

# Fruit of the Spirit - Week 3

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

## Theme Overview: Fruit of the Spirit is JOY!

This Daily Discovery follows on from the Sunday Session 10th May

We want to understand that we are filled with joy  
when we spend time with God

### Worship and Encounters with God:

Ideas of songs to enjoy:

“Fruit of the Spirit Song – Saddleback Kids

<https://www.youtube.com/watch?v=LSoJ1iopySQ>

“Coming Alive”(Fruit of the Spirit) - Cheeky Pandas

<https://www.youtube.com/watch?v=cxahmVFH8PU>

“Freedom” – Bethel Kids Come Alive Album

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

“So will I.” – Hillsong

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

“King of me.” – Rend Co Kids

<https://www.youtube.com/watch?v=ks6zl2hL2Uk>



Ask Jesus what your “Joy Releaser” looks like. Draw or make this if  
you can and use it to release joy to your family.

## Worship and Encounters cont.

Sing, dance, play instruments  
or anything which helps you worship God.



Create your own play list of favourite worship songs  
together as a family and play it everyday.



Remember Jesus – in the story of Paul and Silas in Prison, they remembered Jesus, who he is and what he has done. Tell stories together about Jesus, who he is and what he has done in your life.

## Bible Stories to read & talk about together

### **Acts 16:11-40 – Paul and Silas in Prison.**

This is the story we looked at on Sunday,  
look at this again and discuss together.



### **The Light of the World**

The story of the shepherds from Jesus Storybook Bible.



### **Psalm 16:11**



**Psalm 148:3-6** - Read and talk with your child about how we see  
God's strength and wisdom in all that He made and created.

Talk about ways that we can praise God.

Draw something from Psalm 148.



**Psalm 147:4** – Look for a colouring sheet from this website:

<http://fromvictoryroad.com/tag/bible/>



### **Psalm 98:4-6**

## Activities

Note: Joy is a God given gladness that doesn't change if good or bad things happen. Joy comes from being with God and I can be joyful even in unhappy moments.

## Activities cont.

Make a joyful noise band, get together instruments that you have or make your own musical instruments from pots and pans or use these craft ideas.

<https://www.youtube.com/watch?v=7sUNXA4NYKI>

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Filled with Joy experiment – You will need: Balloons, Sharpie, Baking Soda, Vinegar, Plastic Water Bottle, Tablespoon, Funnel, Safety Glasses

Instructions: Write your child's name on the balloon with a Sharpie (The balloon represents your child). Fill empty water bottle about a 1/3 of the way with vinegar (This represents the Holy Spirit at work in their heart). Insert the funnel into the opening of the balloon, scoop a spoonful of baking soda into funnel to fill the inside of the balloon (This represents spending time getting to know God. Talk about ways we can do this—Reading His Word, Prayer, Worship, etc.). Attach the balloon to the plastic water bottle filled with vinegar. Slowly lift up the balloon and watch what happens next (The Holy Spirit fills us with joy when we spend time getting to know God. Joy comes from being with God which means you can be joyful even in unhappy moments).

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Make Fruit drinks – Here is an idea for a Copycat Orange Julius! Frozen orange juice concentrate (6oz), 1 cup of milk, 1 cup water, 1/4 cup sugar, 2 TSP vanilla, 1 cup ice cubes, blender. Instructions: Pour all of the ingredients into a blender, blend until smooth.

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Go stargazing as a family – sit outside in your garden on a clear night with blankets and a torch. Spend time together praising God & rejoicing that He created the stars and knows exactly how many there are. (Psalm 148:3-6, Psalm 147:4)

Here is a website to explore this more:

<https://www.getoutwiththekids.co.uk/activities/learning/stargazing/>

**Coming next: Fruit of the Spirit - PEACE!**  
**Starting on Sunday 17th May**