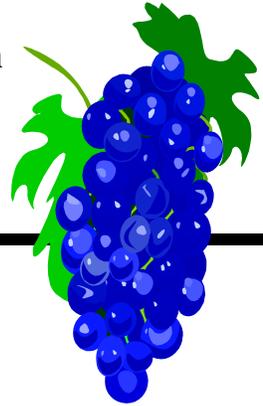


*Get Ready!***Becoming a Fruit Flavored Christian**

By: Wally Winner

**Text**

Galatians 5:16-26

Key Quest Verse

“But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law.” Galatians 5:22-23

Bible Background

As disciples of Jesus Christ, we must come to grips with the weaknesses of our human nature. God, through His Holy Spirit, provides us with the strength to be overcomers. When the weakness of the flesh begins to trap us, the Spirit lifts us out of its grip and enables us to walk in step with Him.

The Holy Spirit not only aids us in overcoming the frailties of the human nature. It produces spiritual fruit within us. Our testimony is that we triumph over sinful desires through the power of the Spirit. Then, we live out the characteristics of the fruit. This combination of overcoming the negative and displaying the positive results in a powerful witness.

Get Ready!**Lesson Quest**

What I want my students to:

Know: The product of a receptive heart toward God is good character.

Feel: The importance of having the Holy Spirit in our life.

Do: Become a fruit flavored Christian .

Leader's Devotion

In the life of our Lord, we see the Spirit's fruit perfectly produced. He is our example. We are examples to those around us. They need to be able to unmistakably read by our fruit that we are Christians in the truest sense. The fruit is the means by which we are evaluated in the eyes of God.

Many people try to be good, honest people who do right. God calls us to be active in our obedience. To be productive for God, we must obey His teachings, resist temptation, actively serve and help others, and share our faith.

The fruit of the Spirit is the spontaneous work of the Holy Spirit in us. The Spirit produces these character traits. These are the by-products of a right relation with God and Jesus. This fruit cannot be manufactured by us. We can't obtain them by trying to get them without God's help.

Observe that Paul speaks of fruit, not fruits. The singular form suggests the unity of the character of the Lord as reproduced in believers. There is a beautiful harmony and unity in the products of the Spirit. Therefore, the graces it produces in the Christian life are called fruit. There are nine different portions of this fruit, all perfectly blended together. All of these portions are necessary to the composition of the one beautiful fruit.

Here we bypass the veneer. God has no use for people who call themselves Christians but do nothing about it. We can't be Christians in name only. If others can't see our faith in the way we treat them, we may not be God's people at all. Just as a fruit tree is expected to bear fruit, God's people should be producing fruit in their lives.

Get Set!



Option A

IF YOU WERE A FRUIT, WHAT WOULD YOU BE?

Materials: Fruit, a bowl

Place a variety of fruit in a bowl before the class begins. Have each student pick a fruit from the bowl that best describes them and why they chose that fruit. While they are eating their fruit, mention that God has fruit that He desires to be produced in our lives.

GO TO THE BIBLE STORY

Option B

SMELLS AND QUALITIES

Materials: Empty cans, foods or spices that give a distinct aroma, aluminum foil, rubber bands, pencil

Before class, put one food/spice item in each can. Cover the top with foil and secure it with a rubber band. Poke some holes in the foil. Have the students take turns smelling each can and deciding the contents of the cans. Remove the foil to check the contents after everyone has had a turn. Then ask each student to tell his or her favorite food and why it is preferred. Then mention that God has qualities and aromas that He prefers in our lives.

GO TO THE BIBLE STORY



Get Set!**Bible Story**

Advanced Preparation: Just make sure each student has a highlighter to use in their own Bible

Galatians 5:16-26 (NKJV)

I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh. For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish. But if you are led by the Spirit, you are not under the law. Now the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness, idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, envy, murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told you in time past, that those who practice such things will not inherit the kingdom of God. But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law. And those who are Christ's have crucified the flesh with its passions and desires. If we live in the Spirit, let us also walk in the Spirit. Let us not become conceited, provoking one another, envying one another.

