

Love (Fruit of the Spirit)

This lesson begins a new series based on the Fruit of the Spirit in Galatians 5. Each installment will focus on a specific character quality that God creates in us through his Spirit. This Bible lesson teaches children about love. It reminds them of how much Jesus loved and how they can follow him by loving others too.

Scripture: Galatians 5:22-26; Matthew 22:37-39; 1 Corinthians 13; Colossians 3:12-14; 1 John 3:16-18, 4:7-21

Exegetical Idea: Love is a fruit of the Spirit and a command from God.

Pedagogical Idea: If we are believers, we are now walking in the Spirit, and one fruit of the Spirit is love. God commands us to love Him and one another as He has loved us.

Cognitive Aim: Children will know they have the ability to love as God loves when His Spirit lives within them and as they abide in Him.

Affective Aim: Children will feel love for God as they hear about His great love for them in dying for their sins.

Behavioral Aim: Children will write down ways they can show love to particular people throughout the week (and hopefully do it!) and memorize Galatians 5:22-23.

Memory Verse: Galatians 5:22-23, "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law."

Lesson Overview

1. **Kindle Curiosity** Description: Eat fruit, discuss how certain trees produce certain fruits. Introduce lesson topic. Supplies: Bible, fruit
2. **God Revealed** Description: Read different Scriptures; discuss how love is a command and how we know what love is. Supplies: Bibles (extras for children who forget to bring one)
3. **Personal Pursuit** Description: Learn specific ways of what love looks like through 1 Corinthians 13, hear a story and act out different

responses. Supplies: Bible, 1 Corinthians 13:1-8a, 13 written out for each child (if you have pre-readers, you will not need these, but have a chalkboard/dry erase board handy), pencils for each child

4. **Daily Knowing** Description: Write out ways to show love this week, memorize Galatians 5:22-23. Supplies: Notecards for each child, notecards for each parent with Galatians 5:22-23 written on them

**For the fruit of the Spirit lessons, you could make a tree for the wall labeled "believer" or "Christian." Each week you can add the particular attribute you are teaching about. This week, you would add "love", allowing a child to place it on the branch of the tree. I would encourage you to only use one type of fruit (if you are writing each virtue on a fruit), for though there are several virtues produced by the Spirit, they are all one type of fruit: the fruit of the Spirit.

1. Kindle Curiosity

- (Check for allergies and adapt the fruit as necessary.) Pass around slices of apples to each child. Tell them to go ahead and eat their slice. Ask: What if I told you this apple came from an orange tree? What would you say? (Provide time for their responses.) It would be impossible for an orange tree to produce an apple! Only apple trees produce apples and only orange trees can produce oranges. God made different kinds of plants and trees to produce certain fruits and only those fruits.
- State: In the Bible, God teaches us that people produce fruit as well. Before we know God, what kind of fruit do you think we produce? We are only able to produce bad fruit. We constantly produce fruit like anger, hatred, jealousy, and greediness. After we become followers of God, He gives us His Spirit. Because we have His Spirit living inside of us, we are able to produce good fruit, fruit that comes directly from Him. Sometimes we will still continue to produce bad fruit because it is impossible for us not to sin, but just as sunshine, rain, and good soil cause an apple tree to produce apples, as we seek to know God, learn from Him, and listen to Him, the fruit of the Spirit is produced in us.

2. God Revealed

- State: First, I want us to look at Galatians chapter 5, verses 22-26. Would two of you like to read this for us? (Give them each a couple of verses to read. This depends on the age range and reading abilities of

your particular group of children. Adjust the lesson accordingly. Take time to explain this verse a little so they are able to understand exactly what it means.)

- State: After we believe and trust in Jesus Christ, He gives us the Holy Spirit, who lives within us. It is the Spirit who produces this fruit in us as we abide in Him, and apart from Him, these things would be impossible for us to have in their purest form. This does not mean it is always *easy* to show these characteristics in our lives, but it does mean we are now able to respond in love or self-control or patience in difficult situations because we have the Spirit within us.
- State: So today we are going to learn about love. Let's see what God can show us through His Word! We want to discover together what love looks like for those who have God's Spirit within them.
- State: Turn to Matthew chapter 22 verses 37-39. Jesus says, "'Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.'" Jesus calls these two commands the *greatest* commandments! So love is not just a fruit of the Spirit, it is a command from God!
- Ask: So how do we know what love looks like? We know what love is by looking to God. First John 4:7-11 says this, "Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love does not know God because God is love. This is how God showed His love among us: He sent His one and only Son into the world that we might live through Him. This is love: not that we loved God, but that He loved us and sent His son as an atoning sacrifice for our sins. Dear friends since God so loved us, we also ought to love one another." Chapter 3 verses 16 and 18 state, "This is how we know what love is: Jesus Christ laid down His life for us. And we ought to lay down our lives for our brothers...let us not love with words or tongue but with actions and in truth."
- State: So we know that love comes from God, God is love, and God showed His love to all of us by sending Jesus Christ to die for us so that we may know Him. We also know from 1 John that love is not just something we say, it is what we do. Jesus showed His great love for us by dying for us. We can show love to one another by putting others first and thinking of them more than ourselves, loving them like Christ loves us.

3. Personal Pursuit

- State: Before we can truly love others, we must know and love God. How do we keep the greatest commandment, to love God with all of our heart, soul, and mind? One major way to love God is to come to know

Him more and more through His Word and through prayer. You know through His Word that God died for you and for me! This should cause us to overflow with love towards Him! As we come to know Him, learn from Him, and listen to His voice, we are *abiding* in Him. As we abide in Him and He in us, the fruit of love is produced in our lives.

- State: After we learn that love is from God, His love for us and our love for Him can overflow into the people around us. (Pass out 1 Corinthians 13:1-8a, 13.)
- After each group has finished, you are going to give a scenario where a choice has to be made by the children. (For example, a boy at school has no friends, but he is mean to everyone. He even pushed you one day at school and told you to get out of his way!) Then continue to the next section.

4. Daily Knowing

- State: I want you to take time now to write down how you can show love this week to the people in your life, whether it is your parents, your brothers and sisters, a friend, or kids at school you do not even know but who may need a friend. (Pass out a notecard to each child.) I want you to place this somewhere at home or school where you will see it everyday, and I want you to *do* these things! Remember, 1 John told us to not just love in words, but with our actions!
- Spend time in prayer together, asking God to help each of you produce the fruit of love each day, particularly this week in the ways that each child has written down.
- Work with them on memorizing Galatians 5:22-23. Remind the parents how important it is for them to help their children review their verses all throughout the week. Provide each parent with a notecard that has Galatians 5:22-23 written on it.

Joy (Fruit of the Spirit)

This Bible lesson continues our series based on the Fruit of the Spirit in Galatians 5. Each installment will focus on a specific character quality that God creates in us through his Spirit. Children will know joy is a fruit of the Spirit, God is our joy, from His Word comes joy, and our hope for eternity gives us joy.

Scripture: Galatians 5:22-26; Psalm 43:4, 21:6, 119:111; Proverbs 10:28; Isaiah 51:11, 55:12, Nehemiah 8:10, Habakkuk 3:18-19, John 15:11, 16:20, Hebrews 12:2, James 1:2

Exegetical Idea: Joy is a fruit of the Spirit, available to all believers as they abide in Christ.

Pedagogical Idea: If the Holy Spirit is within us, we can experience joy even in times of sorrow as we abide in Christ.

Cognitive Aim: Children will know joy is a fruit of the Spirit, God is our joy, from His Word comes joy, and our hope for eternity gives us joy.

Affective Aim: Children will feel joy as they praise God and discover joy together.

Behavioral Aim: Children will praise God through song, pray, and memorize Habakkuk 3:18.

Memory Verse: Habakkuk 3:18, ““Yet I will rejoice in the Lord; I will take joy in the God of my salvation.”

