

GRADES
K-6

FRUIT OF THE SPIRIT

Printable Lesson Kit



M **GHTY MESSAGES**

THANK YOU

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FRUIT OF THE SPIRIT

LESSON OVERVIEW

FRUIT OF THE SPIRIT MIGHTY MESSAGE

This lesson on the Fruit of the Spirit will give children a great example of how to grow in Christ and not grow in the ways of the world. This lesson combines the Fruit of the Spirit with the deeds of the flesh, so children can both see and understand what is going on in their hearts as they grow spiritually.

How to Use the Lesson Kit:

This kit includes a variety of activities that you can select from to customize your perfect lesson. We suggest beginning with the Scripture Reading & Lesson followed by the Discussion Questions. From there, feel free to mix & match the activities to build your lesson plan based on the time you have allotted and the age level/interests of your kids.



WHAT'S INCLUDED:

- Scripture Reading & Lesson
- Discussion Questions
- Craft
- Game
- Coloring Page
- Wordsearch
- Crossword Puzzle
- Learning Lookups Journaling
- Parent Handout
- Quiz
- Reference Sheet
- Certificate of Completion
- Answer Page



MATERIALS LIST:

- Crayons, markers, or colored pencils
- Glue sticks
- Scissors
- Clear Tape
- Jump ropes (game)
- Pencils or pens
- Bibles (electronic or hardcopy)

FRUIT OF THE SPIRIT

SCRIPTURE & LESSON

EXCERPTS FROM GALATIANS (NIV)

Read the following excerpts as shown (NIV translation), or read from your chosen Bible translation:



GALATIANS 5:22-23

²² But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³ gentleness and self-control. Against such things there is no law.

Questions for Children about the Fruit of the Spirit

1. There are nine Fruits of the Spirit. **Love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control.** These are behaviors God wants us to learn so we can be good and share his love with others. Why do you think he compares them to fruit? The fruit of the spirit make us sweet like fruit is sweet. **Fruit provides nutrition; we provide love to others.**
2. Forbearance means patience. Have you ever had a time in your life where you had to choose between being patient or exploding in anger? What happened, and how did you do?
3. The Fruits of the Spirit have opposites. We call them the “deeds of the flesh.” Flesh makes you want to do not-good things, while the spirit inspires you to do good things. Deeds of the flesh at your age would include things like selfishness, hatred, jealousy, outbursts of anger, and seeking revenge when you are hurt. Here’s the good news: you can only focus on one thought at a time. We get the Fruits of the Spirit by focusing on them, and it keeps us from wanting to do the deeds of the flesh. What Fruit of the Spirit would you like to focus on and why? **Fruits: love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control.**



TEACHER'S MIGHTY MESSAGE

Developing the Fruit of the Spirit inside of us helps us be good. And when we share goodness with others, it helps them to see God's love in the world. It is very important to develop these nine traits that the Bible calls the Fruit of the Spirit. Let's think of each one and say some things we can do to let others see that fruit:

Give the example listed, then let children add their examples. Use the last one if it hasn't been used or thought of by a student:

Love: *An overwhelming feeling or sense of commitment to a person or God. Love involves actions that go beyond kindness, that often involve self-sacrifice and doing things we don't want to. What are some examples?* Treating others like we want to be treated; being a good listener when someone shares a problem

Joy: *Joy is happiness. It's a happy feeling, or a decision to feel happy, about something God did or created. What are some examples? Look for the good in disappointing situations.* Follow the expression, "If the only thing you have to give is a smile—give it anyway!"

Peace: *We can find ways to make peace among friends. Peace is solving arguments instead of getting all upset. We can also experience what the Bible calls "the peace that passes understanding." It comes to us in the best AND the worst of circumstances. What are some examples?* Helping to settle an argument among friends. Choosing to trust God instead of worrying endlessly.

Patience: *Christians have been waiting for the return of Christ for 2,000 years. Moses waited until he was 80 before he led the people out of Egypt. Jesus himself waited until he was 30 to stop being a carpenter and start a ministry as Savior! Patience is waiting on God's timing for things we want. What are some ways we can be patient?* Not saying in the car, "How soon 'til we're there?" Not snatching the remote when you think it's your turn.

Kindness: *Kindness is an action that shows sympathy or understanding toward others. Think of things that would make people say, "That was so KIND of you!" What are some examples?* Picking up something somebody else dropped. Helping someone who got hurt on the playground.

