

"The Fruit of the Spirit"

Galatians 5:16-26 ESV

Bible Lesson & Activities for Children



THE **SUNDAY SCHOOL** STORE

The Fruit of the Spirit

Let's Get Producing! Sunday School Lesson for the Fruit of the Spirit (Overview) The Fruit of the Spirit is an important topic to discuss with children, and can be a fun one to teach, as well.

However, it can be a little confusing to understand what it means

to bear God's fruit. These characteristics that make up Spiritual Fruit do not just randomly sprout from within us on our own power. It is our connection to the Lord that makes growth possible. On our own will, we can do nothing. With His strength, amazing things bloom!



Lesson focus: In this lesson, students will consider the Fruit of the Spirit. The discussion briefly examines each one of the elements of this "fruit" and how we can allow God to work in and through us for growth. Children will describe the Spiritual Fruit themselves using words, pictures, and actions.

Law/Gospel Theme: It's important to remember that we do not grow our own spiritual fruit. We cannot simply become more kind, gentle, or convince ourselves to be better Christians. The fruit of the Spirit is God working in us, through the Holy Spirit. When we are connected to Him, we will bear His fruit! On our own, only negative, and self-centered things develop. Rely on God for gifts that serve others!

Materials Needed: Construction paper, decorative materials, paper plates, fruits, paints, blindfolds, scissors, Bible (all optional, depending which activities you choose to use—except for the Bible, you need that for sure). Object lesson supplies: candies/non-growing food items, fruits, plants, seeds.

Passage: Galatians 5:16-26

Target Students: Elementary School, adaptable for K-6th Grades

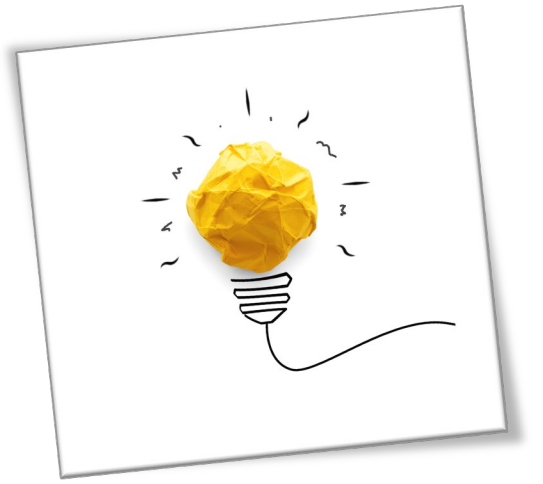
More Resources Online

- Watch the [video demonstration of the object lesson](#)
- Watch the [video example for the craft projects](#)
- Watch the [video Bible Story "The Fruit of the Spirit"](#) from LifeKids
- Watch the [video Bible Story "The Fruit of the Spirit"](#) from Crossroads Kids' Club on YouTube
- For more free Bible illustrations, we recommend [Christian Clip Arts](#).

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Object Lesson (5 minutes)



Greet children, and provide some examples of plants and seeds...

Hello, children of God! Have you ever planted something?

What does it take for things to grow? You need good soil, and sunshine, and water, and time...but with that, anything will grow and produce fruit, right? I was just getting ready to do some planting myself. I've got some great seeds here, see: *(Hold up items as you describe. For an extra touch, use Cheerios as "donut seeds".)* I think I'll plant some chocolate bars, and I'll plant a jellybean tree, and a licorice bush, and ooh! Yes...I have some donut seeds, too! Now, what do you think...if I plant these items in the ground, will they grow into those kinds of plants? Why don't you think so? Well, these items are not living things with actual fruit seeds, that's true... things like candy and junk food are made by human hands. If I put them in the ground, nothing will really happen.

So, what do I need to make something grow? I need a living plant! I must start with seeds that will put down roots and grow into something that can have fruit. You know, this reminds me of our lives as Christians, in a way. The Bible talks about how God wants us to grow and "bear fruit" in Him. But the fruit that God's Spirit produces is not apples or oranges or bananas. This fruit has to do with who we are, parts of our character. The Bible talks about having the Fruit of the Spirit. When we rely and focus only on our own selfish desires, we don't grow much. Nothing really comes of that, just like nothing much will happen if you plant chocolate chips in the ground. But when we live with God in mind first and foremost, He can produce fruit in us.

The book of Galatians describes several things that make up that Spiritual fruit. All these good things are the character of Jesus coming out in our lives.