Lesson Overview

1. **Kindle Curiosity** (5 minutes) Description: Learn and sing together *Blessed be the Name of the Lord* by Matt Redman.
2. **God Revealed** (15 minutes) Description: Explore God’s Word, learn about the fruit of joy. Supplies: Bible
3. **Personal Pursuit** (10 minutes) Description: Have an expectant or new mother come and talk to the children (or feel free to have a missionary come in who has suffered for the Gospel or share your own personal story of when you experience joy in the midst of suffering). Compare times of happiness and times of sorrow through drawing. Praise God through song.
4. **Daily Knowing** (7-10 minutes) Description: Pray together, memorize Habakkuk 3:18. Supplies: Notecards with Habakkuk 3:18 written on them for the parents. On the back, write down the Scripture references found at the beginning of the lesson pertaining to joy. Ask the parents to read and discuss these verses with their children during the week.

**For the fruit of the Spirit lessons, you could make a tree for the wall labeled "believer" or "Christian." Each week you can add the particular attribute you are teaching about. This week, you would add "joy", allowing a child to place it on the branch of the tree. I would encourage you to only use one type of fruit (if you are writing each virtue on a fruit), for though there are several virtues produced by the Spirit, they are all one type of fruit: the fruit of the Spirit. There are also several object lessons and activities on the website that would compliment this lesson if you have more time with your children. Many activities over the fruit of the Spirit would work well as the children are arriving.

1. Kindle Curiosity

- After all of the children have arrived, sit together and ask: Can anyone tell me what joy is? (Allow time for discussion, but it is okay if they do not yet completely understand what joy is.)
- State: Today I want us to learn a song together that expresses joy. In our lives here on earth, we will always have sorrow and tears. Because of sin, we will never be able to experience a life without sadness. But when we repent from our sin and turn to Christ for our salvation, we receive the Holy Spirit. The Holy Spirit allows us to produce the fruit of joy. This song is called *Blessed be the Name of the Lord*. It is a song about praising God through the wonderful times and the sorrowful times of our lives. Even in our sadness, we can choose to have joy and praise God, saying "Blessed be Your name, O Lord". Let's learn this song together!

2. God Revealed

- Bring the children back around you on the floor or at a table. State: So because we have the Holy Spirit, we can have joy. Let's read together Galatians 5:22-23, "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law" If joy is a fruit of the Spirit, what do we already know about joy? (If we have the Spirit, we can have joy, no matter what.) Remember that after we believe and trust in Jesus Christ, He gives us the Holy Spirit, who lives within us. It is the Spirit who produces this fruit in us as we abide in Him. (Choose a child to add *joy* to the *Fruit of the Spirit Tree* as described at the beginning of the lesson.)

- State: Where can we look to discover what joy truly is? (God's Word!). There are many verses that talk about joy in the Bible. Since His Word is our truth, it is the first place we should turn to learn more about this fruit of the Spirit.
- State: Let's turn together to Psalm 43:4. "Then I will go to the altar of God, to God my exceeding joy, and I will praise you with the lyre, O God, my God." What can we discover about joy from this verse? (God is our joy!). Not only did the psalmist say that God is his joy, but his *exceeding* joy, joy that goes above and beyond even regular joy!
- State: Now let's turn to Psalm 119:111. "Your testimonies are my heritage forever, for they are the joy of my heart." The psalmist is talking about God's Word. He is saying that God's Word is his forever, and it is joy of his heart. Why do you think God's Word is the joy of his heart? As we read God's Word, we discover more and more of who He is. We learn about His promises to us and all that He has done. We can experience joy when we read and know God's Word, just like the writer of this psalm!
- State: We know that we can have joy through the Holy Spirit producing His fruit within us. We also know that God is our joy and that we experience joy through His Word. James tells believers to consider it joy when they go through difficult times in their lives. How is it possible to have joy, to praise God, in difficult times? Joy is very different from happiness. Happiness cannot be present when someone is sad. But joy can always be present, even at the same time as sadness.
- State: Now let's look at another verse to find out how joy can be present at the same time as sadness! Turn to Proverbs chapter ten verse 28 "The hope of the righteous brings joy, but the expectation of the wicked brings will perish." If we are Christians, we have something the rest of the world does not: the hope of eternal life with God. After we die, we know we will live forever with God. He will wipe away every tear from our eyes and there will be no more sorrow. When we understand that we have this to look forward to, it gives us joy! We know that the hard times we experience on earth will not last forever because of Christ. Knowing this truth allows us to have joy even in the midst of sadness and sorrow.

3. Personal Pursuit

- State: Have an expectant or new mother come and talk to the class, describing the pain and difficulties experienced in pregnancy, but the joy she has at the same time, knowing that she is suffering for her baby and that it will not last forever. At the end of her short period of suffering, she will have a precious baby to hold in her arms and spend each day with.

- The mother herself can draw the connection or you can after she shares her story. In a similar way, we can have joy when we go through suffering in our lives because we know who we are suffering for, Christ, and He is worth it! We also know that one day we will be with Him for eternity and never experience suffering again.
- Pass out blank sheets of paper to each child. Explain that you would like them to listen to the song *Blessed be the Name of Lord* again. The song states, "Blessed be your name in the land that is plentiful...Blessed be your name when I'm found in the desert place..." Have them draw what they think this means. Discuss it as you go along, since this concept may be too abstract for the younger children. The "land that is plentiful" is a time of happiness, like making a new friend or going on a family vacation. The "desert place" is a time of sadness and/or suffering, like losing a pet or a family member, moving away from your home, divorce, etc. If you have time, you can go into a deeper discussion of why the song writer chose these descriptions. You could let them list the differences between each place. For example, a land that is plentiful has water, food, growth, and everything you would ever need.
- State: The Bible tells us that the joy of the Lord is our strength in sadness (Nehemiah 8:9). When we go through these desert places, the joy we have within us through the Holy Spirit is our strength. He holds our hands and walks with us every step of the way. Psalm 56:8 says that God holds our tears in His bottle. He is never far when we suffer, but right by our sides.
- Praise God together again with the song *Blessed be the Name of the Lord*. Allow them to move around freely, maybe making up motions to go with the song.

4. Daily Knowing

- State: So we can experience joy when we know God. He is our joy, and the more we know Him, the greater our joy becomes. We can experience joy when we read God's Word. In His Word we discover His truth, His promise, and who He is. We can experience joy when we remember how much Christ suffered for us and how He is worth suffering for now. And we can experience joy when we remember the hope we have of spending all of eternity with God without suffering or sadness. However, if we are not abiding in God (coming to know Him more each day and living for Him), we cannot expect to have the fruit of joy produced within us. It would be like taking away the water and sunlight from a fruit tree. The fruit will die and no more will be able to grow.

- State: If we are abiding in Christ, we will have the fruit of the Holy Spirit, and we can say, "I am going through suffering, yet I will rejoice in the Lord; I will take joy in the God of my salvation" (Habakkuk 3:18, ESV). This is our memory verse for this week, "Yet I will rejoice in the Lord; I will take joy in the God of my salvation."
- Spend time in prayer together. Remember the specific situations your children are going through. Invite them to share if they haven't already. Praise God for the fruit of the Holy Spirit, the joy we are able to have because He lives within us.
- Encourage the parents to work on this verse with their children. Send a notecard home with each parent with the verse written on it. On the back, list the Scriptures found at the beginning of the lesson for the teacher. Ask the parents to go through each of these verses in order for them to learn more about joy from God's Word.

Peace (Fruit of the Spirit)

This is the third Bible lesson in our series based on the Fruit of the Spirit in Galatians 5. Each particular lesson plan explains a specific character quality that God creates in us through his Spirit.

Scripture: Galatians 5:22-23, John 14:27, John 16:33, Romans 5:1, Romans 8:6, Romans 12:18, Romans 15:13, Romans 15:33, Philippians 4:4-7, 2 Corinthians 1:2, 2 Corinthians 13:11, Ephesians 2:14, Ephesians 4:2-3, Philippians 4:9, Colossians 3:15, 2 Thessalonians 3:16, Hebrews 12:14, 2 John 1:3

Exegetical Idea: Peace is a fruit of the Spirit, available to all believers as they abide in Christ.