Goodness: *Goodness and kindness sound alike. But kindness is more of going the extra mile in serving others; goodness is choosing right over wrong. Goodness is sticking to God's ways, especially when others are not. What are some examples?* Telling the teacher if a classmate is in trouble. Choosing not to lie in a situation even though you might get in trouble.

Faithfulness: *You'll hear a lot of people say, "I don't believe in God anymore because this bad thing happened to me." They lack faithfulness. God doesn't always prevent hardship. When are some times that faithfulness means the most?* Saying thanks to God for good things on a really bad day. Sharing with others a story of when belief in God was hard, but you grew in character.

Gentleness: *Gentleness is also translated "meekness." But it does not mean weakness! The opposites of gentleness are anger and a desire for revenge. What are some examples of gentleness?* Replying with a soft answer when somebody yells at you. Helping to calmly fix a problem that made somebody cry.

Self-Control: *One of the proofs of God's working in our lives is the ability to control our own thoughts, words, and actions. What are some ways we can practice self-control?* Saying "no" when peer-pressured. Walking away from a fight or argument.



FRUIT OF THE SPIRIT

PRINTABLE CRAFT



MATERIALS:

- White paper or card stock
- Crayons, or other coloring utensils
- Scissors
- Clear tape



INSTRUCTIONS:

Step 1: Print out the two Fruit of the Basket printable sheets on white paper or cardstock.

Step 2: Color the basket, handle and fruit as desired. It is not necessary to color the tabs, as these will not be visible on your completed Fruit of the Spirit Basket.

Step 3: Using the scissors, cut out basket, handle and individual fruit pieces.

Step 4: Take the colored basket piece, and fold along each of the seams.

Step 5: Fold the sides of the basket together and tape the tabs on the inside of the basket using clear tape.

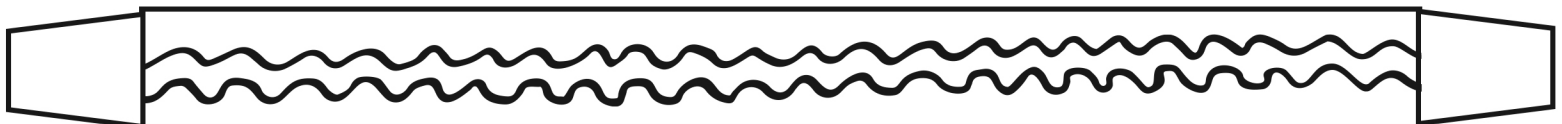
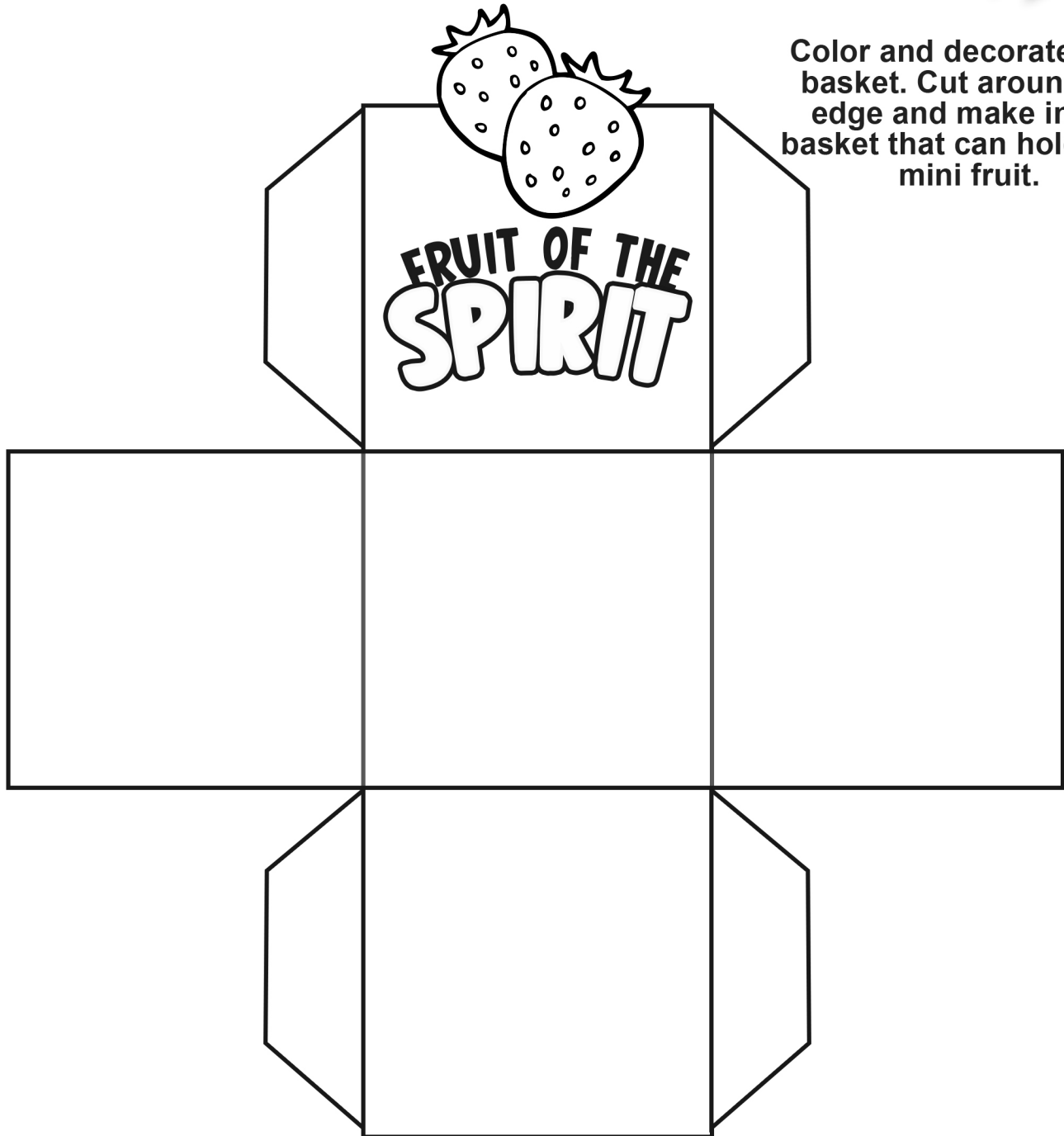
Step 5: Tape the handle to your Fruit of the Spirit Basket, with the tabs on the inside of the basket.

