

FRUIT OF THE SPIRIT

Suggested order: Do the activity (option 1 or 2, or both), read the scripture, and pray.

Scripture: *“But the fruit of the Spirit [the result of His presence within us] is love [unselfish concern for others], joy, [inner] peace, patience [not the ability to wait, but how we act while waiting], kindness, goodness, faithfulness, gentleness, self-control.” Galatians 5:22-23a.*

Option 1: Three Types of Fruit

Display and discuss the three types of fruit.

1. Fake Fruit - (Initially, I wanted fake fruit that looked real, but decided that shiny, colorful toy fruit was just as ideal.) Though it looks perfect and without blemishes, there is no nourishment or flavor. It's not even edible! This fake fruit reminds us that some people do not allow the Holy Spirit to work within them. Their lives may seem good at quick glance, but really their lives are not productive or good for anything. Being good is not what faith is about!
2. Rotten Fruit - Though this fruit can show in our lives, it is not what anyone prefers to have around them. Rotten fruit can even make a person sick. Anger, selfishness, and jealousy are not from the Holy Spirit. Just as rotten fruit makes you sick, sin makes you spiritually sick and separated from God.
3. Fresh Fruit - The fresh fruit is not only appealing to the eye, but also healthy. It provides nutrients that each person needs. AND it tastes great! It's sweetness is perfect for eating fresh, though it can also be added to pies and breads. It can also be canned or made into jams and jellies. The fruit of the Spirit (love, joy, peace, patience, kindness, goodness, gentleness, and self-control) are evidence of the Holy Spirit working in our lives. The fruit of the Spirit in our own lives glorifies God and makes others want to be around us.

Option 2: Fruits Salad

Prepare several types of chopped fruits and vegetables (or other food items) in advance and place them in individual containers. (If you do not have nine types of fruit, just spread the various fruit into nine bowls. Label each fruit container with a fruit of the spirit. Label the non-fruit items with words such as selfishness, dishonesty, jealousy, or rudeness. (For older children and teens consider using synonyms instead of the actual word listed in the verse.)

Explain to the children that today you need to make a delicious fruit salad. Ask what would NOT be in a fruit salad. Ask what behaviors and attitudes are sins in our lives. Remind them (or ask) that these do not come from the Holy Spirit. Ask what is in a fruit salad. Ask what the fruit of the Spirit is. Remind them that our lives can sometimes get mixed up, with the evidence of our heart shown as the fruit of our lives.

Mix the "fruit of the spirit" and enjoy!