It's key to remember that these things don't just come from our own power or desire. We can't force ourselves to act kind or gentle or any of these things. This "fruit" comes when we are "planted" in the Lord. When we grow closer to Him in prayer, and read our Bibles, and come to church, we can learn more about God and how we love and serve Him. When our lives are rooted in Him first and foremost, God can work to allow us to bear that Fruit of the Spirit. Why don't we say a prayer and ask God to help us rely on Him to bear fruit?

Children's Prayer:

(Have kids repeat each line)

Dear God,

Thank you for the gifts of your Spirit

Please help us to trust in You

And not our own understanding

Help us to bear your fruit!

Thank you for your love

We love you, God!

In Jesus name, Amen!

Game & Activities Suggestions (10 minutes)



Lesson Opening: This lesson describes the Fruit of the Spirit and how God bears His fruit in our lives. To introduce the topic, consider some fun fruit-related activities for children. Some of these suggestions can be done throughout or at the end of the lesson, as well as near the beginning.

Here are some activities to get kids thinking... (select the best ones for your audience and age group):

- “Fruit Basket Upset” game: this is a classic spin on musical chairs and works best for larger groups. Give students a fruit (have a couple of oranges, a pair of pears, maybe three or four apples, etc.) and have everyone sit in a circle. Invite an announcer to stand in the center of the circle and call one or two fruits. All those students will stand and switch spots, attempting to secure a new seat. Whoever does not have a chair will serve as the next caller. If the caller announces, “fruit basket upset”, all students will switch spots.
- Spiritual fruit charades. After describing the various parts of the Fruit of the Spirit, invite students to act out one of the traits for others to guess. Alternatively, have them describe a scenario that demonstrates that “fruit” (best for older students).
- Fruit Pictionary: Have students draw fruit on a white board or large paper, and invite others to guess what the fruit is.

- Fruit taste test: Blindfold students and invite them to sample different fruits and distinguish what they are (be sure to check for allergies ahead of time).
- Fruit poll: Create a graph of which fruits students enjoy the most.
- Planting seeds: look at pictures of seeds or actual plants that produce fruits (and other things) and identify what type of produce the seeds will grow into when planted and taken care of. Discuss what is needed for plants to grow.

Explain that today's topic is a look at the fruit of the Spirit. The fruit of the Spirit is not something you would eat or plant in the ground, however. Spiritual fruit refers to how we display evidence that God is at work in our lives. When we are connected to Him, others will be able to tell through our characteristics and love.

Ask: What does it mean to be spiritually healthy? Have you ever heard someone refer to a person's life as "bearing fruit"?

Main Bible Teaching (15 minutes)



Bible Lesson: As always, how you choose to experience the passages will vary according to the ages and abilities of your children (and how many are participating). This passage contrasts the wicked characteristics of self-centered living with the beauty of Spiritual Fruit. Allow older students to take turns reading verses. For younger students, be sure to pause to discuss what some of the terms mean and why they are significant. You might even want to have kids mime or give facial expressions for what some of these would look like.

Galatians 5:14-18 ESV For the whole law is fulfilled in one word: "You shall love your neighbor as yourself." (15) But if you bite and devour one another, watch out that you are not consumed by one another. (16) But I say, walk by the Spirit, and you will not gratify the desires of the flesh. (17) For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do. (18) But if you are led by the Spirit, you are not under the law.

For younger students, it might be difficult to explain what is meant here by "indulging in the flesh", and you may wish to not go into detail on that point. Focus on the importance of loving God and loving others. Describe how being in the "flesh" refers to the sinful behaviors we might fall into, and the bad things that we do. Walking by the Spirit means

trusting God and being connected to Him, like a root is connected to a tree for all nourishment.

Ask: What are some of the bad things that we sometimes do?

Galatians 5:19-21 ESV Now the works of the flesh are evident: sexual immorality, impurity, sensuality, (20) idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, (21) envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God.

Again, younger students might not need to delve into the specifics. In fact, for especially little ones you might alter wording entirely. Put these things into “kid terms” by discussing some of the things that they do when they make mistakes or disobey. What are things that they might want to do when they shouldn’t?

You could also connect this to the fruit element by describing how it might sound fun to eat ice cream and cookies for every meal, but we know that healthy bodies need nutritious foods like fruits and vegetables. In the same way, our Spiritual lives need healthy things going into them to let God work through us and produce His fruit.

Ask: Have you heard of the fruit of the Spirit? What are some good things you can think of that would show a person is a Christian?

Galatians 5:22-23 ESV But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, (23) gentleness, self-control; against such things there is no law.

