

Junior Soldiers

Unit 5 : Lesson 6



The Holy Spirit impacts who we are!

PURPOSE : For the children to explore and understand that the Holy Spirit impacts who they are by producing in them love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control (the fruit of the Spirit).

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

Consider & Prepare

Read:

Galatians 5:16-26

Read Galatians 5:16-26 to see how the fruit of the Spirit contrasts with the fruit of a sinful nature.

Lesson 6 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.

If we want to be Christians of integrity and genuine faith, we must accept that we can't 'fake' Christianity. We can't pretend to be kind or loving or forgiving if, in fact, on the inside we're secretly fuming or revengeful or hateful. Our outward expression needs to be an honest reflection of our inner life.

When we live out the fruit of the Spirit we must do so because it is genuinely who we are, not merely an act we're putting on. Having the Holy Spirit in our lives changes our very nature - who we are - not just what we do and how we think.

In this lesson the children will learn that the having the fruit of the Spirit changes us internally not just externally.

What you will need:

For 'Connecting In'

- Recipe for blueberry muffins
- Ingredients and utensils for making blueberry muffins
- Access to an oven
- A batch of muffins already prepared

For 'The Main Thing'

- Bible
- Whiteboard or butchers paper and appropriate markers
- Textas, pencils or drawing implements
- White A4 paper: enough for each child
- Bowls of nine different flavoured sweets e.g. Skittles, Starburst jelly beans, jelly babies or fruits etc.
- Tin of fruit salad

For 'Tying In'

- Some printed copies of the prayer that is included in this section

For 'Home & Beyond'

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



Connecting In

You might like to play a YouTube clip or song about the fruit of the Spirit to help with the connecting in for the lesson today. There are lots of options worth having a look at.

Fruit Salad...

For this game you will need children to be in pairs (*if you have odd numbers you will need to get a leader to play*) and a good amount of space (*this is a good outside game*).

- Each pair needs to sit opposite each other with their legs stretched out in front of them with their feet touching.
- All the pairs need to be sitting next to each other lined up. There needs to be a space between each pair - a body width would be good.
- Each pair needs to choose a fruit, e.g. bananas, watermelon, apples, grapes etc.
- You will need to write down the list of fruit that is being used so that you know what to call out.
- You need to call out a fruit from the list at random. The children in that pair need to jump up heading in the 'left' direction, need to step over the legs of the children next to them, into the space and then step over the next set of children etc. until they come to the end of the line.
- When they reach the end, they need to run on the outside of the children on their side to the top of the line and then begin stepping over the legs of the children there until they get back to their spot.
- The first child to sit down, from the pair that are called, is the winner.
- Add points to either side of the line to see which set of fruit is the fastest.
- Continue calling the fruit at random until everyone has had one turn at least.
- At some point during the game call out 'fruit salad', this means that all the children jump up and run to the bottom of the line and then back to the top and back to their spot. The first side to have all their fruits sitting down in their line gets the point.



Link: I wonder what would have happened if each pair chose to be 'apples' or everyone wanted to be 'watermelon'. It would have been very difficult to play this game well - it would have been as though I called out 'fruit salad' each time, with people going everywhere; except that fruit salad, as we found out last lesson, is not just made up of one fruit. We needed each pair to choose a different fruit from the others in order to play 'fruit salad'.

The fruit of the Spirit - like 'fruit salad' - comes as one package. When the Holy Spirit is with us, we have all of the fruit in our lives. We are going to explore this package of fruit from the Holy Spirit today and how it impacts who we are. (*Check with the children to see if they remember the nine fruit included in the 'fruit of the spirit'.*)

Making blueberry muffins...

For this activity you will need all the ingredients and utensils for making blueberry muffins. You will need to have one batch already cooked. (*Note: mini muffins are a good size and stretch the budget. Note: A recipe is included but you might like to consider finding an alternate recipe to allow for any allergy sufferers in your group.*)

To make the muffins make sure that all the children have properly washed their hands ready for cooking. Try to spread around the tasks so that everyone is included in this activity. When you have finished preparing the muffins and they are in the oven cooking, take the opportunity to speak with the children about the topic for today's lesson.