Pedagogical Idea: As believers, we have the fruit of peace available to us as we abide and trust in Christ.

Cognitive Aim: Children will know peace comes from God, is made possible through Christ, and is a fruit of the Holy Spirit. They will also know we are to pursue peace with everyone.

Affective Aim: Children will feel peace as they experience the truth of God's Word through song.

Behavioral Aim: Children will praise God through song, pray together, and memorize John 12:27.

Memory Verse: John 14:27, "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid"

Lesson Overview

1. **Kindle Curiosity** (5 minutes) Description: Discuss the peace the world offers. Supplies: Bible, pictures of peace signs, a spa or beach, a person meditating-basically anything that the world offers to grant us "peace."
2. **God Revealed** (15 minutes) Description: Read and discuss Scripture about peace.
3. **Personal Pursuit** (10 minutes) Description: Share a personal story, discuss what peace looks like in our lives, praise God through song.
4. **Daily Knowing** (7-10 minutes) Description: Memorize John 14:27, pray together. Supplies: Notecards for parents with John 14:27 written on them.

**For the fruit of the Spirit lessons, you could make a tree for the wall labeled "believer" or "Christian." Each week you can add the particular attribute you are teaching about. This week, you would add "peace", allowing a child to place it on the branch of the tree.

1. Kindle Curiosity

- Begin by reading together Galatians 5:22-23.
- Hold up a picture of the peace sign. Ask: What does this mean? Allow them to answer and discuss. Continue holding up the pictures and lead it into a discussion about the world's view of peace.
- State: The world's view of peace includes an end to war or conflict, inner peace with yourself, and/or a state of complete relaxation (being at a beach or spa). All people long for peace in one way or another, whether it is just to experience a break from the worry of life or to end all wars. But the peace the world offers only lasts for a short while. War will never end on earth (until the peaceful reign of Christ) no matter how hard people try. A spa will never take all of the stress away forever. Meditation does not grant real peace.

- State: But Christians have God’s peace available to them, a peace that is greater than anything the world offers. Peace is a fruit of the Spirit, and as we abide in Christ, we can experience the perfect peace that comes only from God.

2. God Revealed

- You may want to write down each aspect of peace in bold on the board you are reading in Scripture as you are teaching them.
- Ask: In order to understand true peace, what do we need to do? (Look in the Bible!) God’s Word is our ultimate source of truth. We are first going to look at some verses that will **define** what peace is. Let’s turn together to Philippians 4:4-7. “Rejoice in the Lord always; again I will say, Rejoice! Let your gentle spirit be known to all men. The Lord is near; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”
- State: What can we define about peace based on these verses? (It comes from God, it comes as a **result of prayer**, it is the **opposite of anxiousness**, and it **goes beyond our understanding**.)
- It is definitely clear from Scripture that **peace comes directly from God!** Many of the books in the New Testament are actually letters written to churches. In many of the letters, the writer begins and ends the letter with a blessing of peace. For example, 2 Corinthians 1:2, “Grace to you and peace from God our Father and the Lord Jesus Christ.” Second Thessalonians 3:16 states, “Now may the Lord of peace himself give you peace at all times in every way. The Lord be with you all.” (See also Romans 15:33, 2 Corinthians 13:11, Philippians 4:9, Romans 15:13, 2 John 1:3.)
- Ask: So why should we have peace as Christians? Let’s turn to Romans 5:1. “Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ.” A huge part of biblical peace is the fact that because of Christ we have been declared righteous before God and no longer have to pay the penalty for our sin (justification). **Our relationship with God is one of peace** and not of wrath. (See also Ephesians 2:14, Colossians 3:15).
- State: Peace ultimately comes from God, has been made through Christ, and is available to us daily through the Holy Spirit’s work inside of us (John 14:27, 16:33; Romans 8:6, Galatians 5:22).
- State: We are also called to **live in peace** with others. Romans 12:18 states it simply, “If possible, so far as it depends on you, live peaceably with all.” (See also Hebrews 12:14, Ephesians 4:2-3, 2 Corinthians 13:11.) This is part of the fruit the Holy Spirit is producing in us as we

abide in Christ. We have the ability through Him to live in peace with everyone.

3. Personal Pursuit

- State: Let's go back and focus on Philippians 4:7, "And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus." I want to share with you a story from my life that really displays the truth of this verse.
- State: Peace is such an amazing result of the work of the Holy Spirit in our lives! Our days can often be filled with worry and stress and fear. Biblical peace is completely opposite of all of these feelings! It is the absence of stress, worry, fear, and chaos. It is the resting and quieting of our souls before God as we remember who He is and trust in Him completely.
- State: How is biblical peace different from the peace the world offers us? (It never ends, it is real, it comes from our God of peace, it is always available to us as we trust in Christ, it is expected of us as believers, etc. List their answers on the board.) There is nothing in the world that could ever compare to the perfect peace of God!
- State: We are also commanded to live in peace with one another. What does the verse mean when it says "As far as it depends on you, live at peace with everyone" (Romans 12:18)? (Doing everything in our power to live at peace with the people around us. This could mean putting aside your own feelings and opinions for the sake of promoting peace.) Are you a peace-maker in your home? Why or why not? What are ways you can change?
- State: We can experience the peace of God through the storms of life when we remember who He is, that He keeps His promises, He is in control over every part of our lives, and we have His Spirit within us who is producing the fruit of peace. I am going to start a beautiful song called *Still* that declares trust and stillness (peace) in God through the storms of life

4. Daily Knowing

State: I want us to memorize together John 14:27, "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid" These are the very words of our Lord and Savior Jesus Christ! We know we can trust and believe His Words are true. Let's memorize this together now.

State: When you are going through worry, stress, fear, or just a chaotic day, I want you to remember these words of Christ, be still, and

remember who your God is. Trust in Him, and you will experience His peace that surpasses all understanding.

- Spend time in prayer together. Remember the specific situations your children are going through. Invite them to share if they haven't already. Praise God for the fruit of the Holy Spirit, the peace we are able to have because He lives within us.
- Encourage the parents to work on this verse with their children. Send a notecard home with each parent with the verse written on it.
- As each child leaves, bless them with the words of 2 Thessalonians 3:16, "Now may the Lord of peace himself give you peace at all times in every way."

Patience (Fruit of the Spirit)

This is the fourth Bible lesson in our series based on the Fruit of the Spirit in Galatians 5. Each particular lesson plan explains a specific character quality that God creates in us through his Spirit.

Scripture: Galatians 5:22-23, 1 Timothy 1:16, Colossians 1:11, Proverbs 19:11, 2 Peter 3:15

Exegetical Idea: Patience is a fruit of the Spirit, available to all believers as they abide in Christ.

Pedagogical Idea: As believers, we have the fruit of patience available to us as we abide and trust in Christ.

Cognitive Aim: Children will know patience is modeled most greatly by our God, is made possible through Christ, and is a fruit of the Holy Spirit.

Affective Aim: Children will feel joy in the discovery of God's patience with us as sinners.

Behavioral Aim: Children will praise God through song, pray together, and memorize 1 Timothy 1:16.

Memory Verse: 1 Timothy 1:16, "But for that very reason I was shown mercy so that in me, the worst of sinners, Christ Jesus might display his

immense patience as an example for those who would believe in him and receive eternal life.”

Lesson Overview

1. **Kindle Curiosity** (5 minutes) Description: Test the children’s patience. Supplies: Oranges or other type of snack-see section below for details and other possible supplies.
2. **God Revealed** (15 minutes) Description: Read and discuss Scripture about patience.
3. **Personal Pursuit** (10 minutes) Description: Have someone come tell your class a story about waiting for the Lord. Perhaps a couple who struggled with having children or who adopted a child, waiting for the salvation of a family member, waiting for healing from an illness, etc., discuss what patience looks like in our lives.
4. **Daily Knowing** (7-10 minutes) Description: Memorize, pray together. Supplies: Notecards for parents with 1 Timothy 1:16 written on them.

