

## Midweek Resource



### ‘Bear Fruit’

**Key Aim:** This format of a ‘midweek session’ can be adapted for different settings such as home leagues, arts and craft clubs etc.

#### PREPARATION

- Ask members to bring a photo of themselves as a baby or a child
- Unripe, ripe and rotten fruit
- Provide pots, soil, seeds to plant, coloured pens and craft supplies
- Prepare fruit to eat together as a group during the prayer time (please be aware of allergies)

#### RESOURCES

- Print enough copies for each member of Appendices 1-5.

*Note: You may wish to revisit this session later in the year and take your group to a farm to see how fruit is grown, or to a pick-your-own fruit farm.*

#### INTRODUCTION

In this session we will look at what it means to be effective in living a life that can be ‘fruitful’ as a disciple of Jesus. It is hoped that through this session God will show you what a blessing you can be just by living a life that reflects a ‘good branch’. Use as many of the following activities as needed to help people explore the theme:

- **Guess the baby game**  
Display the range of baby and child photos and encourage members to guess who they belong to. Discuss as a group which ones were easy or tricky. How have we bloomed and grown through time? What developmental differences can be spotted? - for example, hair colour.
- **Colouring in**



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Print off copies of Appendix 1 for each member and spend time as a group colouring in the verse and respective image.

- **Fruit quiz**

How much do we know about these sweet fleshy treats? Test your knowledge with the Fruit Quiz (Appendix 2)!

- **Fruit reflection**

Bring in a piece of fruit that is unripe, one that is just ripe and a third that is rotten. Ask the group to reflect on the kind of fruit they might be and why, sharing with the person next to them. Discuss how can we, as a group and as individuals, bear rich healthy fruit? Use the table talk questions if you want to develop the conversation further (Appendix 3).

- **Wordsearch**

Prepare members for the Bible thought by doing a wordsearch based on John 15:1-17 (Appendix 4).

- **Plant pots**

Plant seeds and decorate the pots with words or images to encourage and remind people to bear good fruit throughout the coming year.

### **BIBLE READING/THOUGHT**

Read John 15:1-17 or use the video The True Vine - Bible Animations:  
<https://www.youtube.com/watch?v=m0yu1qyevwE>

In this passage we read that Jesus is the 'true vine'. He gave his life that we might be in a relationship with him and saved from our sin. We do not have the luxury of physically seeing Jesus, but we know that when we accept him we are indeed being filled with all the spiritual goodness and life that he gives.

He calls us the 'branches', and as such we are linked to him and encouraged to 'remain in him' and in his love.

For us to be branches that bear fruit, we need to be rooted in Christ. In the same way that a seedling plant grows - being fed, watered and nourished by the



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nutrition within the ground and by the sun - we too need to be 'fed, watered and nourished' by the reading of the Bible, prayer, worship of God and fellowship with others. Moreover, others should be able to see the difference in the spiritual fruit that we are bearing. This is how we can live as effective fruitful disciples.

However, there are times when we forget to water the plants, when we allow the weeds to grow and perhaps don't have time to cut back what needs pruning. Jesus is saying that God will cut out anything that takes away from the purpose of his people and the Church. He will strip away the rubbish - 'declutter', so to speak. As a result of this, new branches will have room to thrive and reach the sun and new vines can be planted that will be 'fruitful'.

Our Heavenly Father wants to see us grow into his loving, caring people. As his family, the Church, we are called to support and nourish others, loving as he first loved us. If we follow these clear instructions, the harvest of souls will be abundant and the Church will become like an even more flourishing vine, producing good fruitful branches.

What can we do so that our lives are more fruitful? Think about the next few days, the next week. How can we make sure we stay close to Christ in all that we say and do? How might the fruits of that relationship with him show itself with those we come into contact with on a daily basis? How might God's love grow and bloom within us and spread to others?

### PRAYER

Ask a member to read out the poem 'A Fruitfulness of Spirit' (Appendix 5) as the final prayer. Conclude with a time of fellowship and fruit by eating the ripe fruit together. Give each member a copy of the poem to take away

### SUGGESTED SONGS

- SASB 29 'Have you ever stopped to think how God loves you?'
- SASB 32 'How deep the Father's love for us'
- SASB 169 'Here is love vast as the ocean'
- SASB 199 'Such love'



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- SASB 624 'Teach me how to love thee'

### YouTube

- Hillsong - 'Lead me to the Cross'  
[https://www.youtube.com/watch?v=d\\_24ldbJ0Tw](https://www.youtube.com/watch?v=d_24ldbJ0Tw)
- Hillsong - 'Hosanna'  
<https://www.youtube.com/watch?v=NoM0AT8fBvs>
- Phil Wickham - 'Amazing Grace'  
[https://www.youtube.com/watch?v=XFRjr\\_x-yxU](https://www.youtube.com/watch?v=XFRjr_x-yxU)
- Newsboys - 'God's not Dead'  
[https://www.youtube.com/watch?v=S\\_OTz-lpDjw](https://www.youtube.com/watch?v=S_OTz-lpDjw)



APPENDIX 1

I AM THE  
TRUE  
VINE  
AND  
MY  
FATHER  
IS  
THE  
GARDENER



John 15:1

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### APPENDIX 2 - 'Fruit Quiz'

#### Question 1

Which of these fruits grow on trees?