MY FRUIT OF THE SPIRIT BASKET

FRUIT OF THE SPIRIT



Color and decorate your basket. Cut around the edge and make into a basket that can hold your mini fruit.



MY FRUIT OF THE SPIRIT BASKET

FRUIT OF THE SPIRIT



Color your fruit. Cut around the edges and place in your basket.



JUICY JUMP ROPE RHYME

This game, involving a jump rope and jump-rope song, will help students memorize the Fruits of the Spirit.



MATERIALS:

- **Jump ropes, one for each student or for a small group of students who can take turns (Cut-up clothesline can substitute and is cost effective!)**
- **Candy or “fruity” prizes for all or for winner**
- **Copy of the Juicy Jump Rope Rhyme big enough to post on the wall.**



OBJECTIVE:

To be able to recite the Juicy Jump Rope Rhyme while jumping rope without missing a skip.



INSTRUCTIONS:

Post a copy of the Fruit of the Spirit Rhyme on the wall so that kids can use it at first. Students should take turns trying to say the rhyme while jumping. All in each group should try to say the rhyme along with the jumper to help increase memorization.

The Juicy Jump Rope Rhyme is below. The **bold** syllables are when feet touch the ground.

Slow Jump means the jump rope goes around slowly and the jumper makes a big jump over the rope when it is under her feet and a little jump when the rope is over her head.

Quick Jump means the jump rope goes around quickly and the jumper makes only one big jump per rotation of the rope.



GAME CONTINUED

JUICY JUMP ROPE RHYME

This game, involving a jump rope and jump-rope song, will help students memorize the Fruits of the Spirit.

Slow Jump:

In Ga-la-tians **five**,
twen-ty **two** and twen-ty **three**,
The **Fruits** of the **Spir-it**
were **writ-ten** for **me**
A-**po**-stle **Paul**
wrote them **out**.
I will **say** them **with** a **shout**!
Ready? Yes!