These are great verses to memorize! Consider helping students do so by memory games, drawings, songs, or mnemonic devices. Walk through each of these terms to make sure

students have a firm grasp on their meaning. Invite children to explain the terms and provide examples of them, to gauge understanding. If this is an introduction to a series, use subsequent lessons to dive deep into the meaning of each component.

Wrap up the lesson with a reminder that we do not need to fall into the mistakes of sin, because we belong to Christ. We are a new creation, and He promises to produce in us those Spiritual fruits, when we remain in step with Him.

Galatians 5:24-26 ESV And those who belong to Christ Jesus have crucified the flesh with its passions and desires. (25) If we live by the Spirit, let us also keep in step with the Spirit. (26) Let us not become conceited, provoking one another, envying one another.

Explain that we might still experience struggle and temptation to do what we know we shouldn't, but God will help us along with that, too! These wonderful qualities of the Fruit of the Spirit are things that we can work on, but not perfect. The only true way to bear Spiritual traits is to have Christ in us. He will be the one to do the work in us, and that will play out in "fruit"!

Ask: Which one of these things do you think you can improve on?

Ask God to help you work on that "fruit" more throughout the week.

Close with a prayer thanking God for bearing fruit in our lives. Ask for His help in staying connected and close to Him, so that we can continue to demonstrate His "fruit."

Craft Activities (15 minutes)

The fruit of the Spirit is the proof of our connection with the Lord. If we follow and love Him, evidence will be found in our lives as Christians. Spiritual fruit should bless the lives of others and make them want to know Jesus, too! These crafts recall the fruit of the spirit characteristics and have fun with fruit as well. A fruit painting uses actual fruit for stamps. A fruit basket uses fruit cut-outs to represent the fruit of the Spirit elements. Have fun!

Craft Captions to Consider... (Galatians 5:16-26)

"Orange" you glad you have the Fruit of the Spirit?

The Fruit of the Spirit is not a snack!

God loves you BUNCHES!

Craft one: "Spiritual Fruit Stamping"

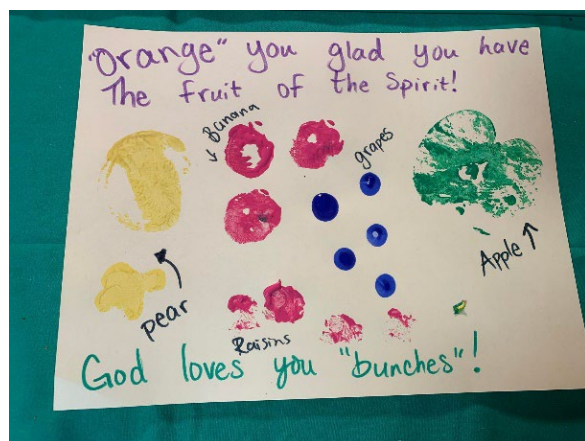
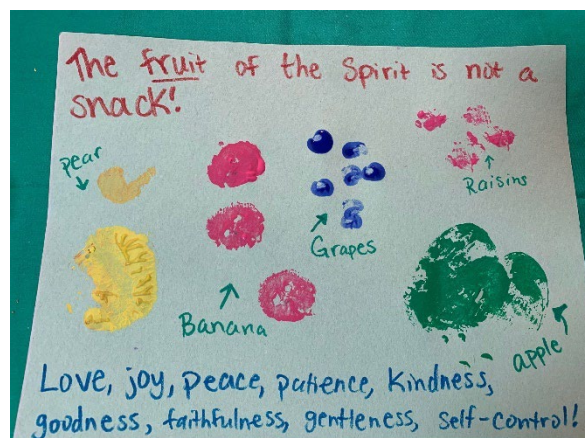
You will need:

- Paper plates
- Crayons or markers
- Paints
- Fruits of various kind (apples, strawberries, grapes, etc.)
- Construction paper or cardstock
- Stickers or decorative items.



Procedure:

1. Decorate the paper with verses, captions, etc.
2. Cut fruits in half as necessary. Decide which will be best for fruit stamping.
3. Place paint in a plate or bowl.
4. Dip fruits into the paint. Stamp onto paper and label according to fruit variety.
5. Hang, if desired, to remember the fruit of the Spirit!



Craft Two: "Spiritual Fruit Basket"

You will need:

- Construction Paper or cardstock
- Paper plates
- Stapler (or glue/tape)
- Pipe Cleaners
- Scissors
- Decorative elements as desired
- Markers or crayons



Procedure:

1. Cut several fruit shapes out of construction paper or cardstock.
2. Cut a paper plate in half. Decorate the sides like a basket and add captions.
3. Add captions on the fruits to indicate the names of the fruit of the Spirit characteristics.
4. Attach a handle to the "basket." Place the fruits inside and display as desired to remember the fruit of the Spirit and what it means.

