



Youth and  
Children's  
Ministries



# Fruitful



**Teaching Material for  
Children's Events**

# Fruitfulness

This material has been produced to support multi-day children's activities taking place across the Salvation Army United Kingdom and Republic of Ireland Territory as an introduction to the topic of the Fruit of the Spirit.

Following the Salvation Army's theme for 2019 of being an 'Effective Army', we will look at how we are given the Fruit of the Spirit, what the Fruit of the Spirit is, and how we can show this in our daily lives, no matter how young or old we are.

The Fruit of the Spirit gives us an opportunity to see the awe-inspiring wonder of God, and to explore why we would want this as part of our lives.

We want to equip everyone with the knowledge and experience of the Holy Spirit and able to demonstrate greater love, joy, peace, patience, kindness, goodness, faithfulness and self-control in everything we do.

## Theme

This theme has lots of scope for bright and colourful ways to help children to explore the characteristics of the Creator God. So be as creative as you can be with images of fruit, lettering of the individual fruits and lots of colourful streamers or bunting.

## Theme Song

Use a theme song which can be sung at the start of each session. We suggest you check out **Kidz Fest: Fruit of the Spirit (Cheerleading Song)** (<https://www.youtube.com/watch?v=CS1JmaYLzlo>)

## Room Decoration

Decorate your space with inexpensive inflatable fruit such as bananas ([https://www.ebay.co.uk/itm/191888006458?ul\\_noapp=true](https://www.ebay.co.uk/itm/191888006458?ul_noapp=true)) and apples ([https://www.ebay.co.uk/itm/262003618946?ul\\_noapp=true](https://www.ebay.co.uk/itm/262003618946?ul_noapp=true)). You can use these throughout the sessions for games and illustrations or as team mascots. A simple online search for 'inflatable fruit' will give you lots of options, including packs of foil 'fruit' balloons.

## Tips and suggestions for using the teaching material

Dependent on group size, the 'Tell the Story' activities as well as the 'Ideas and Activities' can be done in individual smaller group sessions with leaders, or as part of a whole group session led in an 'upfront' style. Children split into groups for crafts and other activities.

Be aware that perhaps not all of the children in your group may be familiar with some of the biblical terms – ensure that everyone understands, but allow room for wondering questions, and expect a variety of answers!

Some of the initial teaching from Galatians involves a lot of long words. Coming up with actions, movements or short tunes to go with the memory verses may help some of the children. Be aware of different learning preferences (visual, auditory, reading/writing and kinaesthetic (movement) and try to incorporate them into your planning.

During the 'Space' activity, don't be afraid to pause a while longer than is perhaps comfortable for you and the other leaders. Don't worry. Children can cope remarkably well with silence.

Make sure that you consider how you will finish the sessions – the final session should be a kind of 'sending out' for the children. They will be going back into their everyday situations, and you can get them to think about how they might share the good news of Jesus more effectively in their community.

# Session 1: The Fruit of the Spirit

## Leaders' Reflection

The 'Fruit of the Spirit' is a biblical phrase that sums up the nine attributes of a true Christian life, according to Paul's letter to the Galatians. Though there are nine attributes to the fruit of the Spirit, the original Greek term translated as 'fruit' is singular, signifying that there is one fruit with nine parts. The fruit exists as a single unit with all parts being important to all believers.

At times in the Bible, righteous people are likened to trees (plants, vines and so on), and Paul, in Galatians 5, explains what fruit a righteous tree bears. Spiritual fruit is a by-product of a spiritual life. When a tree is deeply rooted in the ground, it is inevitable that the tree will blossom and produce fruit. When a Christian is deeply rooted in Christ, it is inevitable that the Christian will produce the Fruit of the Spirit.

Christians exhibit this fruit not by working at it, but by being filled with the Holy Spirit. The fruit of the Spirit can be divided into three basic categories: love, joy and peace come from God alone; patience, kindness and goodness are about our relationship with others where faithfulness, gentleness and self-control are general character traits that ought to guide a believer's life.

**To think about:** In your daily life, where are you currently being able to show the work of the Spirit? In what ways might you and your team share your stories with the children?

## Session Aims

To help children understand what the fruit of the spirit is

To recognise we are given the gifts of the Holy Spirit

## Bible Reading

Galatians 5:22-25 (Easy-to Read Version)

*But the fruit that the Spirit produces in a person's life is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. There is no law against these kinds of thing. Those who belong to Christ Jesus have crucified their sinful self.*

*They have given up their old selfish feelings and the evil things they wanted to do. We get our new life from the Spirit, so we should follow the Spirit.*

## Memory Verse

Ephesians 5:9 (English Standard Version)

*For the fruit of light is found in all that is good and right and true.*

## Tell the story

Create costumes, cut out shapes or posters for each of the fruits of the Spirit, and ask leaders to dress up, or hold up the images as you read through Galatians 5:22-25.

*What's in the Bible* introduce the Fruits of the Spirit through this video <https://www.youtube.com/watch?v=TZrIDT3k84U>

Prepare a piece of fruit by piercing it underneath and adding some black food colouring. Talk about how lovely it looks on the outside, before cutting it to reveal the 'badness' inside. Talk about how this represents the unhealthy things we experience. Have a plastic piece of fruit and explain that you can pretend to have the fruits of the spirit but it will not bring true happiness. Finally, have a good piece of fruit and use it to talk about making good choices by asking the Holy Spirit to guide us. People who do this have the real fruits of the spirit and reflect God's love. Have some fruit to pass around and share.

## I wonder ...

... if you show any of the fruits of the spirit in your life?

- ... what good fruit is really like?
- ... what bad fruit is really like?
- ... if any of the fruit that exists in you has gone bad?

### **Ideas & Activities**

#### Lead the Blind

Pair the children up and have one blindfolded. Get the other to direct them through an obstacle course by just giving verbal directions. Talk about how we need the guidance of the Holy Spirit in our life if we want to produce spiritual fruit.

#### Fruits Charades

Ask for a volunteer, or have a leader act out one of the Fruits of the Spirit. Get the rest of the group to guess which one it is.

#### Mixed Fruit

Have the fruits of the spirit on large pieces of card with the letters mixed up. Challenge the children to work out what the fruits are. Alternatively create a puzzle sheet for the children to complete.

#### Fruit kebabs

Provide skewers and a variety of fruit. Let the children enjoy making and eating the fruit. As an extra treat you could use a chocolate fountain!

#### Fruit boxes

Give each child a small card box which they can decorate with fruit stickers, before filling their box with slips of paper which have the nine fruits printed on.

### **Prayer Time**

Give each child a blank cut out person figure. Ask them to consider which fruits they show in their lives, and write or draw on the person the ones they want to be able to show more.

### **Space**

Get the children to find a space. They could do this either sitting or lying down. Play a song, such as this one from Hillsong (Selah III) <https://www.youtube.com/watch?v=kUF0JkgdRgI>

As the music plays ask them to think about the fruit of the spirit and how that looks in their lives, ask them to consider which fruits they need to work on, and which fruits they already show in their lives.

### **Worship Songs**

This would be a great song to have as a theme song throughout the week, Fruits of the Spirit by Kidzfest

[https://www.youtube.com/watch?v=RGckAyo\\_C8c](https://www.youtube.com/watch?v=RGckAyo_C8c)

The Fruit of the Spirit's Not a Coconut! <https://www.youtube.com/watch?v=Rezg4jYFoj0>

# Session 2: Love, Joy & Peace

## Leaders' Reflection

The concept of bearing fruit is used often in Scripture. The first recorded mention of fruit comes right back in Genesis 1:28, as God tells Adam and Eve to 'be fruitful and multiply', and it's clearly a reference to having children. However, it's also offered to us in the Creation Story, a beautiful descriptive passage of God's care, detail and planning. God is asking us to be fruitful, not just in filling the earth literally, but metaphorically, in living fruitfully.

In today's society, we find an ever increasing culture of self-centeredness, where 'image' is all important and people look out for their own interests. Today, Jesus' teaching on love is perhaps more applicable than when he first taught it. 1 Corinthians 13 reminds us exactly what love is, and how we can love. Love isn't about getting, it's about giving. If we love someone, we want what's best for them. Love is radical, and it is the opposite of self-centredness.

In Galatians 5, joy is described as being one of the fruits of the Holy Spirit. When God gets to work on our character, joy is one of the things he develops within us. It marks us out as being different from the society we live in. When everything seems to be falling to pieces around us, we can remember that God has done amazing things for us – and we can rejoice!

And where peace is concerned, '...the peace of God which passes understanding' is what we should aim for. Inner peace comes from trusting God and his Word. We know that God is in control, and that '...all things work together for good to those who love God...' (Romans 8:28).

**To think about:** Have you experienced real love? Do you place your trust in God, in order to move away from self-centredness and to remember what God has done for you? What does real joy mean for you? Are you at peace with where you are?

## Session Aims

To explore the first three fruits of the spirit: love, joy and peace

To consider how we can show love, joy and peace in our everyday lives

## Bible Reading

1 Samuel 18-20 (selected verses, International Children's Bible)

*When David finished talking with Saul, Jonathan felt very close to David. He loved David as much as he loved himself. Saul kept David with him from that day on. He did not let David go home to his father's house. Jonathan made an agreement with David. He did this because he loved David as much as himself. He took off his coat and gave it to David. He also gave David his uniform, including his sword, bow and belt.*

*Saul sent David to fight in different battles. And David was very successful. After David had killed the Philistine, he and the men returned home. Women came out from all the towns of Israel to meet King Saul. They sang songs of joy, danced and played tambourines and stringed instruments. As they played, they sang. The women's song upset Saul, and he became very angry. He thought, 'the women say David has killed tens of thousands of enemies. But they say I killed only thousands of enemies'. So Saul watched David closely from then on. He was jealous of him.*

*Saul told his son Jonathan and all his servants to kill David. But Jonathan cared very much for David. So he warned David. Jonathan talked to Saul, his father. He said good things about David. Jonathan said, "Don't do wrong to your servant David. He did nothing wrong to you. What he did has helped you greatly". Saul listened to Jonathan and David returned as before.*

*War broke out again, and David went to fight the Philistines. He defeated them and they ran away from him. Once again Saul was jealous of David and he tried to pin David to the wall with his spear. David moved and Saul's spear went into the wall. David ran away that night.*

*David went to Jonathan and asked, "what have I done? What is my crime? How have I sinned against your father so that he's trying to kill me?" Jonathan answered, "No! My father doesn't do anything without first telling me. Why would he refuse to tell me he wants to kill you? It's not true." David replied, "Surely as the Lord lives and you live, I am very close to death!" Jonathan agreed to do anything David wanted.*

*David said, "tomorrow I am supposed to eat with the king. Let me hide in the field until the 3<sup>rd</sup> evening. Your father may notice I'm gone. If he does tell him that I begged you to go to Bethlehem because my family offers a sacrifice at this time every year. If he says, 'fine' I am safe. But if he gets angry it's because he wants to hurt me."*

*Jonathan answered, "if I find out my father plans to harm you, I will warn you."*

*Jonathan returned home and Saul asked where David was. Jonathan told him that David had returned to Bethlehem. Saul became very angry with Jonathan and ordered that David was brought to him to be killed.*

*Jonathan returned to warn David. They cried together. Jonathan said to David, "Go in peace. We have promised that we will be friends." Then David left, and Jonathan went back to town.*

### **Memory Verse**

Zephaniah 3:17 (International Children's Bible)

*The Lord your God is with you. The mighty One will save you. The Lord will be happy with you. You will rest in his love.  
He will sing and be joyful about you.*

### **Tell the story**

This video by Saddleback Kids tells the story of David & Jonathan well <https://www.youtube.com/watch?v=pZ2hRg-ei0U>

Get a few leaders or children to act out the story as you read it.

Assign groups characters (David, Jonathan, Saul) and get them to act out the reactions they think they would have, or guess what their character did next.

Give the groups pictures that represent love, joy and peace. As you read the story get the groups to show the pictures that represent what fruits are being shown.

### **I wonder ...**

... how David showed love, joy and peace?

... how Jonathan showed love, joy and peace?

... how you show love, joy and peace to others?

... which is the easiest to show?

... which is the most difficult to show?

### **Ideas & Activities**

Design a friend

Either in groups, or individually get the children to consider what would make up their ideal friend.

Heart keyrings/suncatchers

Baker Ross provide a few different crafts based on hearts <https://www.bakerross.co.uk/search/go?w=hearts>

Charades

Get the children to act out something that gives them love, joy or peace in their lives. Ask the rest of the group to guess what they are acting out and what fruit it goes with.

Big Art

Using masking tape (which can be stuck to the floor and easily removed again) get the groups to create a big picture of what either love, peace or joy means to them.

Corners

Assign areas of the room as love, joy and peace. Get the children to run around and pick a corner to be in. Shout out one of the corners, whoever is in that corner is now out the game. Keep going until there is one person left.

### **Prayer Time**

On a large piece of paper ask the children to write the names of people or situations where they could show love, joy or peace.

### **Space**

Get the children to find a space. This could be either sitting or lying down. Ask them to close their eyes and slowly read Psalm 23. Explain that this is a psalm that David wrote. Ask the children to consider the peace that David felt despite the circumstances he found himself in. Allow time for them to consider how they could experience the same peace in their lives.

### **Worship Songs**

May the God of Hope by Doug Horley <https://www.youtube.com/watch?v=d8IjpiTK9CM>

# Session 3: Patience, Kindness & Goodness

## Leaders' Reflection

Even though good works and faithful service are a result of being filled with the Spirit, they are not necessarily signs of it. Remember, we are talking about who we are and not what we do. It's easy for us to focus on working for God than to 'love the unlovable' or 'be patient with difficult people'. But when the Spirit is in control of our lives, he helps us to do what we cannot do by ourselves.

Patience, kindness and goodness are the three fruits for this session. These characteristics are all about our relationships with others, and how we interact with others. In the previous session, we began to explore how spiritual fruit is demonstrated around our friends, and also those we struggle to get on with. But what about those we come into contact with in our everyday life? How we interact with others is important. A survey a few years ago said 90% of all communication between people was non-verbal. Showing patience, kindness and goodness, should be the embodiment of who we are, and who we strive to be.

As we seek to live like Christ every day, spiritual fruit will show itself in our lives. As we spend time getting to know Jesus, his thoughts will become our thoughts, his plan, our plan, his life, our life.

**To think about:** Do others see Christ in you? How do you show evidence of spiritual fruit in your life, not just by the things you do, but by who you are?

## Session Aims

To explore how patience, kindness & goodness are qualities God wants us to show

To consider how we show these to people in our lives

## Bible Reading

Matthew 5:13-16 (International Children's Bible)

*You are the salt of the earth. But if the salt loses its salty taste, it cannot be made salty again. It is good for nothing. It must be thrown out for people to walk on.*

*You are the light that gives light to the world. A city that is built on a hill cannot be hidden. And people don't hide a light under a bowl. They put the light on a lampstand. Then the light shines for all the people in the house. In the same way, you should be a light for other people. Live so that they will see the good things you do. Live so that they will praise your Father in heaven.*

## Memory Verse

Colossians 3:12 (International Children's Bible)

*God has chosen you and made you his holy people. He loves you. So always do these things: Show mercy to others; be kind, humble, gentle and patient.*

## Tell the story

Use the Sony Bravia "Colour Like No Other" advert. As the advert plays, read the bible reading over it. You can find the advert here [https://www.youtube.com/watch?v=2l\\_4SOEVraU](https://www.youtube.com/watch?v=2l_4SOEVraU) Talk to the children about how, one small ball made a difference to the environment, but the more that joined, the bigger the difference was. This could be compared by the seemingly small things we could do to be light to others. The more we do the bigger impact it could have.

Show images of cities lit up at night/stars in the sky/northern lights as you read the bible passage. Talk about the lights in the images and how they can't be hidden.

## I wonder ...

... what you already do to bring light into the world?

... how showing patience or kindness can bring light into the world?

... what goodness really means?

... where you see patience, kindness or goodness in the world?

... which of these you find most difficult?

... if there's a way you could bring more light into the world?

### **Ideas & Activities**

#### **Sleeping sheep**

Get the children to crawl around on the floor. Shout "sheep sleep" and as the children lie down, with their eyes closed, throw a blanket over one or two of them. Shout "sheep awake" and the children have to guess who is missing.

#### **Kindness scale**

Have a series of choices to be made. For example, give up the last piece of cake; let somebody else win a game, go somewhere you don't want to go etc. Have one side of the room as 'definitely would do' and the other 'no way'. As you read them out get the children to move from one end to the other on a scale to show how likely they would be to do those things.

#### **Minute to win it**

Get the children to sit down in a space so that they're not touching anyone else. Ask them to close their eyes and to raise their hand when they think a minute has passed. The winner is the one whose hand went up the closest to it.

#### **Popcorn**

You will need a parachute and some small balls, such as ball pit balls. Once the children are holding the parachute pour the balls in the middle. Get the children to gently shake the parachute, but keeping the balls on it. Whenever you decide, shout 'Popcorn!' and the children then shake the parachute as hard as they can to get all the balls off. You could then send them to find them all and see how far they managed to get them.

#### **Decorate candle holders**

Decorate some candle holders. Some candle holders can be found here <https://www.bakerross.co.uk/arts-and-crafts/craft-activities/painting-colouring/tealight-holders>

#### **Scratch art**

Use some scratch art and as you do, talk about removing the darkness. Once they start scratching away, the light colours will begin to appear. You can get different shapes and types of scratch art here <https://www.bakerross.co.uk/arts-and-crafts/craft-activities/scratch-art>

### **Prayer Time**

Give each child a luminous star sticker. You can find some examples of these here [https://www.amazon.co.uk/s?k=luminous+stars+stickers&i=kitchen&ref=nb\\_sb\\_noss\\_2](https://www.amazon.co.uk/s?k=luminous+stars+stickers&i=kitchen&ref=nb_sb_noss_2) Talk about how the star gives out light. Explain that we can't always see stars, and sometimes we also have to be patient until they can be seen again. Ask the children to think about how they could be light, by showing kindness and doing good. Ask them also to think about times where they might need to wait and be patient.

### **Space**

Give each child an electric tealight candle. Ask them to think of a time where they have shown patience, kindness and goodness. When they have done this they can switch their light on. Get them to consider how they can show this more in their lives. You could play some music while this is happening, using a song such as this one by Kari Jobe <https://www.youtube.com/watch?v=Y8cX6SHtxeE>

### **Worship Songs**

There are many songs that relate to light. Here are a few suggestions:

Let Your Light Shine, Hillsong Kids <https://www.youtube.com/watch?v=oXkxRNEy8XA>

The Way It's Gonna Be, Doug Horley <https://www.youtube.com/watch?v=KoTCmTclOcu>

My Lighthouse, Rend Collective <https://www.youtube.com/watch?v=IFBZJGSgyVQ>

# Session 4: Faithfulness, Gentleness & Self-control

## Leaders' Reflection

Faithfulness, gentleness and self-control are the final three Fruits of the Spirit. As we have already seen, love, joy and peace are all about our connection with God. Patience, kindness, and goodness are about our connection with others.

Faithfulness, gentleness and self-control don't rely on outward situations or circumstances. In fact, these would probably be the easiest three of the fruits to ignore, and not strive to cultivate. They are core values that guide who we are and help reveal the path of godliness that we are pursuing by the leading of the Holy Spirit. In other words, being faithful, gentle and self-controlled has absolutely nothing to do with anybody or anything else in life. They have to do with who we are and what we think about ourselves.

The fruit we bear, and want see evidenced in our life, begins with faith. It begins in our relationship with Jesus. This fruit doesn't produce itself, but it comes out of our relationship with God and his Holy Spirit at work in us.

*"Fruit is alive and it comes out of our living communion with Jesus as his power works in and through us."* Warren W. Wiersbe

**To think about:** When did you last consider your relationship with God? Have you had opportunity to be 'discipled', as well as having the opportunity to disciple others? As we seek to be sensitive to the leading of the Holy Spirit, it is then that the evidence of the Spirit's work is revealed in our lives. Let's seek to place faithfulness, gentleness and self-control at the core of who we are. It is by doing this that we will become more like Christ.

## Session Aims

To consider how faithfulness, gentleness and self-control come from God

To consider how we can live these for ourselves in all circumstances

## Bible Reading

Daniel 6:1-23 (International Children's Bible)

*Darius thought it would be a good idea to choose 120 governors. They would rule through all of his kingdom. And he chose three men as supervisors over those 120 governors. Daniel was one of these three supervisors. The king set up these men so that he would not be cheated. Daniel showed that he could do the work better than the other supervisors and the governors. Because of this, the king planned to put Daniel in charge of the whole kingdom. So the other supervisors and the governors tried to find reasons to accuse Daniel. But he went on doing the business of government. And they could not find anything wrong with him. So they could not accuse him of doing anything wrong. Daniel was trustworthy. He was not lazy and did not cheat the king. Finally these men said, "We will never find any reason to accuse Daniel. But we must find something to complain about. It will have to be about the law of his God."*

*So the supervisors and the governors went as a group to the king. They said: "King Darius, live forever! The supervisors, assistant governors, governors, the people who advise you and the captains of the soldiers have all agreed on something. We think the king should make this law that everyone would have to obey: No one should pray to any god or man except to you, our king. This should be done for the next 30 days. Anyone who doesn't obey will be thrown into the lions' den. Now, our king, make the law. Write it down so it cannot be changed. The laws of the Medes and Persians cannot be cancelled." So King Darius made the law and had it written.*

*When Daniel heard that the new law had been written, he went to his house. He went to his upstairs room. The windows of that room opened toward Jerusalem. Three times each day Daniel got down on his knees and prayed. He prayed and thanked God, just as he always had done.*

*Then those men went as a group and found Daniel. They saw him praying and asking God for help. So they went to the king. They talked to him about the law he had made. They said, "Didn't you write a law that says no one may pray to any god or man except you, our king? Doesn't it say that anyone who disobeys during the next 30 days will be thrown into the lions' den?"*

*The king answered, "Yes, I wrote that law. And the laws of the Medes and Persians cannot be cancelled."*

*Then those men spoke to the king. They said, "Daniel is one of the captives from Judah. And he is not paying attention to the law you wrote. Daniel still prays to his God three times every day." The kings became very upset when he heard this. He decided he had to save Daniel. He worked until sunset trying to think of a way to save him.*

*Then those men went as a group to the king. They said, "Remember, our king, the law of the Medes and Persians. It says that no law or command given by the king can be changed."*

*So King Darius gave the order. They brought Daniel and threw him into the lions' den. The king said to Daniel, "May the God you serve all the time save you!" A big stone was brought. It was put over the opening of the lions' den. Then the king used his signet ring to put his special seal on the rock. And he used the rings of his royal officers to put their seals on the rock also. This showed that no one could move that rock and bring Daniel out. Then King Darius went back to his palace. He did not eat that night. He did not have any entertainment brought to entertain him. And he could not sleep.*

*The next morning King Darius got up at dawn. He hurried to the lions' den. As he came near the den, he was worried. He called out to Daniel. He said, "Daniel, servant of the living God! Has your God that you always worship been able to save you from the lions?"*

*Daniel answered, "My king, live forever! My God sent his angel to close the lions' mouths. They have not hurt me, because my God knows I am innocent. I never did anything wrong to you, my King."*

*King Darius was very happy. He told his servants to lift Daniel out of the lions' den. So they lifted him out and did not find any injury on him. This was because Daniel had trusted in his God.*

### **Memory Verse**

2 Timothy 1:7 (International Children's Bible)

*God did not give us a spirit that makes us afraid. He gave us a spirit of power and love and self-control.*

### **Tell the story**

This video from Saddleback Kids tells the story of Daniel <https://www.youtube.com/watch?v=ZV3eQ2PBqHE>

Get children or leaders to act out the story as you tell it

Read the story from the Jesus Storybook Bible, you could pause at different points and ask the children what they think happens next.

### **I wonder ...**

- ... why Daniel kept praying?
- ... how Daniel felt in the lions' den?
- ... what you would have done?
- ... how Daniel shows faithfulness, gentleness & self-control?
- ... why the king was so upset?
- ... if you have ever had to stand up against something or someone?
- ... how God can help in these situations?

### **Ideas & Activities**

Daniel vs Lions

Have 2 or 3 children volunteer to be Lions. The rest of the children are Daniels. The Lions stand in the middle of the room, while the Daniels all stand at one end. When you tell them to go, the Daniels have to try and reach the other end of the room without being caught by the Lions. If they are caught they become a Lion and join them in the middle of the room. The Daniel left at the end is the winner.

Sweet Duel

Have 2 children sitting back to back, but not so they are touching. Give each child a sweet tell them they can eat it, but they have to wait. The child who wins is the one who manages to wait the longest.

Beat the buzz/operation/flour game

Have a few 'patience' challenges for the children. Beat the buzz such as [https://www.amazon.co.uk/Buzzer-Steady-Childrens-Electronic-Family/dp/B00P2VYYK4/ref=sr\\_1\\_2?keywords=beat+the+buzz&qid=1556715909&s=gateway&sr=8-2](https://www.amazon.co.uk/Buzzer-Steady-Childrens-Electronic-Family/dp/B00P2VYYK4/ref=sr_1_2?keywords=beat+the+buzz&qid=1556715909&s=gateway&sr=8-2), Operation and the flour game (pack flour into a bowl so it is solid, tip it out and put a sweet on the top, the children take it in turns to cut away the flour without it collapsing).

Lion masks

Make some lion masks, you can find template here <https://www.firstpalette.com/printable/lion-mask.html>

Lion keyrings/magnets, face painting

Make some lion key rings or magnets. You could do this with yellow card, and some yellow pompoms for the mane.

### **Prayer Time**

Give each child a mirror such as the ones you can find here [https://www.amazon.co.uk/SCHOOL-MIRRORS-Size-PLASTIC-15cm/dp/B00LONABXI/ref=sr\\_1\\_6?adgrpid=55986039329&gclid=EAAlaQobChMI8N-So5H64QIVCUTTCh3qpgh6E-AAYASAAEgL29fD\\_BwE&hvadid=259132432223&hvdev=c&hvlocphy=9045888&hvnetw=g&hvpos=1t1&hvqmt=e&hvrnd=10690203327490359758&hvtargid=kwd-298672055224&hydadcr=25334\\_1768022&keywords=small+mirrors&qid=1556706975&s=gateway&sr=8-6](https://www.amazon.co.uk/SCHOOL-MIRRORS-Size-PLASTIC-15cm/dp/B00LONABXI/ref=sr_1_6?adgrpid=55986039329&gclid=EAAlaQobChMI8N-So5H64QIVCUTTCh3qpgh6E-AAYASAAEgL29fD_BwE&hvadid=259132432223&hvdev=c&hvlocphy=9045888&hvnetw=g&hvpos=1t1&hvqmt=e&hvrnd=10690203327490359758&hvtargid=kwd-298672055224&hydadcr=25334_1768022&keywords=small+mirrors&qid=1556706975&s=gateway&sr=8-6) Get the children to write their names, or draw themselves and think about how the fruits of faithfulness, gentleness and self-control are reflected in them.

### **Space**

Get the children to find a space to either sit or lie down in. Ask them to close their eyes and slowly read Psalm 3. Get them to consider what it means to stand up against things that they think are wrong. Ask them to think about a time when they have been faithful to what they believe, a time they have chosen to be gentle and a time when they have shown self-control.

### **Worship Songs**

Wonderful Lord, Wonderful God is based on Psalm 3. This could either be sung on its own, or played as you read the Psalm <https://www.youtube.com/watch?v=HtRtvuQBBnc>

# Session 5: Going Out

## Leaders' Reflection

Serving comes naturally when we live out the Fruits of the Spirit. As we share these characteristics in our life, it becomes a part of who we are in Christ. We are able to see his guiding on our lives as we serve him. Paul's focus in Galatians is less about the different fruits, and more towards living in connection with Christ. We need to be well rounded in how we share, and how we serve.

Please note that this stuff takes time and effort! We each need to spend time in working with the fruit given to us. After all, it's not overnight that a fruit grows from a seed. There's a process that has to take place. In the same way, as new people come to know Jesus, fruitful lives can often be a long time in the making. We can't therefore expect that overnight we will suddenly show and exhibit all the characteristics of the fruits of the spirit. Instead, we'll need to take time to think, pray, plan, and perfect all of these different characteristics – with the help of God's Holy Spirit.

**To think about:** As you prepare for living out the Fruits of the Spirit in your own life, find time to know and experience God afresh. Ask for his guidance to live more fruitfully. Take the love, joy, peace, patience, kindness, goodness, faithfulness; gentleness and self-control with you wherever you go - to the ends of the world - and let others know Jesus through you!

## Session Aims

To consider what having the fruits of the spirit means for us

To consider what this means for us going out into the world

## Bible Reading

Matthew 28:19-20 (International Children's Bible)

*So go and make followers of all people in the world. Baptize them in the name of the Father and the Son and the Holy Spirit.  
Teach them to obey everything that I have told you. You can be sure that I will be with you always.  
I will continue with you until the end of the world.*

## Memory Verse

Joshua 1:9 (New Living Translation)

*This is my command – be strong and courageous! Do not be afraid or discouraged.  
For the Lord your God is with you wherever you go.*

## Tell the story

This video from Saddleback Kids tells the story of Jesus and his command to make disciples in the world [https://www.youtube.com/watch?v=UcFw8pLBSIo&list=PLUCbqoFj\\_UMzUdHujLSGY-9IC2UjppqTvi&index=1](https://www.youtube.com/watch?v=UcFw8pLBSIo&list=PLUCbqoFj_UMzUdHujLSGY-9IC2UjppqTvi&index=1)

Have a large floor map and get the children to walk over it as you read the bible passage. Get them to consider what it means to tell people all over the world about Jesus. You could maybe mark places in the world where there are Christian communities.

## I wonder ...

- ... why Jesus wants us to tell people about him?
- ... how we show others the fruits of the spirit?
- ... which fruit of the spirit you have most of?
- ... which fruit of the spirit you need more of?
- ... what you could do to get more of it?
- ... how we tell people about Jesus?

## **Ideas & Activities**

### Chinese Whispers

Get the children to pass a message round each other by whispering it in each other's ears. The last person to get the message says it out loud. See how similar it is to what started.

### Make a compass

Give each child a paper plate, an arrow and a split pin. Attach the arrow to the plate with the pin, which should be able to spin round the plate. The children could either mark the compass with N, S, E and W or get them to consider places where they could tell about Jesus. For example, school, home, with friends, at football etc. They can then decorate the compass however they want.

### Strength test

In groups get the children to hold something at with their arms straight out. This doesn't have to be anything heavy. The child who can hold it for the longest wins.

## **Prayer Time**

Get the children to gather in groups of 2's or 3's. Ask them to tell each other what they have learned this week and pray with each other.

Give each child the 9 fruits each written on a separate piece of paper. Get the children to consider them in their own lives. Have a fruit bowl in the middle of the room. Ask the children to consider which fruits they already see in their lives, and which ones they need help with. Get them to bring forward the ones that they already see in their lives and leave them in the fruit bowl. Tell them to take away the ones they need to work on as a reminder for themselves.

You might want to have something the children could take away with them to remind them of the week. Items such as fruit themed notebooks, keyrings or erasers can be bought and be taken away by the children.

## **Space**

Have images of places that the children might find themselves in. For example, home, school, with friends etc. Ask them to look at the images and as they do consider how they can share the fruits of the spirit in these places. They may be some of the places that they included on their compass.

## **Worship Songs**

Shine by Spring Harvest <https://www.youtube.com/watch?v=W2xc-w8Zcbo>

Holy Spirit Fill Me Up <https://www.youtube.com/watch?v=hw71caOINM4>



Youth and  
Children's  
Ministries

<https://www.salvationarmy.org.uk/youth-and-childrens-ministries>

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