Slow Jump:

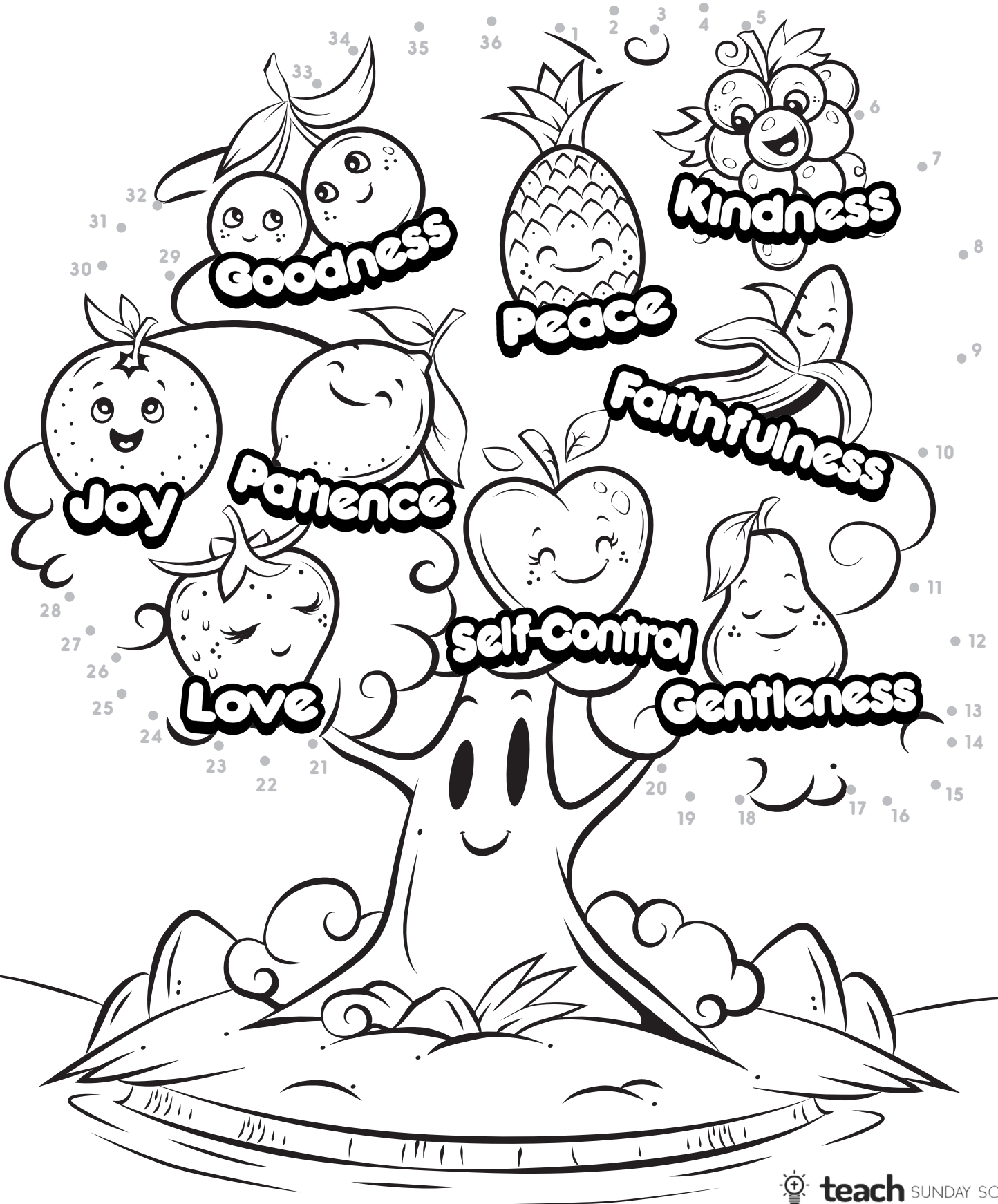
All nine fruits
Were **written** for **me!**
In Ga-la-tians five
Twenty-**two** and twenty-**three!**

Quick Jump:

Love! Joy!
Peace! Patience!
Kindness! Goodness!
Faithful-ness!
Gentle-ness and
Self-Control!
A-**gainst** such **things**
There **is** no **law!**

Fruit Of The Spirit

Galatians 5:22-23



Fruit of The Spirit

Color by Numbers!