**For the fruit of the Spirit lessons, you could make a tree for the wall labeled “believer” or “Christian.” Each week you can add the particular attribute you are teaching about. This week, you would add “patience”, allowing a child to place it on the branch of the tree. I would encourage you to only use one type of fruit (if you are writing each virtue on a fruit), for though there are several virtues produced by the Spirit, they are all one type of fruit: the fruit of the Spirit.

- Proverbs 19:11, “A person’s wisdom yields patience; it is to one’s glory to overlook an offense.”
- Colossians 1:11, “We pray that you will be strengthened with all His glorious power so that you may have great endurance and patience.”
- 1 Timothy 1:16, “But for that very reason I was shown mercy so that in me, the worst of sinners, Christ Jesus might display his immense patience as an example for those who would believe in him and receive eternal life.”
- 2 Peter 3:15, “ Bear in mind that our Lord’s patience (in reference to His second coming, read in context) means salvation, just as our dear brother Paul also wrote you with the wisdom that God gave him.”

On the opposite side write the following descriptions

- Through God’s power, we can be patient
- A wise person is patient
- Christ is patient so more people can be saved; He is our example.

Please note, there are four verses and three descriptions, so two verses will match the same description.

1. Kindle Curiosity

- Have a few oranges to pass out to the class. Take out a knife and slowly, slowly begin to slice up the oranges. Take your time! Lots of time! When you notice them becoming impatient, ask:
- **ASK:** Can anyone tell me what patience is? The dictionary tells us patience is the bearing of pain, misfortune, or annoyance without anger, irritation, or complaint. Bearing is like holding something very heavy. When you are going through something difficult, it can feel like you are carrying something very heavy everywhere you go. So patience is going through something very hard, or just something very annoying, without getting angry or complaining.
- **ASK:** What is the opposite of patience? (Impatience!) Did it make you irritated when I was taking so much time to pass out the orange slices to you? What are some things you go through each day that make you impatient?

2. God Revealed

- Begin by reading together Galatians 5:22-23.
- **SAY:** The Bible tells us in this passage that patience is a fruit of the Spirit. If we are saved, the Holy Spirit is living inside of us, and we can be patient people. This does not mean that we will be patient all the time! But as we come to know God more and more, we change! Patience becomes part of the kind of person we are. With the Spirit living inside of us, He gives the power to be patient!
- **Ask:** In order to know all about patience, what do we need to do? God's Word is our ultimate source of truth!
- **SAY:** There are four different parts of patience we are going to read about today.
- **ASK:** What do we learn about patience based on these verses?
- Proverbs 19:11 reminds us that a wise is patient. When someone wrongs them, they patiently forgive that person. Also, it is really tough to be patient sometimes, but Colossians 1:11 tells us that God's glorious power gives us strength to be patient. Not only does God give us strength to be patient, but He also shows us how to be patient. Second Peter 3:15 explains that Jesus is patiently waiting to come back to earth so that all people will have a chance to know Him and be saved. So, God is patient in a general way with all people, but also in a very specific way with each of us. In I Timothy 1:16 Paul says that he

was shown mercy so that God's perfect patience would be put on display. Paul, like all of us, did not deserve to be saved. He had offended God badly over and over again, but God was patient with him and still saved him.

3. Personal Pursuit

- **SAY:** Each day we will face situations that test our patience. These can be small things, like someone taking their time when you are in a hurry or very big things, like waiting on God to heal a family member. As we learn to be patient in the small things, God will prepare us to go through the bigger things. Today we have _____ here to share with us a story from their life when they had to wait on God and be patient.
- **Activity:** Use the Fruit of the Spirit coloring page for patience. Act out the scene depicted in the picture or the scenarios you discussed as a group. Emphasize ways you can control your irritation in different situations to show patience (prayer, leaving the room, remembering Scripture, etc.).
- **Say:** When we are struggling to be patient with another person, we should remember God's patience toward us. As sinners, we have offended God. The Bible says that we have even hated Him. So, God had every right to be angry with us, but instead He showed just how awesome His patience is by saving us! If someone hurts you and you really just want to explode back at them, think of all the things you have done against God. Think of how He could have punished you, but instead in His patience poured out His mercy and love. This is not just when we are saved either. Every day we still wrong God and He still is patient with us. So, may that truth sink deep into our hearts and motivate us to be patient with others!

4. Daily Knowing

- **SAY:** I want us to memorize together 1 Timothy 1:16, "But for that very reason I was shown mercy so that in me, the worst of sinners, Christ Jesus might display his immense patience as an example for those who would believe in him and receive eternal life."
- Spend time in prayer together. Remember the specific situations your children are going through. Invite them to share their needs and praises. Praise God for the fruit of the Holy Spirit, the patience we are able to have because He lives within us.
- Encourage the parents to work on this verse with their children. Send a notecard home with each parent with the verse written on it.

Kindness (Fruit of the Spirit)

This is the fifth Bible lesson in our series based on the Fruit of the Spirit in Galatians 5. Each particular lesson plan explains a specific character quality that God creates in us through his Spirit.

Scripture: Galatians 5:22-23, Proverbs 3:3, Micah 6:8, Ephesians 4:32, Titus 3:3-5a

Exegetical Idea: Kindness is a fruit of the Spirit, available to all believers as they abide in Christ.

Pedagogical Idea: As believers, we are able to display the fruit of kindness as we abide and trust in Christ.

Cognitive Aim: Children will know kindness is modeled most greatly by our God, is made possible through Christ, and is a fruit of the Holy Spirit.

Affective Aim: Children will feel thankful for God's great kindness towards them.

Behavioral Aim: Children will do five acts of kindness this week and pray for God to help them produce the fruit of kindness.

Memory Verse: Ephesians 4:32, "Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you." (ESV)

Lesson Overview

1. **Kindle Curiosity** (5 minutes) Description: Find the letters to discover the topic of today's lesson.
2. **God Revealed** (15 minutes) Description: Read and discuss Scripture about kindness.
3. **Personal Pursuit** (10 minutes) Description: Discuss five ways to show kindness this week, make necklaces, color Fruit of the Spirit sheet.
4. **Daily Knowing** (7-10 minutes) Description: Memorize Ephesians 4:32, pray together. Supplies: Notecards for parents with Ephesians 4:32 written on one side. On the other, instruct parents to ask their children what 5 acts of kindness they are going to do this week.

****For the fruit of the Spirit lessons, you could make a tree for the wall labeled "believer" or "Christian." Each week you can add the particular attribute you are teaching about. This week, you would add "kindness," allowing a child to place it on the branch of the tree.**

1. Kindle Curiosity

- **DO:** Hide each letter of KINDNESS around the room. After the children arrive, explain to them that there are eight letters hidden around the room that spell the fruit of the Spirit you will be learning about today. After they find all of the letters, see if they can discover which fruit it is on their own by looking at the verse on the board. Give them clues if they are unable to figure it out. Then have them spell out KINDNESS by looking at the board and arranging the letters in the right order on the floor or tape them to the board underneath the verse.
- **ASK:** Can anyone tell me what kindness is?
- **SAY:** Kindness can be shown with our thoughts, our actions, and our words. How many of you are kind all of the time? None of us are kind all of the time! It is very easy to be unkind to our family and our friends because we are sinners. How can we discover more about kindness? (By reading God's Word!) Let's go to His Word now!

2. God Revealed

- **DO:** Begin by reading together Galatians 5:22-23.
- **SAY:** The Bible tells us in this passage that kindness is a fruit of the Spirit. If we are saved, the Holy Spirit is living inside of us, and we can be people who overflow with kindness! This does not mean that we will be kind all the time. But as we come to know God more and more, we change. Kindness becomes part of who we are. With the Spirit living inside of us, He gives the power to be kind! This is only possible if you have believed and trusted in Christ for your salvation.
- **Read** Titus 3:3-5a. **SAY:** This verse helps us to discover one of the most important things about kindness-God is our example! He is a God of great kindness, and one of the main ways we see His kindness is through His forgiveness. What picture can we draw to help us remember where kindness comes from? (Cross)
- **Read** Ephesians 4:32. **SAY:** This verse commands us to be kind! It tells us to be kind as God is kind to us through His forgiveness!
- **Read** Proverbs 3:3 **SAY:** We are supposed to bind kindness around our necks and write it on our hearts! This means kindness is supposed to be part of who we are! It is with us wherever we go. What can we draw to help us remember this verse? (Heart for being)

- **Read** Micah 6:8. **SAY:** We are not supposed to be kind just because we are commanded to, but we are to *love* kindness, to think of it with joy! We are to *want* to be kind! What could we draw to help us remember this verse?
- **ASK:** What do we learn about kindness based on these verses? Kindness is what we do, what we say, and what we think. We are to be kind, to love kindness, and to learn kindness from our only perfect example, our God!