Go!

Weeding the Garden

ARTS/CRAFTS

Materials: Construction paper

Procedure: Have the students tear a shape from the paper symbolizing an area in their life that is causing a barrier to growth and commitment to the Lord. Or, tear out a “weed” that is threatening to choke out what God wants to do in his or her life.

After answering the questions, have the students completely rip the shapes up. This is a gesture to God that they want to keep their life clear of weeds that prevent them from having a closer relationship.

Discuss the following questions:

1. **Paul assumes that even though all Christians live by the Spirit, we do not always keep in step with the Spirit (vv. 25, 26). In what ways do you struggle to keep in step with the Spirit?**
2. **Barriers or “weeds” often center on things we think are more valuable than a relationship to God. What do we really need to deal with in removing barriers?**
3. **In the garden of our lives, is it better to cut the weed off or pull it out by the roots?**
4. **What can you do to make a real difference in your attitude and behavior?**



Quest Connection

There are a lot of things that choke off our ability to follow Christ and develop the fruit of the Spirit. The results are always the same: a weak, unproductive Christian who struggles to keep the slight glow of a relationship with God alive.

Close

Pray, asking God to help each student to recognize the barriers in his or her life that is hindering spiritual growth.

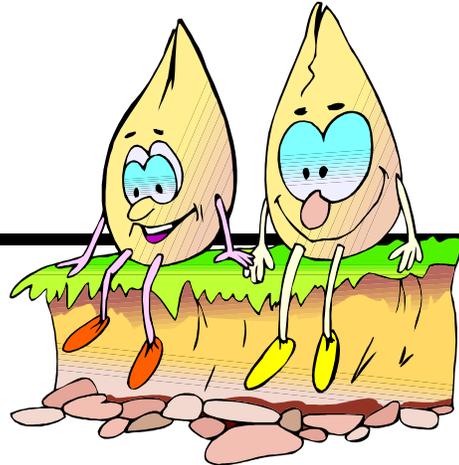
Go!**Seed Time****OBJECT LESSON**

Materials: A variety of seeds

Procedure: Pass around the different seeds and have the students guess the kind of seed it is (tomato, pepper, bean, etc.).

Discuss the following questions:

1. What is the potential of each seed?
2. What would prevent these seeds from becoming all they have the possibility to be?
3. What could be done to help these seeds reach their maximum potential?
4. How do all of these ideas relate to developing the fruit of the Spirit?

**Quest Connection**

A seed is an interesting thing. It may seem dead, yet it contains a germ of life. It has an amazing ability to withstand floods, winds, freezing temperatures, fires and the passing of time. Seeds found buried in the tombs of Egyptian Pharaohs have been planted and still produce. All seeds have potential. The same is true of people. We all have the potential to grow spiritually.

Close

Close in prayer asking God to help students think about their relationship with Him.

Go!**Magnetic Personality****ART/CRAFTS**

Materials: Markers, scissors, a variety of colors of poster board, glue, magnet strips

Procedure: Cut the poster board to look like a fruit. Write the attribute on one half (patience, kindness, etc.) and a practical way of showing the fruit on the other half (don't yell at my little brother). Attach a strip of the magnet using the glue. They will take it home to display in their rooms to remind them of practical ways to develop the fruit of the Spirit.

Discuss the following:

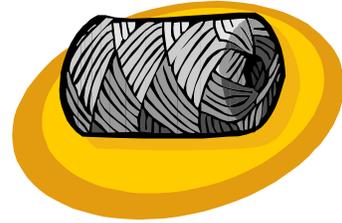
1. Name several Christians whom you admire.
2. What fruit in their lives do you admire the most?
3. What fruit do they exhibit that you would like to see more of in your life?
4. What steps do you have to take to allow this fruit to reproduce in your life?

Quest Connection

For some of the students, fruit production has just begun. It has found a place in their lives and is beginning to bloom. Becoming mature is a process that takes a lifetime. To help students mature, we help them recognize qualities in other Christians and then set on a course to develop them in their own life.

Close

Pray, asking God to help each student grow in the area they have chosen.

Go!**Yarn Time****GAME**

Materials: Yarn, 3x5 cards, markers, paper, pencils

Procedure: Write one characteristic of the fruit of the Spirit per card until you have one for each of the nine. Affix them randomly around the room. Number cards 1 through 9 and affix them around the room. Run the yarn from one characteristic around the room, up and over items, etc. to one of the numbers. Do this for each characteristic. Give the students paper and pencil. Let them figure out through the maze which characteristic is attached to the correct number. Give a time limit and a prize for the most correct answers.

Quest Connection

Walking in the Spirit means the Spirit is the energy source for the believer. Human energy and manly might are insufficient in the spiritual conquest. We need a source of strength beyond ourselves. When believers are energized by the Spirit they become more than equal to any foe.

Close

Pray for God's power to be a part of the lives of the students to help them overcome the desires of the flesh.

Go!**Blind Man's Alley****GAME/OBSTACLE COURSE**

Materials: Two blindfolds, obstacles for the course

Procedure: Prepare two obstacle courses using items in the room or go outside (chairs, books, etc.). Divide the class into two teams. Give them a few moments to memorize the course. Blindfold the first person in each team and let them carefully negotiate their way through while team members shout out instructions. Have the second person on the team do the same. After blindfolding the third team member on each team, quietly move the obstacles out of the way, but let the team members continue to shout out instructions. Watch the fun as they travel a clear path, still feeling that there are obstacles.

Quest Connection

When you try to walk in the dark or blindfolded, chances are you bump into things. A blind man can do some things on his own, but often he needs help. It may be a person, or dog or the use of a cane. The same is true in the spiritual realm. We need the Spirit of God working in us and leading us. Only God knows the road ahead.

Close

Let's take time to pray for God to lead us by His Spirit so we won't be so prone to stumble over the obstacles of the world.

Go!**Soil Toil****OBJECT LESSON**

Materials: 8 oz. paper cups, seeds, potting soil, sawdust, gravel, dirt, fertilizer

Quest Connection

To grow the fruit of the Spirit, we must have fertile soil. Good soil represents a person who receives the Word of God, tenaciously holds onto it through good times and bad. A Christian must be willing to break up the dirt clods and hard spots of rebellion and resistance to God's instructions.

Procedure: Have each student decide what is the right mixture of ingredients that would make the best growing material. Let them put their mixture together in one of the cups and plant their seed. Over the next few weeks they can report on how their seed is doing.

Discuss the following questions:

1. Why did you select the ingredients you used?
2. What else does it take for a seed to grow?
3. What kind of preparation does it take in our lives before we can expect the fruit of the Spirit to grow?
4. What are the weeds that might grow in our garden and slow our spiritual growth?

Close

Pray for God to help weed the spiritual gardens in your life and help develop fertile soil for continual growth.



The Work of the Spirit

God uses the Holy Spirit to perform many functions. In the first group of sentences describe the ways in which men work against the Holy Spirit. The second group of sentences list several activities of the Spirit as described in the Bible.

The boldface verbs are hidden in the puzzle.

C P X C V L K M G G E T H R R
C O M T F E I U L Y W E C S V
V S M P F E S S O J H M I R O
S E A F K L L A R Q S P O E S
E A X W O R K S I U T T A S L
I R W E U R A T F E S E O I L
F C B V D X T Z I N I D S S E
I H P U A H K S E H C A E T W
T E S T I F I E S E T E D E D
C S C L V P S T A D E T I D H
N A N E W Q K O P X X G U J E
A A M Z L U D E V E I R G U P
S E V I R T S R E P R O V E S

It can be **grieved** (Ephesians 4:30)

It may be **vexed** (Isaiah 63:10)

It can be **resisted** (Acts 7:51)

It can be **tempted** (Acts 5:9)

It can be **quenched** (I Thessalonians 5:19)

It **strives** with sinners (Genesis 6:3)

It **reproves** of sin (John 16:8)

It **helps** our infirmities (Romans 8:26)

It **comforts** (Acts 9:31)

It **teaches** (John 14:26)

