

Fruit of the Spirit

Part 1

Fruit of the Spirit is LOVE.

1 John 3:16

To understand that I am to love God and love others.

Worship

Enjoy learning the actions or singing and dancing along to these songs from Saddleback Kids:

“Fruit of the Spirit”

<https://www.youtube.com/watch?v=LSoJ1iopySQ&t=56s>

“Miracle of Love.”

https://www.youtube.com/watch?v=_s5U-MqMqOM&t=99s

Intro Activity

Use this activity to think about what makes you feel loved. Explain that all of us have different things which help us to feel loved and cared for, it is important that as a family we know what helps you.

Give each member of the family a set of cards (page 4) and ask them to put them in order with the most important at the top and the least important at the bottom. Point out there is no right or wrong answer. Then discuss together the card they put as most important and how that helps them to feel loved and cared for. (These are based on the 5 love languages by Gary Chapman)

If it helps you to discover your child's love language – do this online quiz with them:

<http://www.5lovelanguages.com/quizzes/child-quiz/>

Galatians 5:22-23 says “But the fruit that the Spirit produces in a person's life is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.”

The Fruit of the Spirit isn't like pieces of different fruit – apple or banana or watermelon. When we follow Jesus and are filled with Holy Spirit, He works in our lives to make us more like Jesus, then we start to see these things being produced in our lives – things like love, joy, peace etc.

Today we are going to think about how Holy Spirit produces LOVE in our lives, love for God and love for others.

Bible Story Object lesson – Overflowing Love

You will need:

Cup (1 per child), Baking Soda, Vinegar, Red Food Colouring, Tablespoon, Measuring Cup, Large Plate or Tray

Instructions:

1. Put a large plate or tray under each cup (The empty cup represents the emptiness in our hearts without Jesus).
2. Squirt a little bit of red food colouring into each cup (Jesus died on the cross to pay the price for your sin because He loves you so much).
3. Add a TBSP of Baking Soda to each cup (When you give your heart to Jesus, He washes it clean and gives you the Holy Spirit to help you follow, obey, and love Him and love other people).
4. Slowly pour in about 1/2 cup of vinegar (Because He first loved us, the Holy Spirit at work in our hearts bubbles up inside and causes His love to overflow out of our hearts and show love to others).

The disciple John was a friend of Jesus, one of his first friends, who had been with him all the time from the beginning of his ministry on earth to after he died and went to heaven. John saw how much Jesus loved people and so he chose to spend the rest of his life telling people about this love Jesus had and what it looked like. John wrote letters to people encouraging and teaching them about this love.

Look up and read together 1 John 3:16

Discuss: Jesus didn't just make us feel love, he used actions to show us love. How did Jesus show us love? This verse tells us to show others love too, what can you do to show other love? What about those in your family? (if you can link to love languages activity). What about people outside our family?

Activation

Holy Spirit produces love in our lives – spend a few minutes quietly with some worship music on soaking in His love and being filled with His love. Pray for each other and give away that love. If someone in your family needs healing release God's love to them and declare that his healing love would fill their body.

Holy Spirit produces love in our lives for God – Write or draw a love letter to God, telling him why you love him.

Holy Spirit produces love in our lives for others – Ask God for the name of someone you know who needs to know they are loved. Write or draw them a letter and send it to them.

Holy Spirit produces love in our lives for others – Think of ways as a family you can show love to each other this week, create a poster together naming the things you are going to do to show each other love and each sign it. Put this up somewhere to remind you of what you have planned to try and do.

Facebook Challenge

Tell us what happened when Holy Spirit met with you. Show us your Love letters and post the pictures on the facebook page.

The five love languages

Affirming words

Words of affection and care, praise and encouragement.

Quality time

Spending focussed time with you, having undivided attention, being together.

Gifts

Giving and receiving of undeserved gifts.

Acts of service

People helping you with things you find difficult or doing things for you which are really important to you and make your life easier.

Physical touch

Hugs, cuddles, kisses and pats on the back.