

# Fruit of the Spirit - Week 4

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

## Theme Overview: **Fruit of the Spirit is PEACE!**

This Daily Discovery follows on from the Sunday Session 17th May.

We want to understand that we can have true peace  
by trusting in God. His peace helps me not to be afraid  
or worried about anything.

### 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>

“God is still in control.” – Jesus Culture

[https://www.youtube.com/watch?v=sZnRzQ3\\_udE](https://www.youtube.com/watch?v=sZnRzQ3_udE)

“Peace be still.” – Lauren Daigle

[https://www.youtube.com/watch?v=VBzg4B3\\_yS8](https://www.youtube.com/watch?v=VBzg4B3_yS8)

“Peace” Album by Bethel Music

[https://www.youtube.com/  
watch?v=Pz7578ZNwNU&list=PLUmTiGOxKUOj2YS3fssLX5RT\\_  
GcsOEBQd](https://www.youtube.com/watch?v=Pz7578ZNwNU&list=PLUmTiGOxKUOj2YS3fssLX5RT_GcsOEBQd)

## Worship and Encounters cont.

### Freedom from Fear Encounter

Take some time with your children to help them to receive God's love and get rid of fear. Have them find a quiet spot in the room to lay down and close their eyes. Play some quiet instrumental music as you lead them through this prayer and encounter.

“Ask Holy Spirit to show you any area where you've been afraid.

Pay attention to any thoughts or scenes you think about or remember. He might talk to you in pictures or memories. You might remember a specific time where you were acting in fear.

Tell Jesus that you were afraid and ask Him to come into that situation. Jesus is going to give you something in the place of that fear. Jesus is going to give you His love and peace.

Now, ask Jesus what to do if this fear happens again.  
His love and peace are always here for you!”

Follow Holy Spirit as you lead the children. At the end of this time, allow your children to tell you what God did.



### **(This is from the session on Sunday)**

Find and read together 1 Peter 5:7:

“Cast all your worries on Him, who cares for you.”

Challenge yourselves to create a rap or song from this verse.

Discuss together times when you have felt worried or afraid, especially recently. One way to do this especially with younger children is for everyone to talk to their favourite cuddly toy and tell them things which worry them and why it worries them.

Reassure your children that everyone has worries, that it is OK to talk to you about any worries they have.

Remind each other that 1 Peter 5:7 says we can cast our worries on Jesus – the word cast means literally throw something forcefully in a specific direction. So, Jesus wants us to throw forcefully our worries and fears on to him.

Act out taking each of your worries and fears, screwing them up in a ball and throwing them to Jesus!

## Worship and Encounters cont.

The great news is Jesus doesn't throw them back at us or get cross that we have thrown our stuff at him, he gives us something of himself back – He gives us PEACE.  
Ask God to fill you with His peace right now.

## Bible Stories to read & talk about together

### Acts 12:1-17 – Peter escapes from Prison.

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



### Jesus calms the storm – Mark 4:35-41

or read the Captain of the Storm from Jesus Storybook Bible or another Children's Bible



### Peter walks on Water – Matthew 14:22-23



### Philippians 4:6-7

Create a board, maybe a chalk board with this verse written on it and space to write down prayer needs throughout the week.



### Psalm 23



### David and Goliath – 1 Samuel 17

## Activities

Note: Peace is freedom from being afraid or worried because God is in control of the whole world.



Create a lego scene of any of the Bible stories



Make Watermelon Pops – Cut the watermelon into wedges, stick a popsicle stick into the rind. Place the watermelon pops in the freezer for an extra cold sweet treat.

## Activities cont.

Music Comparison: Compare peaceful music with loud and noisy music! Turn on a very peaceful song and listen to it with your kids. When the song is over invite your kids into the kitchen to grab a baking sheet, pan or other kitchen items as well as a spoon or a whisk. Tell them that now they get to play their own song with their kitchen instruments. After they have finished playing their song, sit down and talk about which song was more peaceful.

What made it peaceful? Talk about how God gives us peace so we can be calm just like the first song.



### Parachute games

If you don't have a parachute a bed sheet works well, these can be done inside and outside, small plastic balls work best.

Popcorn: Place a number of different sized balls, onto the parachute. Shake to make them pop up like "popcorn".

Ball Roll: Try to roll the balls into the hole in the middle of the parachute. (Or have children try to keep the balls from going into the hole in the centre.)

Making Waves: You can make small, medium, or large movements to make various types of "waves."

Use your voice as a tool to emphasize the directives.

You can use a parachute and the a small plastic boat and the waves games to retell the story of Jesus calming the storm.



Make Origami boats and float them in the bath or washing up bowl. Use your hands to make waves etc to tell the story of Peter walking on water or Calming the storm.

Ways to make origami boats can be found here:

<https://www.youtube.com/watch?v=981t1yRjGFc>

**Coming next: Fruit of the Spirit - PATIENCE!**  
**Starting on Sunday 24th May**