- A Pomegranate
- B Banana Grows on a plant like grass
- C Passionfruit Grows on a vine
- D Grapes Grow on a vine

#### Question 2

Which of the following fruits is a member of the Rose family?

- A Orange
- B Apple
- C Avocado
- D Persimmon

#### Question 3

The Chinese apple is also known as what?

Pomegranate

#### Question 4

What fruit has more protein than any other?

Avocado

#### Question 5

Which country grew the first orange?

China

#### Question 6

What is the name of the vegetable that is also a flower?

Broccoli; cauliflower

#### Question 7

Which of the following is a vegetable or fruit?

- Squash - Fruit
- Cucumber - Fruit
- Potato - Vegetable



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Olives - Fruit  
Peapods - Fruit  
Tomato - Fruit

### Question 8

A politically unstable country that is economically dependent on a single export commodity, and is usually ruled by a dictator or military rule, is called after what fruit?

**Banana republic**

### Question 9

In the children's fairy tale, what was Cinderella's carriage before it was changed by the Fairy Godmother?

**Pumpkin**

### Question 10

What was the name of John Steinbeck's famous Pulitzer prize-winning book?

***The Grapes of Wrath***

### Question 11

What fruit is believed to interfere with the action of certain prescription drugs?

**Grapefruit - it is known to neutralise or increase the effect of up to 80 prescription drugs - the main effect being to increase blood pressure.**

### Question 12

Which fruit can destroy your taste buds?

**Pineapple - it has an enzyme that breaks down your taste buds. It is suggested that you pineapple in the fridge for a few hours before eating - this will break down the enzyme.**

### Question 13

What fruit do people in Madrid, Spain, eat as a way of counting down to a New Year?

**Grapes**

### Question 14

Which of these fruits does not continue to ripen when picked?

**A Blueberries**



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- B Peaches
- C Bananas

### Question 15

What percentage of a potato is water?

- A 40
- B 60
- C 80

### Question 16

Why was the pineapple banned in France during Louis XIV's reign?

When first presented with the fruit, he took a giant bite and cut his lip on the rough skin.

### Question 17

Apple pips contain

- A Juice
- B Vitamin H
- C Cyanide
- D Sodium

### Question 18

What is the only fruit known to have seeds on the outside?

Strawberry

### Question 19

Dame Nellie Melba, a famous Australian opera singer, had a fruity dessert named after her. What was it?

Peach Melba

### Question 20

If you have four bananas in one hand and five mangoes in the other - what do you have?

Big hands!



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### APPENDIX 3 - 'Table Talk Questions'

*It may be that you only have small group who wish to talk things through. Here are a number of questions that might bring about some interesting conversations. Be blessed and enjoy the conversations.*

Have you ever been given the responsibility to look after something or someone? How did you get on?

- If it was a failure, what could you have done better?
- If it was a success, what did you do to achieve what was asked?
- I wonder if you were given responsibility for the same thing now - would you go about it differently?

I wonder what Jesus meant when he said: 'I am the true vine and you are the branches' (John 15:5).

Have you ever been cared for? How did/does it feel?

Have you ever let someone down?

- How did/does that feel?
- What might you be able to do to make it right?

I wonder what God thinks of us?

Have you ever let God down?

Have you made a decision to let God into your life and seen a difference since that time? How are things different?

I wonder if you still have the same problem but a different way of dealing with it now.



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### APPENDIX 4 - 'John 15 Wordsearch'

