

# Steady: Juicy Fruits – The Fruits of the Spirit

In the summer, one of my favourite things to do is pick fresh fruit from our trees and fruit bushes and eat them straight away! We have lots of blackberries in our garden and when you pick them, they often go all squishy and the juice leaves my fingers all purple and sticky!



What's your favourite fruit?



Our lives are like a fruit tree. If we live our lives God's way, the Bible says we grow strong like a tree by a river.

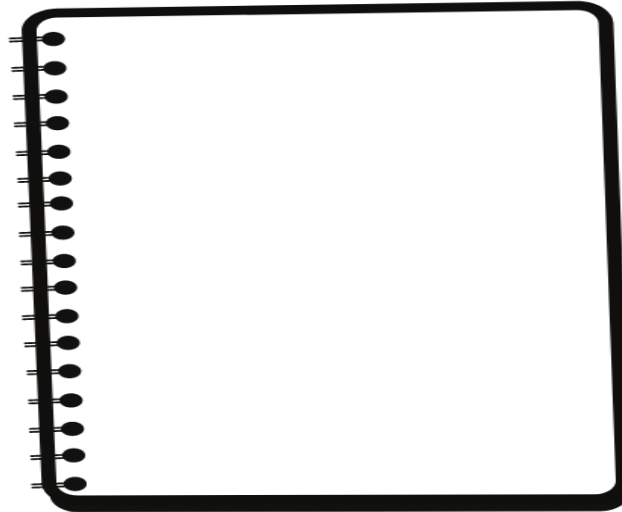


Look up **Psalm 1: 1-3** and **Ephesians 3: 16-17** in your Bible.



*Can you draw a picture of a strong fruit tree with deep roots standing by a river? Label the tree with your name, and the river and the soil with "Bible"*

*"Listening to God"*



In **John 15: 5-8** we read how Jesus described himself as a vine, a plant that produces grapes. Have you ever seen a vine? In our country they often grow in greenhouses as they like it nice and warm and sunny. The vines have long branches that stretch for many metres and along the branches hang bunches of juicy grapes.



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Why do you think Jesus describes himself as a vine and us as his branches? What does that mean for us in our everyday lives?

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Read **Galatians 5: 2-23**



Can you make a list below of the 9 fruits of the Spirit?










1.	2.	3.
4.	5.	6.
7.	8.	9.

**Because we have the Holy Spirit in us, our lives can show different attitudes and behaviours to others around us. The Holy Spirit produces good fruit in our lives.**

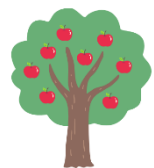


Use this space think together about what each of these fruits mean and write something you could do to show it today.

Fruit of the Spirit	What it means	How can I show this attitude in my life today?
Love 		
Joy 		

Peace			
Patience			
Kindness			
Goodness			
Faithfulness			
Gentleness			
Self-control			

When you look at an apple tree you know it's an apple tree because of the fruit that it has on it. We are like a fruit tree. Our fruit is the attitudes and behaviours we show and do that reveal what is in our heart.



We need to show **kindness** to others, to do **good** things for our friends as well as our enemies, to show **love** to everyone and bring **peace** into every situation we face. Other people notice what we do and how we behave.



As Christians with the Holy Spirit showing us what to do, we can show people a different way to live: how to be calm and peaceful when others would get angry, to love people no one else wants to love etc

**Think of something that you could do right now to show someone that you have “good fruit” in your life.**



You could do a kind thing for someone such as washing up, tidying something or helping them



You could obey your parents the first time they ask you to do something (though you should do this anyway!!)



You could be calm instead of getting angry at a situation that frustrates you



You could not take an extra biscuit or snack when you want one or choose to wait for something that you really want to have.



Let's chat to God about the fruits of the Spirit

1. Ask God which fruit He sees in your life already
2. Tell God your favourite fruit to eat
3. Ask God to show you one fruit of the Spirit He would like you to show more of today/this week.
4. Ask God to show you what He would like you to do to show someone that that fruit/attitude is in your heart



**Or you could use this prayer to help you:**

Thank you, Jesus, that you love me and have given me the Holy Spirit to guide my life. Holy Spirit will you please help me every day to live my life like Jesus did. Please help me to be kind, loving, peaceful, joyful, patient, good, faithful, gentle, and self-controlled. Amen