Link: Start by going back to the list of ingredients that you have used to make the muffins.

- Hold up an egg. Ask the children, 'Is this a muffin?' (No, it goes into the mix but it's not a muffin on its own.)
- Ask the same question of several ingredients.
- Then ask the same question but in relation to a combination of a couple of ingredients, e.g. 'If we combined the sugar and eggs would we get a muffin?' (No, we would get a meringue.)
- If we combined the flour and oil would we get muffins? (No, it would be more like bread.)
- If we used all but one of the ingredients would we get blueberry muffins? (No, we need all the ingredients to make blueberry muffins.)

The fruit of the Spirit comes as one package. When the Holy Spirit is with us, we have all of the fruit in our lives. We are going to explore this package of fruit from the Holy Spirit today and how it impacts who we are.

Enjoy the muffins together at an appropriate time during your lesson (*in the Tying In section for the prayer time might be good, helping the children to thank God for the 'fruit' that He gives them*).

The Main Thing

Others and the fruit...

Read Galatians 5:22–23 together and list the nine fruit of the Spirit on the whiteboard or large sheet of butchers paper.

- Ask the children to think about someone that is a follower of Jesus that they know and who reminds them of Jesus and the way that He lived.
- Look at the fruit of the Spirit that we have listed. I wonder which of these fruits/behaviours/attitudes/attributes you see in that person's life, in the way that they think, the words that they speak and the things that they do.
- When they are a busy, are they still patient?
- When they speak to you are they gentle?
- Do they show kindness by helping others?

What we might see in these people's lives is the 'fruit of the Spirit'. It is the fruit of the Spirit that makes us like Jesus. If you are a friend of Jesus then the Holy Spirit is living in you and his fruit is in your life too.

When you look at this list of the fruit of the Spirit you might see some of them in your life.

Maybe when things get crazy at home or school you can stay really calm. That's peace.

Maybe when people are being slow and difficult, you still feel patient.

Maybe you have a kind heart and want to help others when they need it.

The fruit of the Spirit comes as a whole package. When we have the Holy Spirit in us we have all of these attributes; love, joy, peace, patience, kindness, gentleness, faithfulness, goodness and self control.

Ask the children to read out the fruit of the Spirit aloud together.

Me and the fruit...

For this activity you will need some white A4 paper for the children to draw a person outline on. You will need bowls of nine different sorts of sweets (*I am sure you will have fun dividing them up prior to the lesson*) e.g. Skittles (*each sort of packet, e.g. fruit, sour or 'crazy cores' have five flavours*), Starburst (*good fruit flavours*), jelly babies (*six flavours*) or fruits (*five flavours*), Allens Jelly Beans (*nine flavours*), Smarties (*seven colours*) or M&M's (*six colours*). You will need at least 10 of each sweet per child (*you might like to give each child their 10 of each flavour/sweet or they will all be dipping into the big bowl*). You will also need a tin of fruit salad and a container to pour it into.

'I wonder why some of us can't see all aspects/parts of the fruit in our lives all the time? Especially when we know that they come as a package. If we are connected with the Holy Spirit then we should be able to see each part of the fruit in our lives and who we are.'

- Open the tin of fruit salad.
- 'I wonder if you have ever eaten fruit salad from a tin before? Or perhaps you have seen someone using this in a recipe before.'
- 'Have you ever noticed how many cherries are in the tin? Let's have a look and see how many are in this tin.'
- 'Are there as many cherries as there is peach?'
- 'Some of the fruits in the tin only have a small amount; with others there is quite a bit more.'

(Draw a pie chart to roughly show the breakdown of the fruit that is included in the tin.)

This can help us when we are thinking about the fruit in our lives. Sometimes we can see more of one sort than of the others. I think if we drew a pie chart of the fruit of the Spirit in our lives not all sections would look the same.