3. Personal Pursuit

- **SAY:** We are going to come up with five kind things we can do this week! They can be things to do at home, at school, or at church.
- **Do:** Use the Fruit of the Spirit [coloring page for kindness](#). Emphasize that as God produces kindness in our hearts, we begin to see other people as more important than ourselves. Remind them of Christ, who humbled Himself, coming down from the throne, making Himself a weak human in order to save all of mankind. We are to emulate Him!
- **Say:** When we are struggling to be kind to another person, we should remember God's great kindness toward us. As sinners, we have offended God. The Bible says that we have even hated Him. So, God had every right to be angry with us, but instead He showed just how great His kindness is by saving us! When you really want to respond to someone with unkindness, think of how God could have punished you for your sin. But instead, in His kindness, He offers everyone here complete forgiveness! Every day we still sin against God, and He continues to be kind to us. Let's show the kindness to others that God has shown to us! This is possible only if we abide in Him, if we get to know Him more and more through praying, learning His Word, and following Him.

4. Daily Knowing

- **SAY:** I want us to memorize together Ephesians 4:32, "Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you."
- Spend time in prayer together. Remember the specific situations your children are going through. Invite them to share their needs and praises. Praise God for the fruit of the Holy Spirit, the kindness we are able to have because He lives within us.
- ask them about the five acts of kindness they will do this week.

Goodness (Fruit of the Spirit)

This is the sixth Bible lesson in our series based on the Fruit of the Spirit in Galatians 5. Each particular lesson plan explains a specific character quality that God creates in us through his Spirit.

Scripture: Galatians 5:22-23, Psalm 25:7, Psalm 31:19, Zechariah 9:16-17a, Ephesians 2:10, Philemon 1:13-14, Galatians 6:9

Exegetical Idea: Goodness is a fruit of the Spirit, available to all believers as they abide in Christ.

Pedagogical Idea: As believers, we are able to display the fruit of goodness as we abide and trust in Christ.

Cognitive Aim: Children will know goodness is modeled most greatly by our God, is made possible through Christ, and is a fruit of the Holy Spirit.

Affective Aim: Children will feel confident that God is good all of the time.

Behavioral Aim: Children will begin a Food Drive project and will memorize Galatians 6:9.

Memory Verse: Galatians 6:9, "And let us not grow weary of doing good, for in due season we will reap, if we do not give up."

Lesson Overview

1. **Kindle Curiosity** (5 minutes) Description: Build with canned goods. Discover what Fruit of the Spirit today's lesson is about.
2. **God Revealed** (15 minutes) Description: Look to God's Word to discover what He says about goodness.
3. **Personal Pursuit** (10 minutes) Description: Challenge class with food drive, decorate food drive box.
4. **Daily Knowing** (7-10 minutes) Description: Memorize Galatians 6:9, pray together. Supplies: Notecards with memory verse written out for parents.

**For the fruit of the Spirit lessons, you could make a tree for the wall labeled "believer" or "Christian." Each week you can add the particular

attribute you are teaching about. This week, you would add "goodness," allowing a child to place it on the branch of the tree. **For this particular lesson, you will need to discuss the Food Drive with the leadership at your church before challenging your class. It should be a church-wide drive, and you need the support of your church leadership.

1. Kindle Curiosity

- **DO:** Build a pyramid of canned goods. After building, let them know that some of the cans have letters on the bottom. Instruct them to find all of the letters and see which fruit of the Spirit it spells. They can look to the verse for help (Galatians 5:22-23) . After they spell "goodness," read the verse aloud.
- **ASK:** What is goodness? Is it different from kindness? In this verse, goodness does not just mean *being* good, but *doing* good and pushing others to *do* good. What kinds of things do we do that are good?
- **SAY:** These cans of food are a hint to something good that we can do. All around us are people who do not have enough money for food. One simple way to do good is to donate food to people who have none. Churches and schools do something called "Food Drives." This is when you bring lots of canned food or boxes of food and they give them away to people who are in need. Can you think of other ways we can do good for people in our community and around the world? (Picking up trash, clothing drives, buying gifts for children at Christmas, volunteering at homeless shelters, etc.)
- **ASK:** How can we discover more about goodness-what it is and where it comes from? By looking in God's Word! Let's go to His Word now and see what He will reveal to us about goodness.

2. God Revealed

- **DO:** Begin by reading together Galatians 5:22-23.
- **SAY:** The Bible tells us in this passage that goodness is a Fruit of the Spirit. If we are saved, the Holy Spirit is living inside of us, and we can be people who overflow with goodness! This does not mean that we will be good and do good all the time. But as we come to know God more and more, we change! Goodness becomes part of who we are. With the Spirit living inside of us, He gives the power to do good!
- **Read** Psalm 25:7, "Remember not the sins of my youth or my transgressions; according to your steadfast love remember me, for the sake of your goodness, O Lord!"
- **SAY:** God is good. It is a key part of who He is that we have to believe and cling to. We see His goodness displayed to us in many ways. What

aspect of God's goodness does this verse tell us about? (Forgiveness, forgetting our sins). God does not have to forgive us of the many sins we commit, but in His great love and goodness, He does.

- **Read** Psalm 31:19, "Oh, how abundant is your goodness, which you have stored up for those who fear you and worked for those who take refuge in you, in the sight of the children of mankind!" and **read** Zechariah 9:16-17a, "On that day the Lord their God will save them, as the flock of his people; for like the jewels of a crown they shall shine on his land. For how great is his goodness, and how great his beauty!"
- **ASK:** What do we learn about God's goodness from these two verses? (It is great towards those who follow Him.) If we are believers, God has promised His goodness to us. This means that whatever happens in our lives, however horrible or bad it may seem, God ultimately intends it for our good. And because He is completely good, it is impossible for Him to do anything not good. When you see and go through terrible times, you have to learn to cling to this truth. Our God is good, all of the time, and the things we think are intended for our harm, He intends for our good.
- **Read** Philemon 1:13-14, "I would have been glad to keep him with me, in order that he might serve me on your behalf during my imprisonment for the gospel, but I preferred to do nothing without your consent in order that your goodness might not be by compulsion but of your own accord."
- **SAY:** I wanted us to read this verse because it reveals to us an important thing about the Fruit of the Spirit. This is a letter from Paul to a church. He wants them to free a slave from punishment, but he says he does not want them to do this out of "compulsion." This means he does not want them to do it because he is making them do it. He wants them to do it because they *want* to do it. When we abide in Jesus Christ, come to know Him more and more, the Fruit of the Spirit become part of who we are. We begin to want show the fruit in our lives, like goodness and kindness. Your parents will not have to tell you to be good or to be kind, but you will do it on your own. This is what happens when we allow Jesus Christ to completely change us from the inside out!
- **Read** Galatians 6:9, "And let us not grow weary of doing good, for in due season we will reap, if we do not give up." And **read** Ephesians 2:10, "For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them."
- **ASK:** What do we learn about goodness based on these two verses? God has created us to *do good*. Doing good may be difficult and challenging, but it is also rewarding. We grow more like Christ, we learn

how to be compassionate and loving to the poor and needy. We experience the love of people we may have never talked to before.)

