

## Fruit of the Spirit

**Bible Story:** Fruit of the Spirit • *Galatians 5:22-23*

**Bottom Line:** You can help others know God.

**Memory Verse:** "God's power has given us everything we need to lead a godly life." *2 Peter 1:3a (NIV)*

### Groups: Creating a Safe Place to Connect

Create a safe place to connect and learn how the Bible story applies to real life experiences, through interactive activities and discussion questions.

## 1. Bible Review/Discussion

**What You Need:** Bible, apple, orange

### **What You Do:**

- **Form** two teams and have them stand in a circle.
- **Give** one team an apple and the other team an orange.
- **Tell** them to pass the fruit around their circle using only their elbows.
- **Explain** that before they hand off the apple or orange, they must name one of the fruit of the Spirit without repeating one that was previously named within their group.
  - If a team drops their fruit they must use their elbows to pick it back up.
- **Keep passing** the apple or orange until all nine fruit have been named (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control).
  - The first team to complete the list wins.
- **Read** aloud Matthew 5:16.
- **Discuss** the verses:
  - How do the fruits of the Spirit help us shine for God?
  - *(To the team that passed the apple)*
    - Name a fruit of the Spirit and then share how you see that quality in God's character.
  - *(To the team that passed the orange)*
    - How does that same fruit show up in us?
  - If we want to show God to others, we have to do our best to treat others the way He would.
  - When have you found it hard to do that?

**Ask:**

- Are there some fruit of the Spirit that you feel are more important than others? Why or why not?
- What keeps the Fruit of the Spirit from growing in us?
- How did Jesus show the Fruit of the Spirit in His life?
- Tell us about someone you know (even friends in our Small Group) who live out the Fruit of the Spirit really well.
- How can you help others know God?

**Wrap Up and Say:**

“Anyone who believes in Jesus will have the Holy Spirit inside them. We can tell whether or not we’re letting the Holy Spirit help us by looking at the choices we make. Even though the Spirit is in everyone who follows Jesus, we still have to decide whether to let Him lead us or if we’ll be led by something else. When the Holy Spirit leads us, we’ll demonstrate what the Bible calls the Fruit of the Spirit. Out of our life will come love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.”

## SNACK TIME

### DO “VERSE TO TAKE WITH YOU DURING SNACK

#### 2. Verses to Take with You

**What You Need:** Bibles, painter's tape, sticky notes, pens

#### What You Do:

- **Form** teams of three or four students.
- **Supply** each team with pens, sticky notes, a Bible, and tape.
- **Ask** someone from each team to lie down on the floor or stand against the wall and strike a pose (any pose is fine).
- **Instruct** the rest of the team to use the tape to create the outline of the person on their team.
- **Compete** to see which team can fill their entire outline with sticky notes.
- **Give** each team a Bible and ask them to look up and read Colossians 3:12-14.
- **Ask** teams to write one quality on each of the sticky notes that a follower of Jesus should “wear” in order for others to see God in him or her.
- **Designate** an amount of time for teams to work, and when time is up, ask them to take turns sharing what they wrote on the sticky notes.
- **Help** students apply what they heard and read by asking:
  - Which fruit of the Spirit or the qualities listed in Colossian 3:12-14 is easiest for you to live out or wear?
  - Which is hardest? When is it the hardest? What can you do to change that?
  - If you're trying to help others know God but the Fruit of the Spirit are not part of your life, what effect might that have?
  - How can you use the Fruit of the Spirit to help others know God?
- **Remind** the group of the positive impact they can have on others when they allow the Fruit of the Spirit to grow in them.
  - As challenging as it is to show God to others, they don't have to try to do it on their own. When they follow Jesus, they've been given a helper: God's Spirit.

### 3. Make It Personal with Prayer

**What You Need:** “Power Up Prayer Cards”

**What You Do:**

- **Give** students the “Power Up Prayer Cards.”
- **Invite** them to choose one of the prayer options that the group will use today. If students can’t decide on one option, form groups based on their choices.
  - **Download:** Kneel and pray silently at the same time with one or more friends.
  - **Upload:** Pray standing with hands raised in the air.
  - **Live Chat:** Choose one student or adult to lead in prayer while pausing to let others echo the same words.
  - **One-Up:** Pop up and pray one-sentence prayers with a friend or in a group.
  - **Offline:** Write a short prayer for someone else to pray.
  - **Online:** Write out a prayer and include the words HELP, THANKS, and LOVE.
  - **Triple Play:** Three kids, three minutes, three prayer requests.
  - **Blitz:** Write out a prayer request, wad up the paper, sit in a circle, and volley the paper wads to one another for ten seconds. Then grab a paper wad and pray silently for whatever is written on it.
- **Direct** them to focus their prayers around this statement: **“You can help others know God.”**

**What You Say:**

“Dear God, thank You for giving us this wonderful week at Power Up. We have learned so much about You, the Bible, Jesus, and the Holy Spirit. Help us remember what we learned and to live our lives by Your power. In Jesus’ name, amen.”

### 4. Travel Time

As you travel to the next track, use the following questions to keep the conversation going and to keep kids thinking about what they’re learning!

- What fruits do you like?
- Which ones do you not like?
- If you could assign an actual fruit to each of the Fruit of the Spirit to help you remember them, what fruit would you assign to joy? *(Repeat with the others.)*