G F P E T A L U V E S F A T C E J L S A  
 A L K F M P O C G O K C F D R Q J W S R A  
 S T O T P P V L R Z I L R A U Q U G S C T H M  
 T O L R C O M M A N D I X S M I Z Y T M O  
 F R O D Y I E E U X I N P T I X I B U O J  
 I U A U S N C A X B S R T N N T R D G H F  
 R D G X P T O N Z R C A U R O A Y V H F  
 G E H O D E M G T F I R E I N O M S O U T  
 U X J T I D M L H U P N O C W J B E X T K  
 O Y X Q C W D O W I L U H A L T V L F K  
 P C U T S I B C L G E M A D F E D G A B  
 F S R I P T R U E H W J Z B C S A Z T X  
 R U J P B H A F S D G L X P X R U N H M  
 U L E D R E M A I N J E W L D D I B E I  
 T P S F W C A C A B S S I E U T O U R D  
 I Q X E E O F R U I T T N K P W C R X N  
 H Z Z T F M N H N R H E Y V A Z P N D R S  
 O A T E P P C O N A R F R U I T L E S S  
 P H U L O V E S A S O P Q Y E O I D K L  
 W V W P T L H G M L W A L D G K W U N C  
 A N E M D E V A G I N I K Z A J X T G U  
 S M Q O G J I R I M I X T I T B Y I R H  
 N I U C H O S E N G U S C H H A V I N E P  
 C L I R X Y N D L R P B V F E E Z S F P  
 X K S Y E T E N D A O C B E F R L A W O

All of the words below are John 15:1-17. See if you can find them in the wordsearch.

APPOINTED  
 BEAR  
 BRANCH  
 BURNED  
 CHOSEN  
 CLEANED  
 COMMAND  
 COMPLETE

CUTS  
 DISCIPLE  
 FATHER  
 FIRE  
 FRUIT  
 FRUITLESS  
 GARDENER  
 GIVE

GLORY  
 JOY  
 LOVE  
 NAME  
 REMAIN  
 THROWN  
 VINE  
 WITHER



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## Wordsearch Solution

G	F	P	E	T	A	L	U	V	E	S	F	A	T	C	E	J	L	S	A		
A	L	K	F	M	P	O	C	G	O	K	C	F	D	R	Q	J	W	S	R	A	
S	T	O	T	D	P	V	L	R	Z	I	L	R	A	U	U	G	S	C	T	H	M
T	O	L	R	C	O	M	M	A	N	D	I	X	S	M	I	Z	Y	T	M	O	
F	R	O	D	Y	I	E	E	U	X	I	N	P	T	I	X	I	B	U	O		
I	U	A	A	S	N	C	A	X	B	S	R	T	N	N	T	R	D	G	J		
R	D	G	X	P	T	O	N	Z	R	C	A	U	R	O	A	Y	V	H	F		
G	E	H	O	D	E	M	G	T	F	I	R	E	I	N	O	M	S	O	U		
U	X	J	T	I	D	M	L	H	U	P	N	O	C	W	J	B	E	X	T		
O	Y	X	Q	C	W	D	O	W	I	L	U	H	A	L	T	V	L	F	K		
P	C	U	T	S	I	B	C	L	G	E	M	A	D	F	E	D	G	A	B		
F	S	R	I	P	T	R	U	E	H	W	J	Z	B	C	S	A	Z	T	X		
R	U	J	P	B	H	A	F	S	D	G	L	X	P	X	R	U	N	H	M		
U	L	E	D	R	E	M	A	I	N	J	E	W	L	D	D	I	B	E	I		
T	P	S	F	W	C	A	C	A	B	S	S	I	E	U	T	O	U	R	D		
I	Q	X	E	E	O	F	R	U	I	T	T	N	K	P	W	C	R	X	N		
H	Z	Z	T	F	M	N	H	N	R	H	E	Y	V	A	Z	P	N	D	R		
O	A	T	E	P	P	C	O	N	A	R	F	R	U	I	T	L	E	S	S		
P	H	U	L	O	V	E	S	A	S	O	P	Q	Y	E	O	I	D	K	L		
W	V	W	P	T	L	H	G	M	L	W	A	L	D	G	K	W	U	N	C		
A	N	E	M	D	E	V	A	G	I	N	I	K	Z	A	J	X	T	G	U		
S	M	Q	O	G	J	I	R	I	M	I	X	T	I	T	B	Y	I	R	H		
N	I	U	C	H	O	S	E	N	G	U	S	C	H	H	A	V	I	N	E		
C	L	I	R	X	Y	Y	N	D	L	R	P	B	V	E	E	Z	S	F	P		
X	K	S	Y	E	T	E	N	D	A	O	C	B	E	F	R	L	A	W	O		



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### APPENDIX 5 - 'A fruitfulness of Spirit'

You tell me, Lord, that you are the true vine.  
All I need can be mine  
If I but rest in you and you in me.  
What else can I do but be  
The branch of the vine -  
A place for people to have a lifeline,  
To become attached to you,  
So they may grow fruit too?

How amazing to know  
That if we love you  
We will grow  
And bring people to a life anew -  
A life of fruitfulness,  
A life of grace,  
A life of joyfulness,  
A life of peace,  
A life full in your love,  
Sent down from Heaven above.

Thank you, God, for your understanding.  
Thank you, God, for your persuading.  
Thank you, God, for your guiding.  
Thank you, God, for your loving.

Just thank you, God.