3. Personal Pursuit

- **SAY:** I have a challenge for our class. I want us to show this Fruit of the Spirit, goodness, by organizing a Food Drive at our church (or anything else that would fit your church family). Our class will be responsible for spreading the word through making posters and telling everyone about it. We will pick a date that we want all the food to be here by and encourage all of our church family to do good by bringing as much food as they can. We will set a goal of how many items we want them to bring and see if we can reach that goal! Now this is all up to you. Do you think you can do good and get others to do good with this Food Drive?
- **Do:** Decorate a Food Drive box. Ideas: Place handprints all over the box using paint (symbolize doing), write verse references with markers, draw pictures of fruit tree to symbolize Fruit of the Spirit, etc. Let them use their creativity!
- **Do:** Make fliers for the Food Drive. For the sake of time, put the children in three groups. Each group makes one flier together, and one teacher can make copies to hang around the church. If you do have time, you may want to go ahead and allow the children to hang them around the building. Another option is to make the fliers beforehand and use your time for the children to hang them up around the church.
- **Do:** Use the Fruit of the Spirit coloring page for goodness. Act out the scene depicted in the picture or the acts you discussed as a group. Emphasize that as God produces goodness in our hearts, we will begin to have a great desire to do good and teach others to do good.

4. Daily Knowing

- **SAY:** I want us to memorize together Galatians 6:9, "And let us not grow weary of doing good, for in due season we will reap, if we do not give up."
- Spend time in prayer together. Remember the specific situations your children are going through. Invite them to share their needs and praises. Praise God for the fruit of the Holy Spirit, the goodness we are able to do because He lives within us.
- Encourage the parents to work on this verse with their children. Send a notecard home with each parent with the verse written on it.

Faithfulness (Fruit of the Spirit)

This is the seventh Bible lesson in our series based on the Fruit of the Spirit in Galatians 5. Each particular lesson plan explains a specific character quality that God creates in us through his Spirit.

Scripture: Galatians 5:22-23, Psalm 86:15, Psalm 100:5, Psalm 89:1, 1 Samuel 12:24, Psalm 37:3, Romans 3:3-4

Exegetical Idea: Faithfulness is a fruit of the Spirit, available to all believers as they abide in Christ.

Pedagogical Idea: As believers, we are able to display the fruit of faithfulness as we abide and trust in Christ.

Cognitive Aim: Children will know faithfulness is modeled most greatly by our God, is made possible through Christ, and is a fruit of the Holy Spirit.

Affective Aim: Children will feel confident of God's faithfulness to them, even when they are faithless.

Behavioral Aim: Children will memorize 1 Samuel 12:24.

Memory Verse: 1 Samuel 12:24, "Only fear the LORD and serve him faithfully with all your heart. For consider what great things he has done for you."

Lesson Overview

1. **Kindle Curiosity** (5 minutes) Description: Discover what Fruit of the Spirit today's lesson is about.
2. **God Revealed** (15 minutes) Description: Look to God's Word to discover what He says about faithfulness.
3. **Personal Pursuit** (10-15 minutes) Description: Discover more about faithfulness through activities. Supplies: Adjectives and actions that describe a faithful person and an unfaithful person written out on rectangles of paper (10-15, for example: keeps their word, breaks a promise, worships God daily, never prays, etc); a large sign that say "Faithful" and one that says "Unfaithful" taped to the wall; tape; faithfulness coloring sheets found here: [Fruit of the Spirit](#)

4. **Daily Knowing** (7-10 minutes) Description: Memorize 1 Samuel 12:24, pray together. Supplies: Notecards with memory verse written out for parents.

**For the Fruit of the Spirit lessons, you could make a tree for the wall labeled "believer" or "Christian." Each week you can add the particular attribute you are teaching about. This week, you would add "faithfulness," allowing a child to place it on the branch of the tree

1. Kindle Curiosity

- **DO:** Set out all of the sports paraphernalia before your students arrive.
- **ASK:** How many of you have a favorite sports team? How do you support your team? How do we support [Your students' team]? What happens when our team loses? Do we start cheering for the other side? Why not? (We are loyal to our team.)
- **SAY:** No matter what, we will always support [_____]! They are our team. We are loyal to them. We believe in them. We cheer for them when they win and when they lose!
- **ASK:** Can you find a Fruit of the Spirit listed on the board that describes our loyalty to our team? Can anyone describe faithfulness to me?
- **SAY:** Faithfulness is a lot like loyalty...but goes much deeper. If the Bible tells us we are to be faithful, we should search to discover what that means! How can we discover more about faithfulness? By looking in God's Word! Let's go to His Word now and see what He will reveal to us about faithfulness.

2. God Revealed

- **DO:** Begin by reading together Galatians 5:22-23.
- **SAY:** The Bible tells us in this passage that faithfulness is a Fruit of the Spirit. If we are saved, the Holy Spirit is living inside of us, and we can be people who overflow with faithfulness! This does not mean that we will be faithful all the time. But as we come to know God more and more, we change! Faithfulness becomes part of who we are. With the Spirit living inside of us, He gives us the power to be faithful!
- **Read** Psalm 86:15, "But you, O Lord, are a God merciful and gracious, slow to anger and abounding in steadfast love and faithfulness."
- **SAY:** This verse is said over and over again in the Bible! What does it tell us about God? (He is merciful, gracious, slow to anger, and abounding in love and faithfulness.) God abounds with faithfulness! This means it overflows from Him. This is who our God is and why this verse

is repeated so many times in the Bible. God is showing us how important it is that we believe in who He is. Our God is a faithful God! It is only from Him that we learn how to be faithful people.

- **Read** Psalm 100:5, "For the LORD is good; his steadfast love endures forever, and his faithfulness to all generations."
- **SAY:** God's faithfulness endures to all generations. This means it is not just for grandparents or your parents. God was faithful to your great, great grandparents, your great grandparents, and is faithful to you, your children, your grandchildren, your great, great grandchildren, and even your great, great, great, great, great grandchildren! God's faithfulness is for all generations, past, present, and future!
- **Read** Psalm 89:1, "I will sing of the steadfast love of the LORD, forever; with my mouth I will make known your faithfulness to all generations."
- **SAY:** We know that God's faithfulness is to all generations, but what does this verse tell us to do? (Tell all generations about His faithfulness!) As God's people, we should be using our mouths to tell everyone about who God is, about His faithfulness!
- **Read** 1 Samuel 12:24, "Only fear the LORD and serve him faithfully with all your heart. For consider what great things he has done for you."
- **SAY:** The Bible tells us in many, many verses to be faithful to our God. One of the main ways the Fruit of faithfulness is displayed in our lives as believers is by our faithfulness to Him. So *how* do we show faithfulness to God? (Worshipping Him, obeying His Word, knowing His Word, praying to Him, etc.)
- **Read** Psalm 37:3, "Trust in the LORD, and do good; dwell in the land and befriend faithfulness."
- **SAY:** So the Bible tells us that faithfulness is part of who we are as we abide in Christ. What does this verse tell us about faithfulness? What do you think it means to "befriend" faithfulness? When you make a new friend, you have to spend time and energy making the friendship grow. You have to *cultivate* a friendship, like you would grow a plant. We are to cultivate faithfulness within ourselves. This means intentionally being faithful to your family, your friends, and to our God. This also means praying for faithfulness to overflow in your heart, studying faithfulness in Scripture, and getting to know our faithful God who is our only perfect example of faithfulness!

3. Personal Pursuit

- **Do:** Choose a volunteer to read the following scenario: A young girl stops talking to her friend. She stops spending time with her entirely. At school, she talks badly and lies about her friend whom she used to

love. She ignores her, betrays her, and is completely unfaithful to her. What would you do if this were your friend?