Galatians 5:22-23 ESV

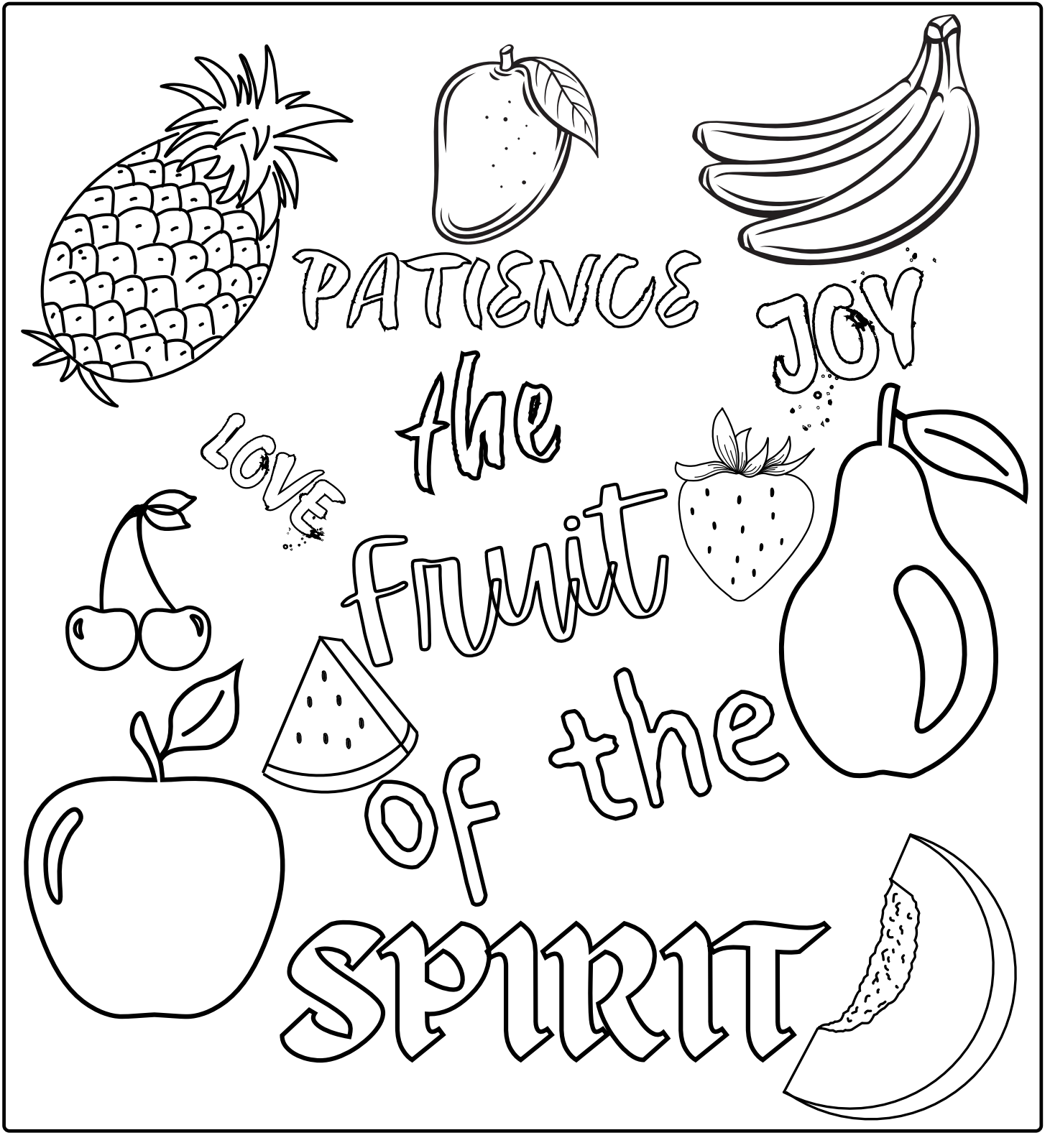
But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.



Word Search

Directions: Find the words given in the word search.

FRUIT OF THE SPIRIT



Word Search

Directions: Find the words given in the word search.

Galatians 5:22-23 ESV But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, (23) gentleness, self-control; against such things there is no law.

