

Fruit of the Spirit

Part 4

Fruit of the Spirit is PATIENCE.

Genesis 12 – Abraham is promised a son
Ephesians 4:2

To understand that I can be patient and wait cheerfully with God’s help.

Worship

Enjoy learning the actions or singing and dancing along to this song from Cheeky Pandas “Coming Alive!” (Fruit of the Spirit)
<https://www.youtube.com/watch?v=cxahmVFH8PU>

And enjoy worshipping to this song,
“I waited patiently – so good.” by Cory Asbury
<https://www.youtube.com/watch?v=TACZShROFmI>

Intro Activity

Find and read together **Ephesians 4:2** – “Be completely humble and gentle; be patient, bearing with one another in love.” Explain this is our verse for the week. Discuss what the different words mean and put actions to the verse so you can remember it.

Discuss a time when you have had to wait patiently for something exciting to happen as a family. Maybe for a holiday, a birthday party or the arrival of a sibling. How did that waiting feel? What was it like to be patient in that situation?

Play a game such as Sleeping Lions where you have to lie as still as you can for as long as you can without moving or giggling!

Remind each other that **Ephesians 4:2** says, *“Be completely humble and gentle; be patient, bearing with one another in love.”* Jesus calls us to be patient with each other even when a good thing isn’t going to happen or we can’t see when that good thing will happen.

The great news is Jesus doesn’t expect us to do it ourselves – He gives us PATIENCE through Holy Spirit.

Remind each other that we are looking at the fruits of the Spirit - 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 develop as we grow in our relationship with Jesus. We have already found out about the love, joy and peace he releases to us. This week we discover that we can be patient and wait cheerfully with God’s help.

Bible Story

- Read the story of Abraham being promised a Son, from Genesis 12. A great version can be found in the Jesus Storybook Bible – Son of Laughter.
- Discuss these questions: What did Abraham and Sarah have to wait for? How long did they have to wait? Did they always wait patiently? Did God do it?

Discuss: Waiting for something you are excited about is hard. No-one likes to wait, that’s where patience comes in. What is patience? We learn in the Bible that patience is waiting with a good attitude. No one likes waiting but God wants us to handle waiting in the best way possible, he wants us to have a good attitude while we are waiting because this makes us more ready and able to see and do the things which please God.

Abraham had to wait years before he saw God's promise for a Son fulfilled, in that time there were many things he and Sarah learnt about God and fulfilled in that time of waiting. In the time of waiting we have to trust God and his timings. And the best part is God helps us and releases this fruit of the Spirit to us. We will be able to be patient with a good attitude because all things are possible with God.

Activation

- Play the worship song "I waited patiently – so good." by Cory Asbury <https://www.youtube.com/watch?v=TACZShROFml>
Put blankets, cushions, duvets, sleeping bags on the floor and lie down together in God's presence. Ask God to surround you and fill you with his presence.
Expect to feel God's presence and for God to speak to you in words or pictures, ask God to show you anything you have been frustrated about and to hand those things to him. Ask him to fill you with his patience and to show you what that looks like. Draw pictures of what God showed you.
- Write down the prophetic words you have had as a family or as individuals from God. (Even if you haven't seen them happen yet). Make declarations out of them. Decorate them and put them up somewhere so they had remind you of God's faithfulness and you can keep declaring them this week.
- Spend time, at dinnertime together every day this week, seeing the gold in each other. Share around the table what you have appreciated or noticed in each member of the family that day. Ask God to show you what he sees in each other. Make a chart or poster each day as a reminder at the end of the week of the amazing people you are.