- **DO:** Choose another volunteer. Have them read Romans 3:3-4, "What if some were unfaithful? Does their faithlessness nullify the faithfulness of God? By no means! Let God be true though every one were a liar..."
- **ASK:** What is God's response to us when we are unfaithful? (He is still faithful!) No matter what we do, our God will always be faithful to us as His people, just as we would never stop supporting our home team. He will always keep His Word; His promises will never be broken. If we are to follow God's example of faithfulness, how should we respond to an unfaithful friend? (Continue to be faithful to them.)
- **SAY:** Now that we have talked a little more about faithfulness, let's get specific! We are going to do an activity that helps us understand what a faithful person does and does not do.
- **DO:** Scatter out the descriptive words and actions on a table or the floor. Have the children decide which characteristics go under faithful and which go under unfaithful. Once they decide, they need to run and tape it under the correct column (faithful and unfaithful). After they are done, read all of the characteristics out loud under each label.
- **SAY:** I want everyone to close their eyes for a moment and think about the words we just read aloud. Which column describes you? If we were to know everything you did and said this last week, would your life show that you are faithful to our God? Are you faithful to your family, your friends? Or are you unfaithful? Even if your life is now showing you to be an unfaithful person, you have great hope! Christ died so that we may know God. As we know God more and more, we are able to become more like Him. We begin to display the Fruit of the Spirit in our lives. If you are not displaying faithfulness yet, keep spending time with our faithful God! He will change you and form you into a person of great faithfulness, faithfulness to Him and faithfulness to others! And no matter how unfaithful we are to God, His faithfulness towards you will never ever change. He is always faithful! Everything He says, He will do. Every promise He makes, He will keep.

4. Daily Knowing

- **SAY:** I want us to memorize together 1 Samuel 12:24, "Only fear the LORD and serve him faithfully with all your heart. For consider what great things he has done for you."
- Spend time in prayer together. Remember the specific situations your children are going through. Invite them to share their needs and praises. Praise God for the Fruit of the Holy Spirit, the faithfulness we are able to have because He lives within us and for His great faithfulness to us.

Gentleness (Fruit of the Spirit)

This is the eight Bible lesson in our series based on the Fruit of the Spirit in Galatians 5. Each particular lesson plan explains a specific character quality that God creates in us through his Spirit.

Scripture: Deuteronomy 32:2, Galatians 5:22-23, Matthew 11:28-29, 2 Samuel 22:36, 1 Peter 3:15, Galatians 6:1

Exegetical Idea: Gentleness is a Fruit of the Spirit, available to all believers as they abide in Christ.

Pedagogical Idea: As believers, we are able to display the fruit of gentleness as we abide and trust in Christ.

Cognitive Aim: Children will know gentleness is modeled most greatly by our God, is made possible through Christ, and is a Fruit of the Holy Spirit.

Affective Aim: Children will feel comforted by the gentle nature of our God.

Behavioral Aim: Children will memorize Proverbs 15:4.

Memory Verse: Proverbs 15:4, "A gentle tongue is a tree of life, but perverseness (viciousness, from Strong's) in it breaks the spirit."

Lesson Overview

1. **Kindle Curiosity** (5 minutes) Description: Discover what Fruit of the Spirit today's lesson is about.
2. **God Revealed** (15 minutes) Description: Look to God's Word to discover what He says about gentleness.
3. **Personal Pursuit** (10-15 minutes) Description: Learning activity, coloring sheets, pray together
4. **Daily Knowing** (7-10 minutes) Description: Memorize Proverbs 15:4. Supplies: Notecards with memory verse written out for parents.

**For the Fruit of the Spirit lessons, you could make a tree for the wall labeled "believer" or "Christian." Each week you can add the particular attribute you are teaching about. This week, you would add "gentleness," allowing a child to place it on the branch of the tree.

1. Kindle Curiosity

- This activity depends on your resources. If you have new parents who can come and talk to your class about how they had to learn to handle a baby gently, that would be great! If not, do the following:
- **DO:** Show pictures of newborn babies with their parents and siblings.
- **ASK:** Do any of you have a baby brother or sister? How do we handle babies? Babies are fragile. We have to be careful with them. We are never rough with babies because it will hurt them. We treat them with gentleness.
- **SAY:** Can you guess what Fruit of the Spirit we are talking about today from look at our verses on the board? Gentleness! Today we will discover that gentleness is not just about how we care for a baby. God desires for us to be gentle in our actions, our words, and our attitudes! Where do we go to discover God's truth about gentleness? (His Word! The Bible!)

2. God Revealed

- **Read Deuteronomy 32:2** to your students as a prayer over your teaching time:
"May my teaching drop as the rain, my speech distill as the dew, like gentle rain upon the tender grass, and like showers upon the herb."
- **SAY:** This is my prayer as I teach you this morning. Now let's read some verses together and discover God's truth about gentleness!
- **DO:** Make a column on the board entitled *Gentleness*. Explain that together you will make a list of words that describe gentleness as you read different verses from the Bible. Begin by reading together Galatians 5:22-23.
- **SAY:** The Bible tells us in this passage that gentleness is a Fruit of the Spirit. If we are saved, the Holy Spirit is living inside of us, and we can be people who overflow with gentleness! This does not mean that we will be gentle all the time. But as we come to know God more and more, we change! Gentleness becomes part of who we are. With the Spirit living inside of us, He gives us the power to be gentle! So what would be the first thing we write on the board to describe gentleness? (Fruit of the Spirit).
- **Read Matthew 11:28-29**, "Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls."
- **SAY:** Jesus models gentleness to us by calling all of those who are tired and suffering to find rest in Himself. He gently leads us, like a Shepherd

with His sheep. What can we write on the board about gentleness from this verse? (Jesus is our example of gentleness.)

- **Read** [2 Samuel 22:36](#), "You have given me the shield of your salvation, and your gentleness made me great."
- **SAY:** This verse is from a song David sang after God delivered Him from his enemies. Earlier in the verse we see how powerful our God is in defeating David's enemies. Describing God as gentle does not mean He is not powerful. David faced a lot of dangers in his life, but God was always there, caring, protecting, and guiding him. When David says God's gentleness made him great, he is referring to His constant care over his life. What can we write on the board for this verse? (God is our example of gentleness. Words to describe it for us: listener, protector, safe place)
- **Read** [1 Peter 3:15](#), "but in your hearts honor Christ the Lord as holy, always being prepared to make a defense to anyone who asks you for a reason for the hope that is in you; yet do it with gentleness and respect..."
- **SAY:** So gentleness is not keeping your faith to yourself, but proclaiming the Gospel with gentle words, in a respectful way. If someone asks you why you believe or even attacks your reasons for believing, you have to be ready to defend your faith in a gentle and respectful way. What do learn about gentleness from this verse? (Share truth with gentleness).
- **Read:** [Galatians 6:1](#), "Brothers, if anyone is caught in any transgression, you who are spiritual should restore him in a spirit of gentleness. Keep watch on yourself, lest you too be tempted."
- **SAY:** As brothers and sisters in Christ, we are to correct and confront each other when we see sin. This verse shows us that we are to do it with a spirit of gentleness. Instead of saying "You are such a sinner! You are horrible", we should say, "I have seen this sin in your life. It hurts me to see you in this sin because I care about you. God loves you and desires for you to repent." What do we learn about gentleness from this verse? (Correct sin with gentle spirit, gentle words.)

3. Personal Pursuit

- **Do:** Set out the jar full of scenarios. Split your children into two or three groups, depending on your class size. Have each group pull out a scenario.
- **SAY:** Each group has pulled out a description of a situation you might find yourself in one day. Your job is to act out this situation two times. The first time, you will show us how to handle it without gentleness. The second time you will show us how you could handle it with

gentleness based on the verses we just talked about. If you need any help, let us know!

- Adapt their time based on your schedule.
- After they are finished, have everyone sit down and discuss what they have learned. While you are talking, pass out the gentleness coloring sheet.
- **DO:** Have a time of silence. Ask the following questions rhetorically: Is gentleness a part of who you are right now? Do your words show gentleness or are they harsh and mean? Do you show gentleness with your actions? Are you a protector, a listener, a comforter to your friends and your family? Let's ask God together to grow the fruit of gentleness in our hearts this week. (Pray together. During your prayer, thank God for His gentle way with us and for Christ, for it is only through Him that we can be changed and produce the Fruit of the Spirit.)

4. Daily Knowing

- **SAY:** I want us to memorize together Proverbs 15:4, "A gentle tongue is a tree of life, but perverseness (viciousness) in it breaks the spirit."
- Spend time in prayer together. Remember the specific situations your children are going through. Invite them to share their needs and praises. Praise God for the Fruit of the Holy Spirit, the gentleness we are able to have because He lives within us and for His great gentleness to us.
- Encourage the parents to work on this verse with their children. Send a notecard home with each parent with the verse written on it.