1 = Red

3 = Orange

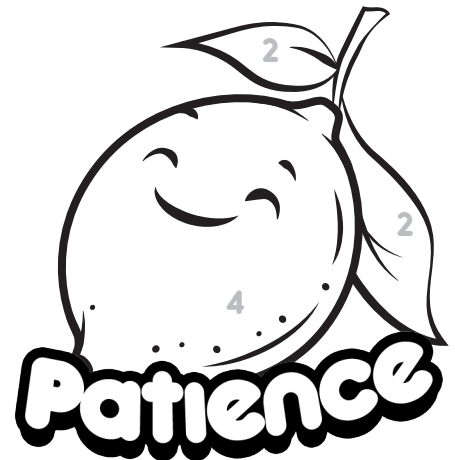
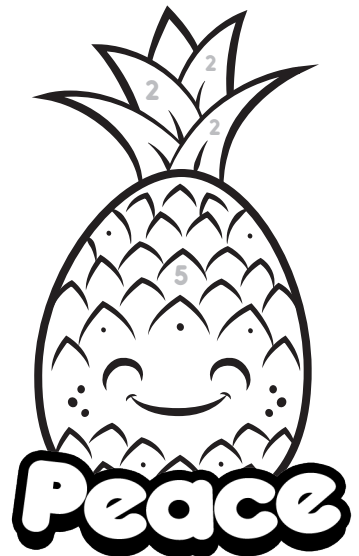
5 = Brown

