

Fruit of the Spirit - Week 5

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

Theme Overview: **Fruit of the Spirit is PATIENCE!**

This Daily Discovery follows on from the Sunday Session 24th May.

We want to understand that we can be patient
and wait cheerfully with God's help.

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>

“I waited patiently – so good.” Cory Asbury

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

“Yes and Amen” – Housefires

<https://www.youtube.com/watch?v=kkHo70DeiMM>

.....

As you worship, ask Jesus what it looks like for you to have a cheerful heart. Ask Jesus to help you be this person this week. Say sorry for the times you haven't been like this.

Worship and Encounters cont.

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' faithfulness and you can keep declaring them this week.



Spend time, at dinnertime together everyday 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.

Bible Stories to read & talk about together

Genesis 12 -21 – Story of Abraham and Sarah

This is the story we looked at on Sunday, relook at this and discuss together. Create a tent in the house or garden and read the story of Abraham and Sarah waiting for God's promise from a Children's Bible. Jesus Storybook Bible – Son of Laughter.



Lost Son – Luke 15

Read this story and discuss how the character of the Father is being like God and how patient he is as waiting for the Son to return, how that patience is seen in his forgiveness.



Paul and Felix - Acts 24

Discuss Paul's good attitude as he waits to be freed. Use this version from Saddleback Kids <https://www.youtube.com/watch?v=BH3GNmEGq70>



Ephesians 4:2

“Be completely humble and gentle; be patient, bearing with one another in love.” Have this as your verse for the week.

Activities

Note: Patience is: waiting with a cheerful heart. It is waiting to be able to do things instead of doing what I want to do right now. Patience is giving grace to others (even those we don't find it easy to get on with) and loving them even when they make mistakes.

.....

Create a cartoon version of the Abraham story or Lost Son. Or if you have the resources make this into playdough models.

.....

Brainstorm ways you can be patient with each other this week and how you can show forgiveness to each other when you mess up.

.....

Share a bowl of fruit together
– offer to everyone else before you take your share.

.....

Send a card or letter through the post and ask them to write back to you because you are learning patience. Wait patiently for the reply!

.....

Play the game sleeping Lions. Where you have to lie as still as you can for as long as you can with out moving or giggling!

.....

Create a “God always keeps his promises” rainbow
– here is a fun idea:

<https://craftingthewordofgod.com/2013/05/10/rainbow-covenant/>

.....

Play turn taking games together this week
– learn to let others go before you!

.....

Plant seeds – make a seed growing chart, each day record what has happened. See the little bit of growth each day. Wait patiently!

Coming next: Fruit of the Spirit - KINDNESS!
Starting on Sunday 31st May