Self-Control (Fruit of the Spirit)

This is the ninth Bible lesson in our series based on the Fruit of the Spirit in Galatians 5. Each particular lesson plan explains a specific character quality that God creates in us through his Spirit.

Scripture: Galatians 5:22-23, Matthew 4:1-11, Proverbs 25:28

Exegetical Idea: Self-control is a Fruit of the Spirit, available to all believers as they abide in Christ.

Pedagogical Idea: As believers, we are able to display the fruit of self-control as we abide and trust in Christ.

Cognitive Aim: Children will know self-control is modeled perfectly in Christ, is made possible through Him, and is a Fruit of the Holy Spirit.

Affective Aim: Children will feel confident in Christ's perfect, sinless life, which made it possible for them to experience His forgiveness and redemption.

Behavioral Aim: Children will memorize Proverbs 25:28.

Memory Verse: Proverbs 25:28, "A man without self-control is like a city broken into and left without walls."

Lesson Overview

1. **Kindle Curiosity** (5 minutes) Description: Discover what Fruit of the Spirit today's lesson is about
2. **God Revealed** (15 minutes) Description: Look to God's Word to discover truth about self-control. Supplies: Bible
3. **Personal Pursuit** (10-15 minutes) Description: Learning activity, apply the Scripture truth.
4. **Daily Knowing** (7-10 minutes) Description: Memorize Proverbs 25:28, pray together. Supplies: Notecards with memory verse written out for parents.

**For the Fruit of the Spirit lessons, you could make a tree for the wall labeled "believer" or "Christian." Each week you can add the particular attribute you are teaching about. This week, you would add "self-control," allowing a child to place it on the branch of the tree.

1. Kindle Curiosity

- **DO**: Set out a tray of marshmallows or another yummy snack after all your children have arrived. When they ask about it, **SAY**: Each of you can have a marshmallow right now if you want it...but...if you wait until the end of class, you can have two marshmallows! I am going to put the tray down over here. If you decide to eat the one marshmallow now, please grab one soon. At the end of class, I will pass out two marshmallows to everyone who decides to wait. (Allow them to think

for a few moments and then put the marshmallows out of reach, but not out of sight.)

- **SAY:** Today we will be discovering God's truth about the very last Fruit of the Spirit listed in Galatians 5. Can you tell me what that Fruit of the Spirit is? (Point them to the verse on the board. *Self-control!*)

2. God Revealed

- **DO:** Begin by reading together Galatians 5:22-23.
- **SAY:** The Bible tells us in this passage that self-control is a Fruit of the Spirit. If we are saved, the Holy Spirit is living inside of us, and we can be people who are self-controlled in every area of life! This does not mean that we will have self-control all the time. But as we come to know God more and more, we change! Through Jesus and Him alone, we have the power to be self-controlled!
- **SAY:** Before we get too far into our lesson though we need to talk about what self-control is exactly. Can anyone tell me what self-control is? Self-control is being in charge of your feelings, actions, and thoughts. So, basically, having self-control is making yourself do something that is not easy or doing something you really do not want to do. It is showing kindness to someone who has just hurt your feelings. It is obeying your mom right away when she asks you to clean your room instead of arguing. It is waiting for something patiently even when you want it really bad because you know something greater will happen. Some of you decided to eat a marshmallow right away. The temptation of a yummy marshmallows was too great to wait until the end of the class! We have to realize that self-control is almost always very hard!
- **ASK:** Who do you think would be our perfect example of self-control? (God, Jesus!) As a person who never sinned, Jesus practiced self-control perfectly! Just like with every other Fruit of the Spirit, He is our model. A lot of times self-control goes beyond just making ourselves do what is right and good. It also involves fighting against a desire or temptation to sin. We can find an example of this in the Bible, our source of truth! Let's read together Matthew 4:1-11.
- **SAY:** In this passage, Satan himself comes to Jesus and tempts Him three different times. Each time, Jesus practices self-control and does not sin.
- **ASK:** What is Jesus tempted with in verse 2? (Food) Matthew tells us that Jesus had been fasting (not eating) for 40 days and 40 nights and was hungry. Can you imagine how hungry Jesus would be after not eating for 40 days and nights?! I get hungry if I just skip breakfast! Satan knew this and so He tempts Jesus to use His power as God to make some food. However, even though Jesus must have been

extremely hungry, through Scripture He used self-control to resist the temptation to do what was easy.

- **SAY:** With the third temptation, Satan tells Jesus, "All you have to do is worship me and all the kingdoms of the world will be yours." Well, Jesus *is* the king of all the kingdoms of the world, and one day all kingdoms will worship Him. But as a human, he was not recognized as King. He came to earth to die for our sins and gain victory over Satan once and for all. So Satan was offering Him a short cut if Jesus would only worship him. But this would be extreme disobedience to our God! **ASK:** What did Jesus do? (Jesus was obedient and had self-control rather than disobeying God the Father.) Jesus never sinned, and not only during this time, but during His entire life. He is our perfect example! Because He lived a perfect life, we do not have to. Through His sacrifice, His death on the cross, we are forgiven and set free from our sin. As we come to know Him more and more, we can begin to be like Him! We can begin to show self-control through His power!

3. Personal Pursuit

- **DO:** Instruct your children to build two small cities out of blocks. Each city needs a wall around it to protect them from enemies. As they start, read Proverbs 25:28, "A man without self-control is like a city broken into and left without walls."
- **ASK:** What would happen if enemies came to this city and knocked the walls down? (They could get in-the people would be unprotected from another attack.)
- **SAY:** Let's pretend an army came and attacked this city. (Have them knock down all the walls using the army men.) They defeated them and left. Now the city has no walls. What will happen to them if they never rebuild their walls? (Their enemies can always get in. They will constantly be attacked. They will always be unprotected.) What about this other city, whose walls are still standing? (They are protected. Their enemies cannot come in.) If enemies continue to come in and out of this city whenever they want, what will it eventually look like? Can you show me using the army men? (Have them take the army men into the city and destroy all of it.) The city will never know peace and will be destroyed completely!
- **SAY:** The verse I read to you says that when we have no self-control, we are like this city with no walls. This means we have no protection against temptation. When it comes to us, like an enemy, it overpowers us, and we give in to all types of sin, like anger, disobedience, meanness, selfishness, unkindness, and many, many more! We are not able to say "No!" to temptation like Jesus, but always say "Yes." Our lives become a mess of sin and chaos. We have no peace, just like this

city that is a pile of rubble after enemies have constantly invaded and destroyed it.

- **DO:** Pass out the coloring sheets. As they are coloring, **SAY:** What we see in this picture has probably happened to you at least one time. We have all given into our feelings and sinned in situations when we really, really want something we are told we cannot have. Self-control is a Fruit of the Spirit. Remember-this means it does not come to us right when we begin to follow after God. We will lose the battle many times! But as we come to know God more and more, as we abide in Him, the Fruit of the Spirit begins to grow in our hearts.
- **ASK:** How can we come to know God more and more so that the fruit of self-control is produced in our hearts? (Through reading His Word, worshipping Him, talking to our moms and dads, going to church, praying to Him).

4. Daily Knowing

- **SAY:** I want us to memorize together Proverbs 25:28, "A man without self-control is like a city broken into and left without walls."
- Spend time in prayer together. Remember the specific situations your children are going through. Invite them to share their needs and praises. Praise God for the Fruit of the Holy Spirit, the self-control we are able to have because He lives within us. It is only through Christ, who lived a perfect life, that we are able to have self-control and the other Fruit of the Spirit. He has redeemed us, and though we will never be perfect, we can become more and more like Him as we follow Him during our lives on earth.
- Encourage the parents to work on this verse with their children. Send a notecard home with each parent with the verse written on it. Encourage them to daily remind their children about the Fruit of the Spirit and to demonstrate the Fruit in their own daily lives.