7 = Light Yellow

2 = Green

4 = Yellow

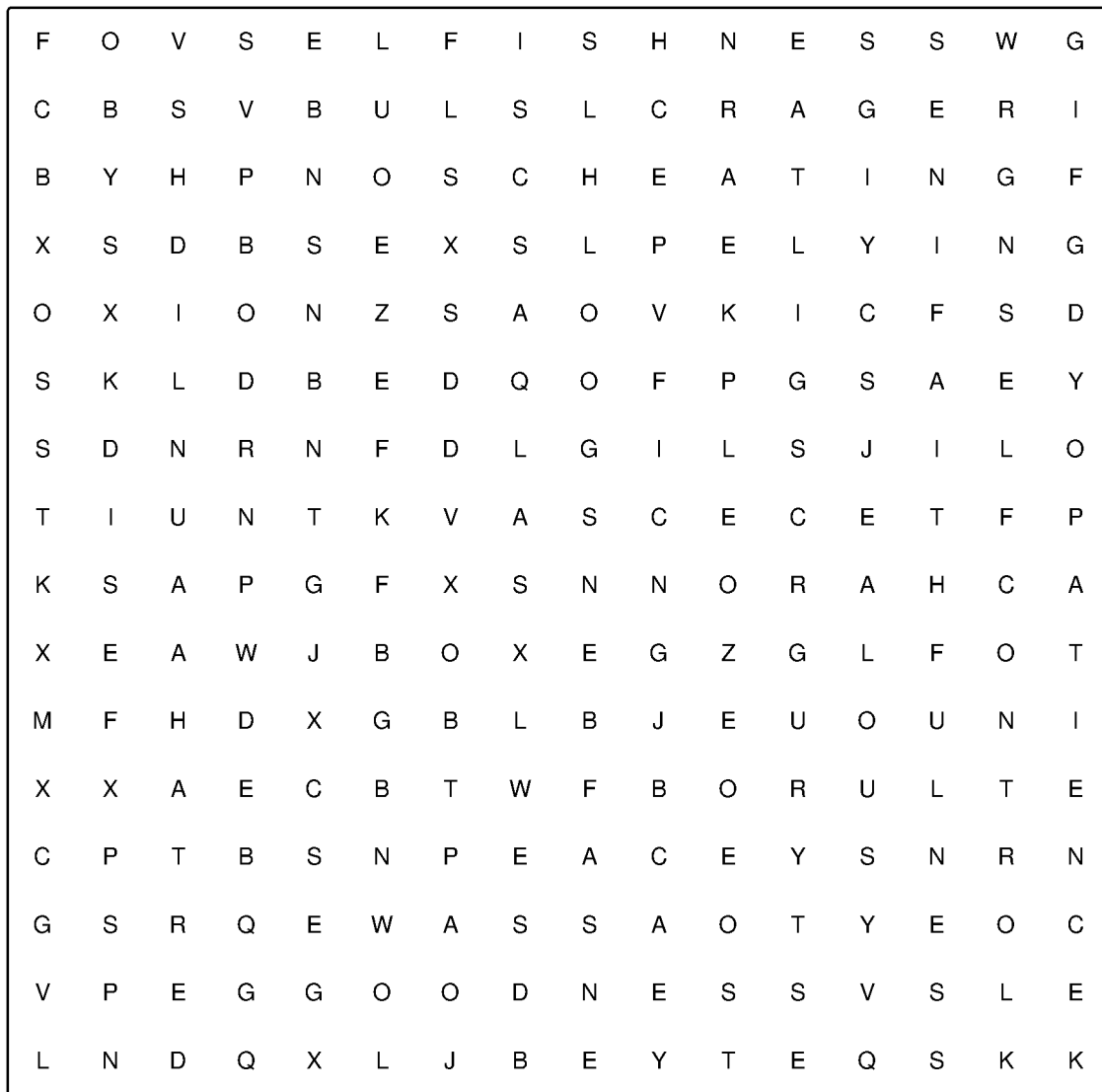
6 = Purple



FRUIT OF THE SPIRIT

WORD SEARCH

Below are all the Fruit of the Spirit as well as some deeds of the flesh for Kids. See how many you can find in the word search. When you finish, circle the nine Fruit of the Spirit in the list.



Words to Find:

LOVE
JOY
PEACE
PATIENCE
KINDNESS

GOODNESS
FAITHFULNESS
GENTLENESS
SELFCONTROL
HATRED

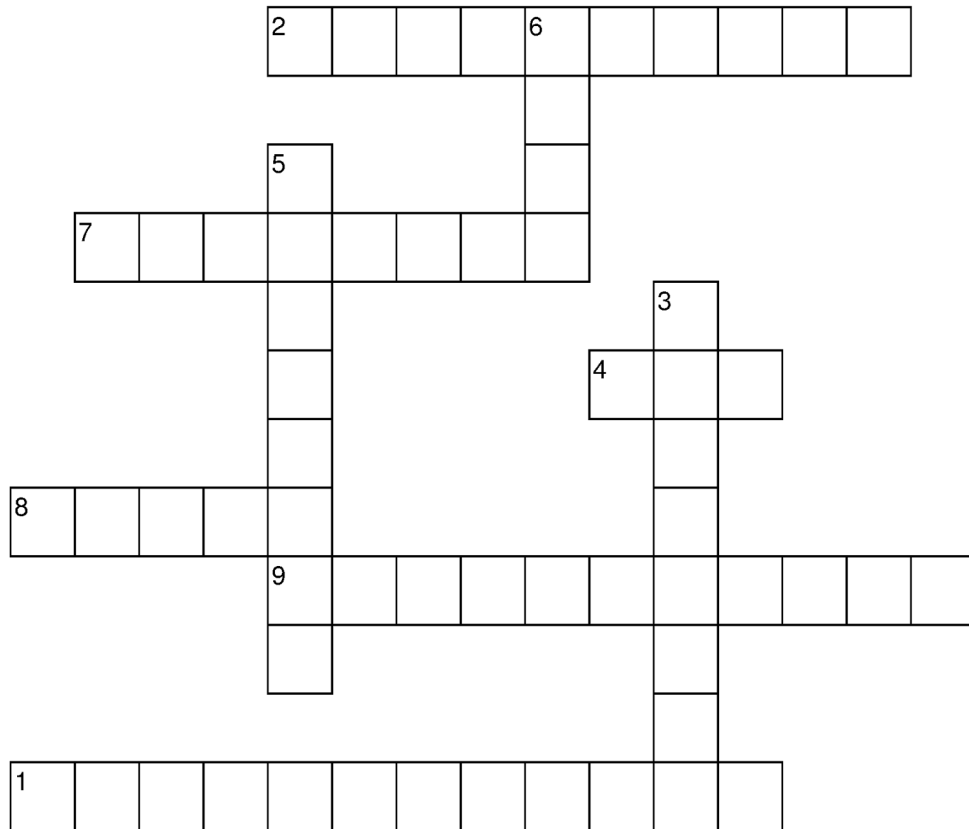
ANGER
JEALOUSY
RAGE
SELFISHNESS
MEANNESS

GOSSIP
CHEATING
LYING

FRUIT OF THE SPIRIT

CROSSWORD PUZZLE

Fill in the correct Fruit of the Spirit by reading the clues. Use your At-A-Glance Sheet that contains the Fruit of the Spirit definitions.



Across

1. Continuing to believe in God, whether in good times or bad
2. Also translated "meekness," which is not weakness! The opposites of gentleness are anger and a desire for revenge
4. A happy feeling about something God did or created
7. Waiting for God's timing to get the things we want
8. Solving arguments instead of getting all upset
9. The ability to control our own thoughts, words, and actions

Down

3. Sticking to God's ways, especially when others are not
5. Actions that show sympathy or understanding
6. An overwhelming feeling or sense of commitment to a person or God

FRUIT OF THE SPIRIT

PARENT HANDOUT



Scriptures to Read: Galatians 5:22-23



This Week We Learned About ...