It **guides** (John 16:13)

It **sanctifies** (Romans 15:16)

It **testifies** of Christ (John 15:26)

It **glorifies** Christ (John 16:14)

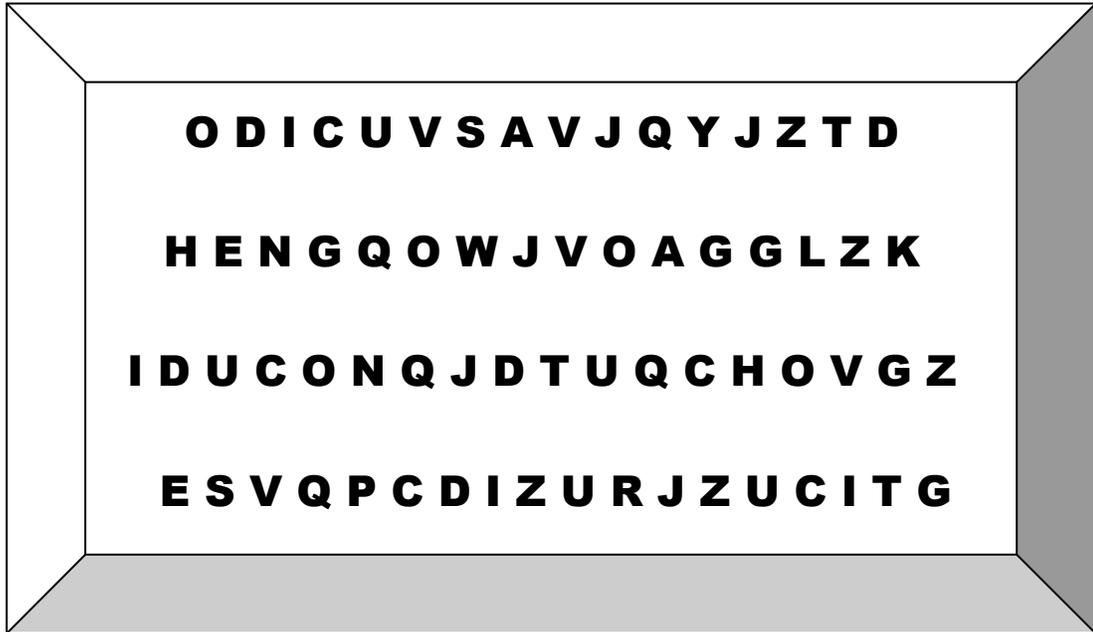
It **searches** all things (I Corinthians 2:10)

It **works** according to God's will (Hebrews 2:4)

It **dwells** in saints (John 14:17)

Mystery Verse Box

To discover the mystery verse, cross out all letters that appear FIVE TIMES ONLY. Fit the remaining letters in order on the blank line below the box.



Circle the statement that you feel best describes the mystery verse.

...optional equipment for a Christian

...a way of life

...says I'm a follower of Christ

...describes a normal Christian



FRUIT BASKET



Some of the verses mention one of the characteristics of the fruit of the Spirit, but others do not. Discover which verses do and write that characteristic to the side.



1. Proverbs 29:18 _____



2. Nahum 1:7 _____



3. Acts 24:25 _____



4. Hosea 6:4 _____



5. Colossians 3:15 _____



6. I Peter 3:12 _____



7. Isaiah 32:22 _____



8. Jeremiah 15:15 _____



9. 2 Timothy 2:25 _____



10. Job 30:16 _____



11. Ephesians 5:2 _____



12. Romans 14:11 _____



13. James 2:17 _____



14. Malachi 3:8 _____



15. Isaiah 55:6 _____



16. Ecclesiastes 2:10 _____



17. 1 Thessalonians 5:22 _____



18. Psalm 18:35 _____



*The Christian life is about making spiritual progress.
Often progress comes faster in some areas than others.
Complete the statements to focus on your spiritual qualities.*

One fruit or characteristic of a Christian that I can see in my life is...

One characteristic I don't see but would like to see is...

I could really use this fruit when it comes to...