- Give the children each a sheet of white A4 paper.
- Get them to draw a person outline (a little bit like a gingerbread person) on the paper and put their name in the middle.
- Show the children the nine sorts of sweets that are going to be used for the activity today.
- As a group you will need to decide which sweet is going to represent which fruit - love, joy, peace etc.
- Explain that they are going to use the sweets to represent, within their person outline, the fruit of the Spirit.
- Using the sweets try to think about how often that aspect of the fruit is shown in your life, e.g. red jelly babies are to represent 'love' – 'I think that I show love a fair bit so I am going to put eight of my red jelly babies inside my person outline.' Yellow jelly babies are to represent 'kindness' – 'I think that I might be a little bit lacking in the kindness department, so am going to only put four yellow jelly babies into my person outline,' etc.

(It is important that the children put at least one or two of each colour into their person outline - reinforcing that all nine aspects of the fruit of the Spirit are within them and come as a package, not individually. The children might not think that some are not very evident but they are still there, even if only slightly. This is the first part of the activity - share a little with the children now and then move on with the second part of the activity in the Tying In section.)

Just as every snowflake is unique, so is every human. When God created humanity, his intention was not that it was a robot factory where everyone was exactly the same (like in the Star Wars movies with the clone army, where thousands of soldiers are identical in every way). Because we are different, we have different personalities, strengths, weaknesses, character traits and attitudes.

Subsequently, while one person may be very kind but not very patient, another may be very peaceful but lack self-control. Each Christian in relationship with the Holy Spirit has the nine fruits of the Spirit but in differing quantities due to our different personalities. Imagine what life would be like if every person was exactly like you!



Tying In

Me and the fruit...

Depending on the size of your group you might like to either share as a whole group or divide into smaller groups depending on age.

- Have a look at your person outline and the number of fruit/sweets you have chosen to represent each part of the fruit of the Spirit.
- I wonder what made you choose that many fruit/sweets to represent each part.
- Ask the children to share some examples of what that looks like in their day-to-day life, e.g. one of the red jelly babies would represent how I love my family. I know this because I show them by hugging them, giving them a kiss when I leave and when I come home, and I do my responsibilities around the house so that no one else has to do my jobs.
- It is really important that you share some examples, too, to encourage the children and help them in their thinking - helping them transfer each particular part of the fruit into their world.
- Ask the children about the parts where they have only used a small number of fruit/sweets to represent it in their lives. Why do they think that? How could they pray about that?



Prayer Activity...

Look at the person outline that you have made with all your nine different types of fruit/sweets.

Silently take some time to reflect and pray about how the fruit of the Spirit makes you who you are.

Pray and thank the Spirit for the fruit that you can see strongly and pray and ask for the Spirit to help develop the fruit that you don't see quite so easily. (*You might like to have children repeat each line of this prayer.*)

Dear Jesus,

Thank you for sending the Holy Spirit to be with us all the time.

We need his help to live more and more like you did.

We are so glad that the Holy Spirit brings all of his fruit into our lives and then helps us grow them.

Please help us to be open to the Holy Spirit as he works within us to develop the fruit.

Thank you for the fruits that we already show strongly in our lives; help us to use these fruits to show others what it means to be like you.

Amen.

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.

Fruit bowl prayers...

Gather together nine different sorts of fruit to place in your fruit bowl (*you might like to use real fruit or use sweets like we did today*). Place the bowl in the centre of your table at home. During the week talk to your family about the 'fruit of the Spirit', see if you can remember all nine.

- You can make up a rhyme using all the fruit, perhaps even a rap.
- **OR**
- You could pray together about how the Holy Spirit is showing these things in your lives.
- **OR**
- You could read Galatians 5:16–26 together a few times this week and see what the Holy Spirit is saying to you.

Home & Beyond

Fruit bowl prayers...

