

# Fruit of the Spirit - Week 7

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

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

This Daily Discovery follows on from the Sunday Session 7th June.

We want to understand that God is good and loving to us all the time. God's power working in us releases goodness from our hearts.

### Worship and Encounters with God:

Ideas of songs to enjoy:

“Goodness of God” Jenn Johnson

<https://www.youtube.com/watch?v=n0FBb6hnwTo>

“Taste and See” Come Alive Bethel Kids

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

“Good Good Father” Housefires

[https://www.youtube.com/watch?v=djrY\\_eFDOWE](https://www.youtube.com/watch?v=djrY_eFDOWE)

“Raise a Hallelujah” Jonathan and Melissa Helser

<https://www.youtube.com/watch?v=G2XtRuPfaAU>

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Before you start singing, create a Goodness of God flag:  
Either on material or paper, write down all the ways God  
has been good to you. Fix this onto a stick.  
As you worship wave your flag declaring the goodness of God.

## Worship and Encounters cont.

Encounter the goodness of God – lay out a length of wallpaper as long as you, write “God is good” on it in large letters.

Lay down on this paper as you spend time soaking in God’s presence, during this time ask God to show you his goodness. You could write or draw what he shows you on the wallpaper.



Enjoy this prophetic activation to help you see each other as God sees you: Ask God to show you something in your room which he wants to speak through for someone in your family. Then ask God what he wants to say to them through that object. Tell the person what God says.



Eat a tasty fruit salad and ask God to show you something about his goodness as you eat each different fruit.

Write down all the different things he shows you.



Ask God what good things from heaven he is releasing for you today.

## Bible Stories to read & talk about together

### **Acts 16:11-15, 40 – Story of Lydia and Paul and Silas**

This is the story we looked at on Sunday, relook at this and discuss together. Notice how, because Lydia received God’s goodness in her life, she was able to give away God’s goodness to others and meet the needs of others.



### **Philippians 2:13**

*“For it is God who works in you to will and act in order to fulfil his good purpose.”*

This is the key verse for this week. Print it out or write it up and decorate it so that it becomes a verse you remember. Ask God to show you the good things he wants to release to you.



### **Creation – Genesis 1 and 2**

Read this from a Children’s Bible. The Jesus Storybook Bible version is called “The Beginning: a perfect home.” Discuss how creation declares the goodness of God.

## Bible Stories cont.

Psalm 34:8



Ephesians 5:8-10

Discuss the freedom and forgiveness God has given you.

## Activities

Note: Goodness shows others Jesus' actions of love and forgiveness. It shows honesty and compassion towards others. It is possible through God's power at work in my heart.



What ways do you see God's goodness? Go outside on a walk and name out loud the ways you see God's goodness reflected in creation.



Make cupcakes, decorate them and give them to your neighbours.



Fruit Printing - Write out Psalm 34:8 or Philippians 2:13 on a sheet of paper, cut different fruits in half and using paint print fruit patterns around the verse.



Keep a diary of God's goodness for each day – maybe at a meal time every day share with each other the ways you have seen God's goodness in your life.



Write a declaration or song about God's goodness – record your song.



Blueberry Smoothies – You will need: 1 cup Frozen Blueberries, 1/2 cup Vanilla (or plain) Greek Yogurt, 1 Cup Milk, Optional: Frozen Banana and/or Honey (to taste), Blender.

Instructions: 1. Add all the ingredients to the blender.  
2. Blend together for a delicious blueberry smoothie!

**Coming next: Fruit of the Spirit - FAITHFULNESS!**  
**Starting on Sunday 14th June**