

# Junior Soldiers

Unit 5 : Lesson 5



## The Fruit of the Spirit

**PURPOSE :** For the children to explore and understand what the 'Fruit of the Spirit' is, with a particular focus on looking at the 'Fruit' of the Spirit as a whole and not individually.

**'But the Fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.'** Galatians 5:22-23

## Consider & Prepare

**Read:**

Galatians 5

Lesson 5 is a part of a short three-lesson series on the fruit of the Holy Spirit. Lesson 5 explains the theology of the fruit of the Spirit. Lesson 6 considers the nature that is developed within us - who we are - as we live in the Spirit. Lesson 7 looks at how the Holy Spirit impacts what we do and how we live our lives more like Jesus.

The 'fruit of the Spirit' is a biblical phrase that sums up the nine visible attributes of a true Christian life, according to Paul's letter to the Galatians, chapter five. Though there are nine attributes to the fruit of the Spirit, the original Greek term translated as 'fruit' is singular, signifying that there is one fruit with nine parts. The fruit exists as a single unit with all parts being important to all believers.

At times in the Bible, righteous people are likened to trees (plants, vines), and Paul, in Galatians 5, explains what fruit a righteous tree bears. Spiritual fruit is a by-product of a spiritual life. When a tree is deeply rooted in the ground, it is inevitable that the tree will blossom and produce fruit. When a Christian is deeply rooted in Christ, it is inevitable that the Christian will show or produce the fruit of the Spirit. Christians exhibit this fruit not by working at it, but by being filled with the Spirit.

The fruit of the Spirit can be divided into three basic categories: love, joy and peace come from God alone; patience, kindness and goodness are about our relationship with others; faithfulness, gentleness and self-control are general character traits that ought to guide a believer's life.

**Love:** is the foundation of the Christian's faith.

**Joy:** is not a human-based happiness that comes and goes, but true joy is divine in origin.

**Peace:** is a result of resting in a relationship with God. It is an inner quietness and trust in God's sovereignty.

**Patience:** refers to longsuffering and endurance.

**Kindness:** does not necessarily mean being nice. You can be kind and not nice. Nice is defined as being agreeable. In contrast, kindness is acting for the good of people regardless of what they do. Kindness is goodness in action.

**Goodness:** moral excellence. Ephesians 5:9, 'Be good and honest and truthful.'

**Faithfulness:** being committed to someone or something (e.g. spouse, cause, religion). It requires personal resolve not to wander away from commitments or promises. It is being reliable and trustworthy.

**Gentleness:** is being humble and considering others. Ephesians 4:2, 'Always be humble and gentle. Patiently put up with each other and love each other.'

**Self-control:** the word used here means having command or 'mastery over'. Christians have mastery over sinful desires as described in Galatians 5:19–21



### What you will need:

#### For 'Connecting In'

- Three cards with the words 'fruit', 'flower' and 'tree' written on one card each.
- A basket containing a range of fruit or a range of pictures of fruit.

#### For 'The Main Thing'

- A basket with a selection of fruit - fresh good fruit, artificial fruit and rotten, bruised fruit.
- Plates for sorting the fruit
- Paper for each child or printouts of 3x3 square grid
- Bibles
- Textas, pencils or pens
- Whiteboard or butchers paper and appropriate markers

#### For 'Tying In'

- Nine different sorts of fruit
- Large bowl, chopping board and appropriate knives
- Blender & milk if you choose to make a smoothie
- Song to sing or play if you choose
- CD player if needed

#### For 'Home & Beyond'

- Print off the Home & Beyond cards for each child.



## Connecting In

### Fruit, Flower, Tree...

For this activity you will need to have three pieces of card, on one card it will say fruit, another will say flower and another will say tree. Place the cards on a table with the words facing down so that they are ready to be turned over.

- To begin this activity it would be good to show the children the actions that they will need to make for each of the following items – fruit – flower – tree.
- **Fruit:** thumbs and pointer fingers should be joined to look like a circle about the shape of an apple.
- **Flower:** the base of the hands need to be touching with fingers spread out to look like flower petals.
- **Tree:** For the tree, arms are raised and fingers spread to look like tree branches.
- For each round, the children will need to make the action for one of the above items.
- To start say 'fruit, flower, tree, fruit, flower tree, fruit, flower, tree'.
- At the end of this the children are to make one of the three actions and freeze.