R A K M H I K I K G I Q M D J C A L Q E
E U U P V Y D M H O W M B Q G I J A V J
G H M P B V N E Y O T W H E A Y F E V X
R J F A B B L I D D C W E E H O B X T M
P E P C E D W V E N Y J L G U Q D B R E
O D A T A P J K S E M B F O J L X O P U
E P N C Z L R S Y S P E A C E S J F C A
S W N D Z L O U T S Y J U V N S Z E X W
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V P A K L K X G N C T C P A A R S B K B
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C S L X E S Q J K O O M Z F N N T E X U
P G U D J L Q G I R V G Q H M U U T C Q
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WORD BANK

FRUIT
SPIRIT
LOVE

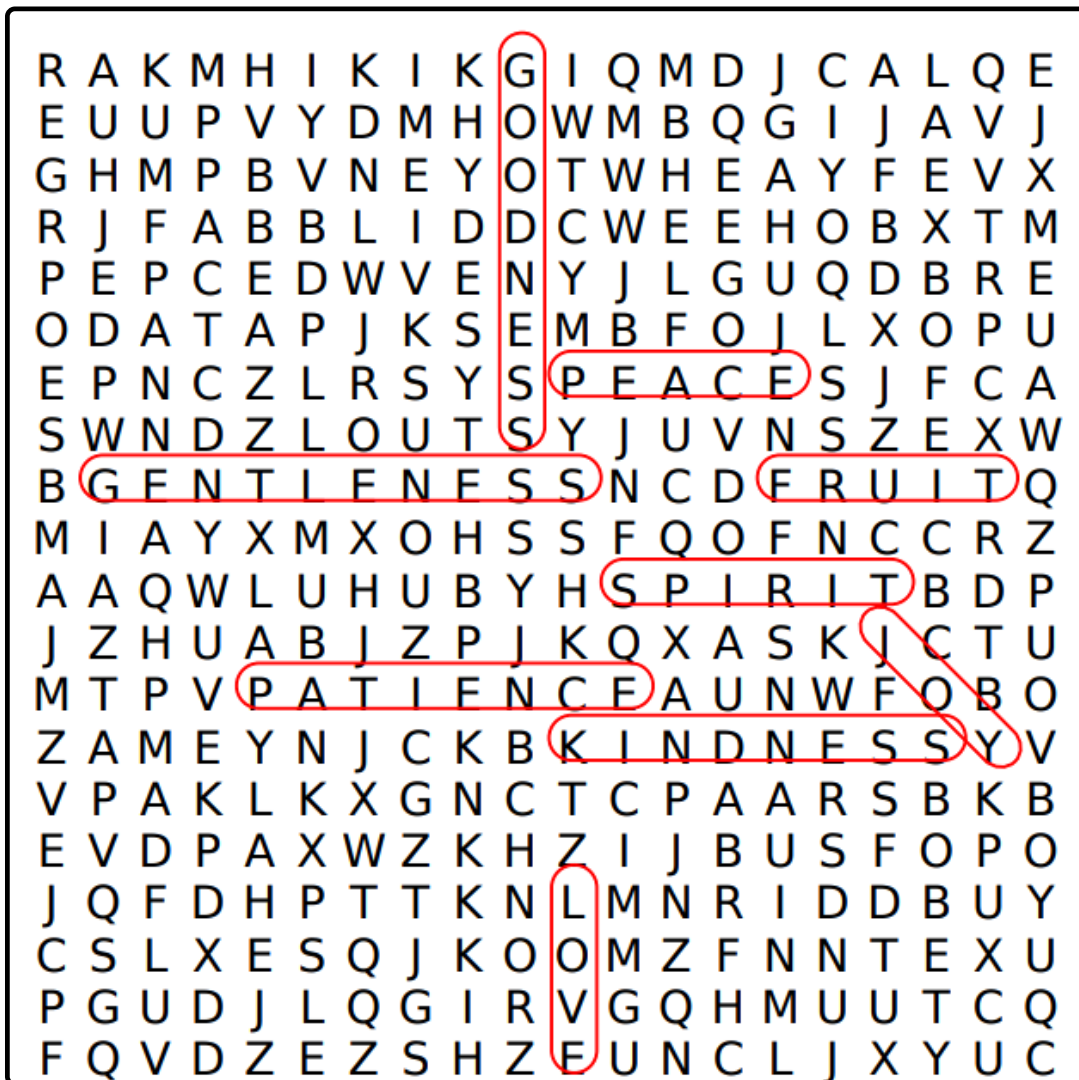
JOY
PEACE
PATIENCE

KINDNESS
GOODNESS
GENTLENESS

Answer Key

Directions: Find the words given in the word search.

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WORD BANK

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