

Fruit of the Spirit - Week 1

Here is a menu of activities,
for you to choose from over the coming week.

Theme Overview: **Being filled with the Holy Spirit**

This Daily Discovery follows on from the Sunday Session 26 April
- Easter part 5 - Time for God to send his helper - Holy Spirit .

We want to understand that Holy Spirit comes to live in us, to help us be full of power and authority to do the work of God.

Activities

Make a poster of Galatians 5:22-23
or make some fruit bunting and write the verse on it.

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Ask God for a picture for the declaration
“I am bearing good fruit!” and create it.

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Do some gardening or plant and grow seeds.

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Collect twigs and make a tree using playdough or clay,
decorate it with things God has said to you about who you are.

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Make fruit cocktails or a fruit salad.
Have different fruits to represent different fruits of the spirit,
label the fruits and ask which fruit God is filling you with,
put these fruits into your glass or bowl.
Enjoy being filled with this fruit by God as you eat/drink the fruit.

Bible Stories to read & talk about together

Acts 2:1-13 When Holy Spirit came.

(This was the Bible story we looked at on Sunday.)

You could use this version from Saddleback kids:
<https://www.youtube.com/watch?v=OMQKy1Mx49M>



Galatians 5:22-23 The fruit of the Spirit

(We will look at each fruit of the Spirit over the following weeks)

When we trust and follow Jesus He gives us Holy Spirit to help us follow, obey, and love Him and other people.

The Holy Spirit at work in our hearts produces fruit.

Notice how Galatians 5:22-23 says that the fruit (not fruits) of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. When we follow Jesus He produces this fruit. We don't get to pick just one or two of these to live out, they all work together and make up one whole fruit—the fruit of the Spirit.



Psalm 1:1-3 If we live the way the Spirit leads us then we will produce good fruit.

Psalm 1:1-3 tells us that when we delight in God's teaching and think about what He says day and night we are like a tree that is planted by streams of water that produces fruit and its leaves don't wither. Have you ever seen a fruit tree before? Does an apple tree produce cookies? No! That's crazy. With proper sunlight, nutrition, and water it produces apples. In the same way, when the Spirit is working in our hearts we produce good fruit that mirrors who God is. When we follow Jesus His fruit grows in and out of us and is shown in the way we live our lives.



John 15:1-17 Jesus reminds us that we can't produce fruit alone.

We must remain in the vine - Jesus. What does remaining in Jesus mean? How do we remain in Jesus? What are His commandments? When we are connected to Jesus, His life, love, and joy is flowing through us and we receive all that He has to give. When we are walking with Him we bear fruit—fruit that will last. Which means that if we aren't connected to the vine (Jesus) then nothing of lasting value will come from our lives.

Bible Stories cont.

Mark 4:1-20 Parable of the Sower

https://www.youtube.com/watch?v=IZEO_Ls2ERs



Matthew 7:15-20 - Bearing Good Fruit

Worship and Encounters with God:

Ideas of songs to enjoy:

“O taste and see!” Bethel Kids Come Alive

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

“Fruit of the Spirit song for kids”

<https://www.youtube.com/watch?v=X-hrxEjWxkE>

“Deep Cries out!” Bethel Kids Come Alive

<https://www.youtube.com/watch?v=OMQKy1Mx49M>



Hold your arms out in front of you as if you are holding a bucket, ask Holy Spirit to fill up your bucket and then empty your bucket over each other! See what happens!



Pray for each other to be filled with Holy Spirit and pray/worship in tongues together.



Ask God for a picture of you like a tree and ask God to show you what he has planted you in, draw the picture God gives you.



Ask God to show you a picture of the fruit of the Spirit growing all over you, what fruit is God growing in your life? Now give away some of that fruit to each other - eg “God is growing an apple of kindness in me, so I give kindness away to you.”

Coming next: Fruit of the Spirit - LOVE!
Starting on Sunday 3rd May