- Turn over one of the cards revealing either 'fruit', 'flower' or 'tree'. *(After each turn you will need to mix up the three cards so that they are chosen at random.)*
- The children that have adopted the action that matches the card turned over are now out and will need to sit down till the end of the game.
- *(The game is done as an elimination game but if you only have a small group you can have the children keep track of how many times they chose the right [or wrong] action.)*



**Link:** We have just had a fun game that included fruit, flowers and trees. Today we are going to look more closely at fruit. There are quiet a few references in the Bible in regards to fruit and in particular the conditions that are needed in order for fruit to grow. Paul wrote in the book of Galatians about a different sort of fruit - fruit that comes from having the Holy Spirit with us. Today we are going to explore more about the fruit that Paul talks, what needs to be in places to have this fruit and how we might see it in our lives.

### Fruit Goodness...

For this activity you will need a bowl of fruit *(make sure that you include a good variety to talk about and engage with the children)* or if this is not possible you could just have some pictures of fruit but the real thing would work best.

- Who likes fruit?
- What is your favourite piece of fruit? Why?
- What is good about fruit?
- Why should we eat fruit in our diets?
- *(It is important during this time to look at the positive benefits of fruit and how including this in our diet can help our health and wellbeing.)*

**Link:** We all know that fruit is good for us, even if some of you don't particular like eating it, and we should try to include some in our diet each day. In the Bible in the book of Galatians, Paul wrote to remind them about good things that show in our lives, the way we think, speak and act, when we have the Holy Spirit in our lives. He referred to these things as the 'fruit of the Spirit', which come when we are connected with the Holy Spirit. Today we are going to explore more about the fruit that Paul talks, what needs to be in place to have this fruit and how we might see it in our lives

# The Main Thing

## Which Fruit?

For this activity the children will need to make some comparisons.

You'll need a basket or tub that includes fresh fruit, overripe or damaged fruit and fake/plastic fruit. Arrange three plates on a table. Have the children to sort the fruit onto the plates.

Once the fruit has been sorted, talk about how the plates represent lives.

The **first plate** is the fruit that is overripe or damaged. This fruit can help us to think about people who make choices that are not good or healthy for their lives and those around them; things that make us sad and disappointed and where we can end up in situations that are not helpful. Paul talks about some of these unhelpful choices in Galatians. *(Read Galatians 5:16–21)*

- What are some of the unhelpful choices that you can see in these verses?
- Is this the way that God wants us to live?
- Are these the choices that God wants us to make?

The **second plate** is the artificial fruit. This fruit isn't good for eating. This fruit can help us to think of people who try to fake or pretend that the fruit of the Spirit is in their lives. They might be pretending to be loving, kind or happy but really they are angry, jealous or unhappy inside. Some people try very hard to make people think that they are loving and kind and not selfish but this can be just about appearances, it is how they

want you to see and think about them. This kind of fruit will not bring true happiness. Just like this fruit we can't always tell a fruit by its outside or how good it looks. (Read Luke 18:9–14)

- What was wrong with the prayer of the Pharisee?
- What, in verse 9, indicates that the Pharisee was like a piece of fake fruit?
- What do we learn about being genuine from this parable?

The **last plate** of fruit is the good fruit. This fruit can help us to think of people who make wise choices and who are connected with the Holy Spirit in their lives. We can see from the way that they live, how they think, the things they say and the way that they act that they are reflecting God's love and how He wants us to live. What we see is the fruit of the Spirit. (Read Galatians 5:22–25)

- How can other people tell - by observing you - that you are connected with the Holy Spirit?
- Do you see the fruit of the Spirit in your life, in the way you think, the words you say and the way you behave?
- I wonder which of the three plates of fruit that we have looked at reminds you most of you?

### Fruit Salad Match...

Read together Galatians 5:22–23.

For this activity you will need to give each child a sheet of paper so that they can draw up a grid of three squares by three squares (*you might like to draw these up beforehand or you could print out a grid on the computer*).

After reading the verses ask the children to list the fruit of the Spirit that they heard. Write these up on a whiteboard or large sheet of butcher's paper. Go through the list with the children and ask questions to clarify how each of the fruit might look in someone's life. (*At this stage it would also be good to decide what particular fruit you are going to use to represent each attribute*).

Today we are going to play 'fruit salad match'. How do you make fruit salad? (*It is important here that you make a point of saying that fruit salad is more than one piece of fruit. In order to be a fruit salad you need to have a variety of fruit in the bowl otherwise it would just all be strawberries or it would just be all watermelon etc.*)

When we talk about the 'fruit' of the Spirit we are not just looking at one or two of the fruits (*love, joy, etc.*) that are mentioned in the verses we read from Galatians. If we are connected with the Holy Spirit then we can have 'the fruit of the Spirit' that includes all nine of the characteristics we have talked about. Just like fruit salad is not fruit salad if it is only apples, the fruit of the Spirit is not the 'fruit' if you are only looking at one characteristic.

- Give the children each a sheet of paper or printed out grid (*3 squares by 3 squares*) or get them to draw a grid and then fill each of the nine squares randomly with one of the fruit. All the fruit needs to appear in the grid.
- When the children are ready, randomly choose and call out one of the fruit - the children will need to cross off the fruit as it is called out.
- You might like to also call out some of the unhealthy choices - 'bad fruit' like jealousy, envy, anger, selfishness that won't be in their grid to keep them on their toes. (*You may want to encourage the children to take note that these are not the fruit of the Spirit and are unhelpful for the way we live.*)
- The first person to cross out three in a row (*horizontally, vertically or diagonally*) is the winner.

Remember that the fruit of the Spirit refers to nine different characteristics and you can't pick and choose which one to have and ignore the others. We want the Holy Spirit to help us grow in all nine areas.

Imagine if I said, 'No, I don't need any other fruit to eat in my life. I have oranges; that's a fruit. Why on Earth would I need more fruit when I have oranges?'

It's not good to say, 'I'm a very patient person, therefore I don't need to be joyful or kind or faithful or loving.'

We need to want to improve in all nine areas that represent the 'fruit of the Spirit'.





# Tying In

In The Salvation Army there is a common phrase that is sometimes used: 'Heart to God, hand to others'. This motto helps us to remember that our heart needs to be connected to God, and - because we are connected with God and his Spirit - the way we live our lives will be a reflection of that connection with God. If our hearts are focused and in tune with God's Holy Spirit, then we will see the outworking of this in who we are, the way we think, the words we say and the way we behave. Our lives will be a display of the fruit of the Spirit.



## Fruit salad/fruit smoothie prayer time...

For this activity you will need to choose if you are going to make some fruit salad or a fruit smoothie. You will need at least nine different sorts of fruit for either activity but if you choose to make a smoothie you will also need some milk and a blender.

- As a group, prepare the fruit ready to be added to the bowl for fruit salad or to the blender for a smoothie.
- When the group is ready get everyone to stand around in a circle.
- Go around the circle one by one and get the children to add some fruit. While they are added their fruit ask them to pray and thank the Holy Spirit for giving them love... peace... self-control etc. in their lives.
- When everyone is finished having a turn and adding all the fruit, have a leader pray for the whole group that they may see the evidence of each of the group being connected with the Holy Spirit in the way they live.

## Extra...

You might like to play or sing together a song about the fruit of the Spirit. There are a number of fun songs around, you might like to have a look on YouTube (search for 'fruit of the Spirit') or you might already have a CD with a song that is suitable.



# Home & Beyond

Print off the 'Home & Beyond' cards attached. The children might like to keep these in their journals or notebook where they could write or stick the challenges, reflect, answer questions or complete activities each week.

## Let's make fruit salad or a fruit smoothie...

- See if you can memorise the nine fruit of the Spirit before you start this activity.
- At home make some yummy fruit salad or a fabulous fruit smoothie together.
- Try to include at least nine different fruits.
- Tell you family what the nine parts of the fruit of the Spirit are as you are enjoying the fruit salad together. Discuss if they can be seen in your life.

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