Gather together nine different sorts of fruit to place in your fruit bowl (you might like to use real fruit or use sweets like we did today). Place the bowl in the centre of your table at home. During the week talk to your family about the 'fruit of the Spirit', see if you can remember all nine.

You can make up a rhyme using all the fruit, perhaps even a rap.

• OR
• You could pray together about how the Holy Spirit is showing these things in your lives.
• OR
• You could read Galatians 5:16-26 together a few times this week and see what the Holy Spirit is saying to you.

Junior Soldiers

...evil prayers...

Home & Beyond

might like to use ice cream cones if you can remember a rap.

... is showing these

- You can make _____ about how the next
- **OR**
- you could pray together about how the next week and
for a few times this week and
our lives.

- you could protect things in your lives.

OR

you

• You could not see what the Holy Spirit is saying.



Junior Soldiers

Home & Beyond

Fruit bowl prayers...

Gather together nine different sorts of fruit to place in your fruit bowl (you might like to use *real fruit* or use sweets like we did today). Place the bowl in the centre of your table at home. During the week talk to your family about the 'fruit of the Spirit', see if you can remember all nine.

You can make up a rhyme using all the fruit, perhaps even a rap.

• You can make up a rhyme about how the Holy Spirit is showing these things in your lives.

• OR You could pray together about how the Holy Spirit is showing these things in your lives.

• OR You could read Galatians 5:16-26 together a few times this week and see what the Holy Spirit is saying to you.

Junior Soldiers

THE LONDON PARK METHODIST CHURCH

ARMY SOLDIER

...I prayers...

Home & Beyond

like to use rear? — if you can remember
like to use rear? — if you can remember

about the 'fruit of the spirit, perhaps using all the fruit, perhaps showing these

- You can make a difference by praying together about how the Holy Spirit will work in your lives.
- **OR** you could pray together about how the Holy Spirit will work in your lives.

- You could protect things in your lives.

OR read Galatians 5:10-12, saying to you.

•

• You could read
• see what the Holy Spirit is saying



Home & Beyond

Fruit bowl prayers...

Gather together nine different sorts of fruit to place in your fruit bowl (you might like to use *real* fruit or use sweets like we did today). Place the bowl in the centre of your table at home. During the week talk to your family about the 'fruit of the Spirit', see if you can remember all nine.

You can make up a rhyme using all the fruit, perhaps even a rap.

You could pray together about how the Holy Spirit is showing these things in your lives.

You could read Galatians 5:16-26 together a few times this week and see what the Holy Spirit is saying to you.

Junior Soldiers

THE LONDON PARTY METHODIST CHURCH

ARMY SOLDIER

...prayers...

Home & Beyond

but like to use real food if you can remember.

about the 'fruit of the Spirit', perhaps showing these

• **OR** •
 you can make up a prayer about how the Holy Spirit
 can pray together about how the Holy Spirit
 you could pray together about how the Holy Spirit
 a few times this week and
 lives.

- You could play things in your lives.

OR
Galatians 5:16-23
giving to you.

•

- You could read *see what the Holy Spirit is saying*.



Junior Soldiers

Blueberry Muffins



Makes: 12

Ingredients

- 2 ¼ cups self-raising flour
- 90g butter, chopped
- ¾ cup firmly packed brown sugar
- 125g fresh blueberries or frozen blueberries
- 1 cup milk
- 2 eggs, lightly beaten

Method

1. Preheat oven to 180°C/160°C fan-forced. Grease a 12-hole, 1/3 cup-capacity muffin pan.
2. Sift flour into a bowl. Using fingertips, rub butter into flour until mixture resembles fine breadcrumbs. Stir in sugar.
3. Make a well in centre of flour mixture. Add milk and egg. Gently stir until just combined. Add blueberries and stir gently. Spoon mixture into prepared holes. Bake for 25 minutes or until a skewer inserted in centre of 1 muffin comes out clean. Stand in pan for 5 minutes. Turn out onto a wire rack to cool. Serve.