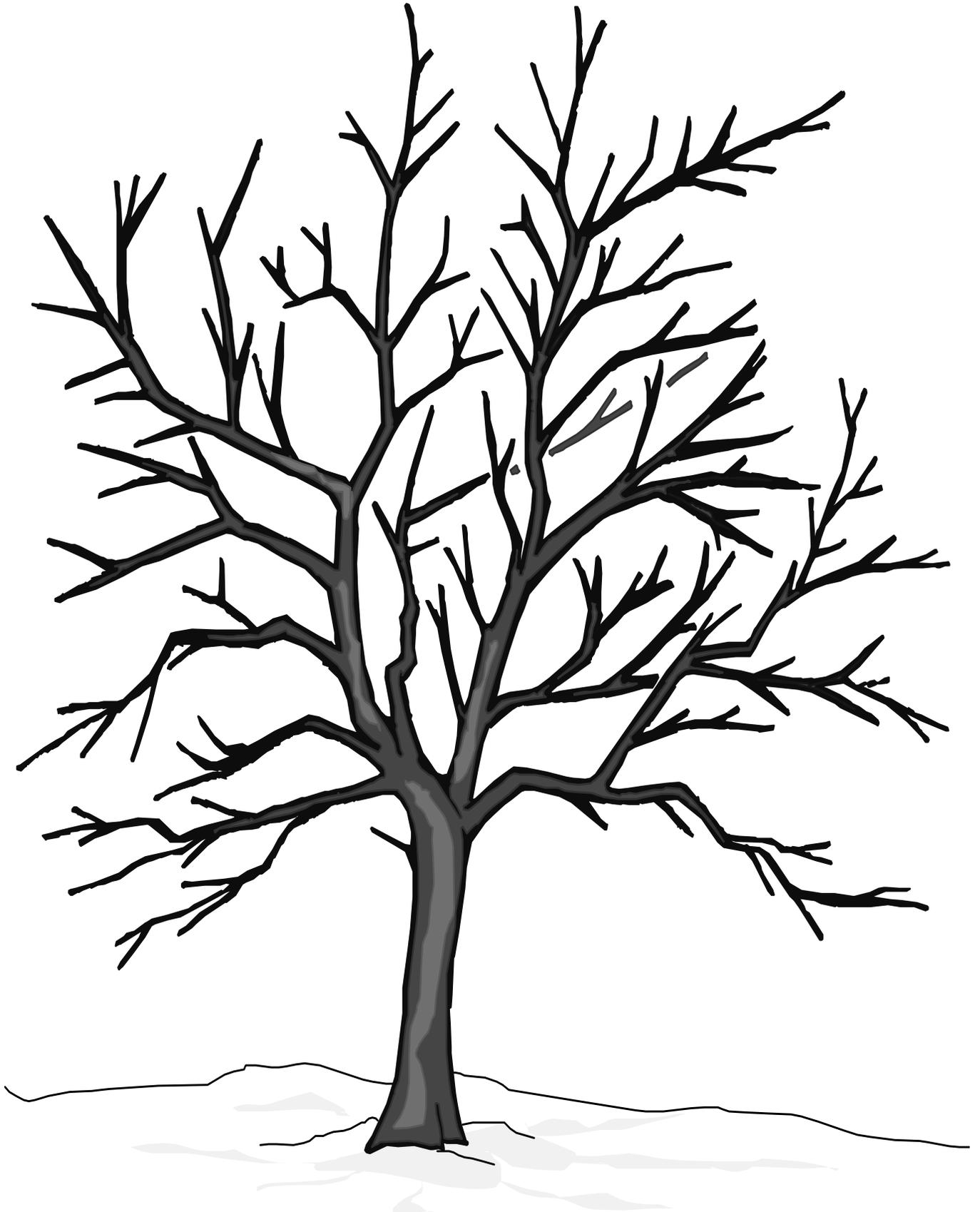
Teacher: Jimmy, Jimmy, child of God,
How does your heart garden grow?
Child: With love, kindness and self-control
Class: What a beautiful heart you’ve grown!

Close

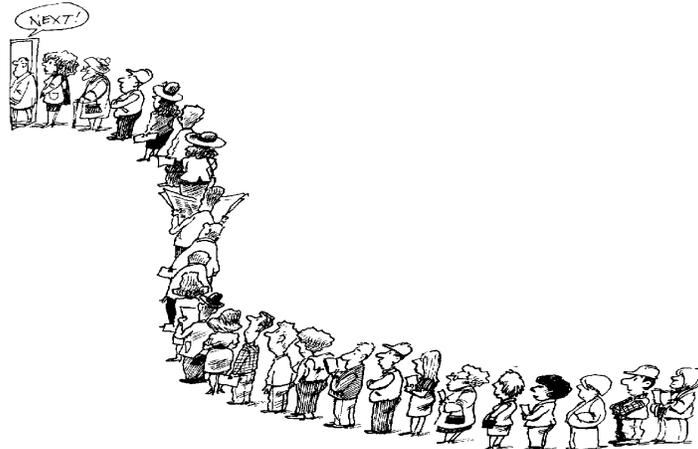
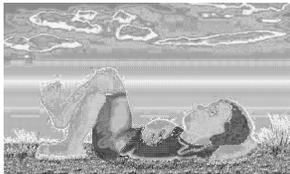
You can play this game at home with your family! Let’s thank God for the beautiful hearts He’s growing in us. Thank You, God for helping us grow beautiful hearts for You. Amen.

Teacher Resources
Fruity for Jesus! Headband

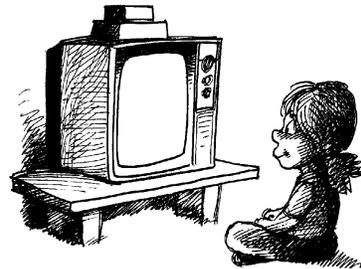




Which fruit of the Spirit does each picture make you think of?
Love, joy, peace, patience, kindness, goodness,
faithfulness, gentleness or self-control?



Circle the pictures of people showing love.



Love your neighbor as yourself.
Galatians 5:14b

Name _____



Which fruit of the Spirit is hardest for you to do?
Draw a picture below of how you can try to do it better.