...the Fruit of the Spirit from Galatians 5:22-23. The scripture gives them a great example of how to grow in Christ and not grow in the ways of the world. The lesson combined the Fruit of the Spirit with the deeds of the flesh for kids. There are some big words in the Biblical deeds of the flesh such as “debauchery,” however kids can be fleshy too! So we whittled them down into some deeds of the flesh for kids. They include hatred, anger, jealousy, rage, selfishness, meanness, gossip, cheating, lying.



✓ Questions for Kids:

1. How many Fruit of the Spirit are there? **A. nine**
2. **What does forbearance mean?** A: Patience
3. What is the difference between goodness and kindness? **A. Kindness is doing nice things for people such as picking up something someone dropped; goodness is doing things God's way such as refusing to give in to peer pressure.**

✓ Dinner Table Discussion:

Everyone struggles with some of them deeds of the flesh. Growing in the Fruit of the Spirit can actually help us overcome them! Pick out one fruit of the spirit that you would like to work on. What deeds of the flesh could it distract you from?

Think of a challenge in your family or community. Which fruit of the spirit could you work on that would help solve it? (Name the problem first. It will be easier to think of the fruits that would help afterward.)

Scripture Notes (tuck in lunchboxes, tape to mirrors, etc.):



But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.

Galatians 5:22-23



Above all love each other deeply, because love covers over a multitude of sins.

1 Peter 4:8



May the God of hope fill you with all joy and peace as you trust him, so that you may overflow with hope by the Holy Spirit.

Romans 15:13

FRUIT OF THE SPIRIT

REFERENCE SHEET



1. **Love:** An overwhelming feeling or sense of commitment to a person or God. Love involves actions that go beyond kindness, that often involve self-sacrifice and doing things we don't want to



2. **Joy:** A happy feeling about something God did or created, or a decision to be happy



3. **Peace:** Solving arguments instead of getting all upset, or having the “peace that passes understanding” that comes in the best and worst of times



4. **Patience:** Waiting for God's timing to get the things we want



5. **Kindness:** Actions that show sympathy or understanding toward others



6. **Goodness:** Sticking to God's ways, especially when others are not.



7. **Faithfulness:** Continuing to believe in God, whether in good times or bad



8. **Gentleness:** Also translated “meekness,” which is not weakness! The opposites of gentleness are anger and a desire for revenge



9. **Self-Control:** The ability to control our own thoughts, words, and actions



LEARNING LOOKUPS

FRUIT OF THE SPIRIT

Lookup: Matthew 7:15-17. Write down Verse 17.

Lookup: Psalm 1:3 and write it down.

These two verses combined tell you how your good fruit will be able to discern those with bad fruit or deeds of the flesh. Think of someone you have seen or know who produced bad fruit. What was it? How did it make you feel?

Create a prayer below. Speak to God and write it. Ask him to show you people you can support, compliment, build up, and stand up for this week. If he gives you any names, write them down.

FRUIT OF THE SPIRIT

QUIZ

Here's a fun way to strengthen your sense of observation as well as learn the Fruits of the Spirit. In each box, one of the nine Fruits of the Spirit is missing. Fill in the missing fruit at the bottom by looking at other lists or a list in the NIV Bible. (Don't forget: Forbearance means PATIENCE!)

Joy
Peace
Forbearance
Kindness
Goodness
Faithfulness
Gentleness
Self-Control

Love
Joy
Peace
Forbearance
Kindness
Goodness
Faithfulness
Gentleness

Love
Peace
Forbearance
Kindness
Goodness
Faithfulness
Gentleness
Self-Control

Love
Joy
Peace
Forbearance
Kindness
Goodness
Faithfulness
Self-Control

Love
Joy
Forbearance
Kindness
Goodness
Faithfulness
Gentleness
Self-Control

Love
Joy
Peace
Forbearance
Kindness
Goodness
Gentleness
Self-Control

Love
Joy
Peace
Forbearance
Goodness
Faithfulness
Gentleness
Self-Control

Love
Joy
Peace
Forbearance
Kindness
Faithfulness
Gentleness
Self-Control

FRUIT OF THE SPIRIT

CERTIFICATE OF COMPLETION



NAME:

DATE: