

Explore It

FOR LEADERS



SPIRITUAL FRUIT

 **Ephesians 2:10; Matthew 7:18; John 15:16** People know you by your actions

You might sometimes feel like the last person who is chosen to be on the team, but be assured, God chose you! You have been chosen by him to bear fruit for him. And the fitter and healthier you are spiritually, the more fruit will be visible in your life. This fruit includes different attitudes and actions that become more and more evident in our lives as we follow God's way. God's Spirit enables these fruits to grow in our lives, just as fruit grows on a tree when it is properly cared for.

Each child will need:

→ Pens/pencils and paper

You will need:

→ Image of the painting *Vertumnus* by Giuseppe Arcimboldo — see Action It section

Start It

🗨 **Say:** God created us, and in Ephesians 2:10 we discover what he thinks of his creation.

Screenshare:

'We are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.'

— Ephesians 2:10 (NLT)

🗨 **Say:** We may not feel that we are anything special, but God can do amazing things in us and through us. He can create something new.

Video

Watch the clip where a street artist has transformed everyday items into something new. The clip is 10 minutes long, but you can stop it at any point.

Screenshare: *There's a genius street artist that made the world a happier place* by Gooddays (10 mins 1 sec)

https://www.youtube.com/watch?v=N7gAt_MhYZs

Ask: Which new creation is your favourite?

Sing It

Our song for this week has a disco theme, so let's boogie on down and remember that we are God's masterpiece.

'Ephesians 2:10 NLT - Power Verse Dance' by Victory Kids Fort (2 mins 44 sec)

<https://www.youtube.com/watch?v=bhu3uf6QUoA>

Tell It

🗨️ **Say:** In Ephesians 2:10 we discover that we are God's masterpiece, created to do the good things he planned for us long ago. We are very special to God and he has chosen us to bear his fruit.

🗨️ **Say:** In our previous sessions we have imagined ourselves as spiritual athletes, growing strong and healthy for God. Today we are thinking about a growing tree, with its strong branches and abundant fruit.

🗨️ **Say:** In Matthew 7:18 Jesus says:

'A healthy tree cannot bear bad fruit, and a poor tree cannot bear good fruit.'

— Matthew 7:18 (GNT)

Ask:

➔ What do you think Jesus means?

➔ What do you think it has to do with growing as a Christian?

Video

Screenshare: *Trees and their fruit* by LifeKids (2 mins 6 sec)

<https://www.youtube.com/watch?v=6yE-1SoD5m8>

🗨️ **Say:** The clip reminds us that people are like trees. Just as we can identify what kind of tree it is from the fruit that it produces, we can identify people by their actions.

Ask: What kind of fruit do you think Christians should grow?

🗨️ **Say:** In his letter to the Galatians, Paul reminds us of the kind of fruit Christians should grow in their lives.

Screenshare:

'But the fruit of the Spirit gives love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.'

— Galatians 5:22-23 (ICB)

Video

🗨️ **Say:** For our next activity you will need to remember all the fruit of the Spirit. We've already had a song for today, but here's an extra one to help you memorise the fruit of the Spirit.

Screenshare: 'Fruit of the Spirit children's song' by Bob Baxter (2 mins 44 secs)

<https://www.youtube.com/watch?v=Rezg4jYFoj0>

Ask: So ... what are the fruit of the Spirit?

Action It

🗨️ **Say:** Have a look at this picture by Giuseppe Arcimboldo called *Vertumnus*. The entire portrait is made from fruits, vegetables and flowers.

[https://en.wikipedia.org/wiki/Vertumnus_\(painting\)#/media/](https://en.wikipedia.org/wiki/Vertumnus_(painting)#/media/)

File:Vertumnus_%C3%A5rstidernas_gud_m%C3%A5lad_av_Giuseppe_Arcimboldo_1591_-_Skoklosters_slott_-_91503.tiff

🗨️ **Say:** Arcimboldo's picture is made of lots of different fruits, vegetables and flowers. As Christians we are made up of the fruit of the Spirit.

Draw

Ask the children to create a self-portrait using fruits, vegetables and flowers. They can add the names of fruit of the Spirit around their picture or incorporate them into their self-portrait.

Ask: Imagine a person who, with God's help, has grown all the fruit of the Spirit in their life. What kind of person do you think they would be?

● **Say:** In order to grow as Christians, we need to rely on God for spiritual food so that we can grow strong and produce fruit for him. In the gospel of John, Jesus says these words:

'You did not choose me; I chose you. And I gave you this work, to go and produce fruit. I want you to produce fruit that will last.'

— John 15:16 (*ICB*)

Ask:

- Look at your fruit self-portrait again. What kind of fruit do other people see in you?
- What fruit do you need to ask God to help you grow?

Pray It

● **Say:**

Dear God,

Thank you for creating us and thank you that we are your masterpiece. Help us to keep growing in you, learning from you and producing fruit that shows how much we love you. Thank you for choosing us to show the love of Jesus to everyone we meet. Help us to grow in love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

Amen.

Explore It

Remember to send home the Explore It (For Me) and Explore It (Together) ideas for children and families.