

April 26, 2020

- 1) Worship | If you've got a smart tv, pick a few worship songs off Youtube to sing together. Maybe each person in your family can take a turn picking their favorite song
- 2) Examen: Click [here](#)
- 3) Lesson: **Fruit of the Spirit**

**Scripture:**

Galatians 5:16-25

**Main Point:** When the Holy Spirit lives in us, we can act like him.

**Tips for teaching:** Today, we're talking about the Holy Spirit and what our lives look like when we are living by the power of the Spirit. This can be a tough concept, so ask the Holy Spirit to reveal it to kids.

**Goal:** Kids will (1) review the fruit of the Spirit, (2) understand how to live by the Holy Spirit (3) look at their own choices based on the fruit of the Spirit.

**Why?** It's hard to understand how God's Spirit can live inside of us. But He can, and we want kids to begin to understand that and lean into him!

**Teaching**

**THE IDEA OF PRODUCING FRUIT**

The Bible talks about this and calls it "producing fruit." For instance, if you plant an apple seed in your yard, an apple tree will grow. And apples will be the fruit. Or if you plant a radish seed, radishes will grow. Like this:

[Video:](#) Time lapse of radishes (STOP at 1 minute)

Eventually, those will be radishes you can take from your garden and eat. Everything produces some kind of fruit. Maybe we can barely notice what it is at first, but over time, you can see it, like with a plant. And the thing is, fruit can be bad too. I mean, think about it: if you stop brushing your teeth, you might not notice for the first few days, unless somebody smells your breath. But over time, those little bits of food will sit in your teeth and create cavities, right?

**WE PRODUCE FRUIT**

And did you guys know that the choices we make produce fruit? Paul is a guy we've talked about before. He followed Jesus and helped teach others how to follow Jesus. One way he did that was by writing letters to people in churches far away that explained how we can live when we're following Jesus.

But the thing is, following Jesus can be hard. Sometimes we just really feel angry... or want to be mean to somebody who beats us at a game... or feel like taking the best for ourselves. So Paul told us the best way to follow Jesus is to live by the Holy Spirit's power.

The Holy Spirit is God's Spirit, sent to us on earth. The Holy Spirit will live inside us and help teach us and guide us. We'll still mess up sometimes, but you know what's really great? When we mess up, the Holy Spirit will stand up for us and we can remember that Jesus died to take the punishment for our sins. So even though we mess up, we can keep following Jesus.

### **THE FRUIT OF THE SPIRIT**

Here's a video to help explain what Paul tells us about producing the fruit of the Spirit. As you watch, see if you can figure out some of the fruit of the Spirit:

[Video:](#) The Fruit of the Spirit

Wow, so what is the fruit of the Spirit? (Let kids name: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self control. If they don't get them all, that's OK).

That's right. Here's what Paul says in Galatians 5:22-23:

Galatians 5:22-23: But the fruit the Holy Spirit produces is love, joy and peace. It is being patient, kind and good. It is being faithful and gentle and having control of oneself. There is no law against things of that kind.

The great news is, we don't have to work to be joyful or to be loving or to be kind. We need to ask the Spirit to live inside of us and follow what he tells us to do. When we do, he'll give us the power to do not just one...but ALL of these things.

### **LIVING IN THE SPIRIT (CONCEPT)**

The Holy Spirit won't come in and just move you around, but he might ask you to do something you don't feel like doing. You'll have to make a choice to say "yes" and do it, even if it's not what you want, if you want to live by the Holy Spirit. And the thing is, Paul tells us one of two things is in control. Either we can live by the power of our sinful nature, doing what WE want to do. Or we can live by the power of the Spirit, with the Holy Spirit in control, doing what the SPIRIT/GOD wants us to do.

### **LIVING IN THE SPIRIT (APPLICATION)**

Let's imagine that in our own lives for a moment. Everybody, stand up! (Let kids stand.) OK, this side of the room (point to one side) is the US side. Go to that side if what I say is living by our own power. This side of the room (point to the other side) is the Holy Spirit side. Go to that side if what I say is living by the power of the Holy Spirit.

Remember, the Holy Spirit will ONLY tell you to do something that fits every single one of these things: love, joy, peace, etc.

- You gave somebody a high five after they beat you in a game (Holy Spirit) - That's not always easy, is it? But if we're living by the Holy Spirit's power, He helps us!
- You cheated on a test because you didn't want to fail (Us)
- You told somebody's secret because they made up a rumor about you (Us)
- You gave your birthday money away to someone who needed it (Holy Spirit)
- You invited your little brother to play video games with you (Holy Spirit)
- You laughed when you saw the school bully finally got in trouble for what he/she did (Us)-Even though you felt joy, that's not the Holy Spirit, because it isn't kind

Greatjob! Now go ahead and sit back down. It's really easy to live by our own power and do what we want to do. It's a lot harder to live by the Holy Spirit's power and listen to him. But it's worth it to bear amazing fruit like love, peace, joy, gentleness, faithfulness, and the others (refer to the verse).

PRAY Ask somebody to pray and ask the Holy Spirit to help us live by his power this week.

### **REVIEW AND DIG DEEPER**

Pass around a piece of fruit as you discuss. Whoever has the fruit is the speaker.

1. What does it mean to bear fruit or produce fruit?
2. What power can we live by? (our own sinful nature or the Holy Spirit)
3. What's the fruit of our sinful nature?
4. What's the fruit of the Spirit?

**\*\*DIG DEEPER** (You can answer in your own words, but some answers are provided in case you're not sure how to respond.)

5. **HOW** can we live by the Spirit?
  - a. When we believe Jesus took our punishment and we want to follow him, we can ask the Holy Spirit to live inside of us and help us.
6. How do we **KNOW** if we're living by the power of the Holy Spirit?
  - a. We bear the fruit of the Spirit (all of it). We make choices that are loving, peaceful, joyful, gentle, kind, full of self-control, etc.
7. What happens if we mess up?
  - a. We **WILL** mess up! But the Holy Spirit stands up for us because Jesus has taken our punishment. We can repent (turn away from our selfish, sinful choice), and just start following Jesus again.

### **APPLICATION**

- Give each kid a tree (write "Holy Spirit" on one side of the tree/their name on the other side)
- Put the verse card in the middle of the group
- Kids can write each fruit of the Spirit on a leaf or acorn (one leaf/acorn per fruit) • Glue the leaves and acorns to the side of the tree that has their name

- Remind them that they will produce the fruit of the Spirit this week if their power comes from the Holy Spirit inside them (they can turn the tree over to remember the Holy Spirit is inside them). They can use these trees to test their choices until they get more and more used to hearing from the Spirit (it takes time to learn to hear his voice; just keep asking and listening). .

\*Pray together, asking the Holy Spirit to fill each of you this week.