

LESSON 1

FRUIT OF THE SPIRIT

LESSON AT A GLANCE

WONDER TRUTH: God Helps Us Be Like Jesus

SCRIPTURE: [Galatians 5](#)

GOD'S BIG STORY: Paul writes about the qualities, or spiritual fruit, that develop in us as we follow Jesus and are filled with the Holy Spirit. As the fruit of the Spirit grow in us, we become more like Jesus!

WORD OF WONDER: But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. —[Galatians 5:22–23a \(ISV\)](#)

FOUNDATION BUILDING BLOCKS

WHO?

Paul wrote the letter to the Galatians. Before Paul gave his life to Jesus, he believed that Jews—and anyone who wanted to be part of God's family—had to obey all the Old Testament laws, including rules about food, holy days, and the Sabbath.

WHAT?

In [Galatians 5](#), Paul argues that the Holy Spirit, not the Old Testament law, helps us become more like Jesus. By following the Holy Spirit's guidance and living by the Spirit's power, we will live in ways that fulfill the laws regardless.

WHERE?

Paul wrote Galatians to churches in the Roman province of Galatia, which is in modern-day Turkey.

WHEN?

Paul probably wrote the letter to the Galatians around AD 48, a relatively short time after he planted churches there.

CONNECTING TO GOD'S BIG STORY

During the Old Testament, God gave His people laws, or guidelines, to love Him and live well. But no one could follow the law perfectly on their own. When Jesus came, He fulfilled the law! Now we can follow the Holy Spirit, who helps us grow to be more like Jesus.

Curiosity

Play Stations

Greet the kids warmly and briefly explain the play stations to them. Invite them to play at any of the stations.

Welcome to church! While we're getting ready to start, you can play at any of these stations to help you get ready for our lesson today. Do you have any ideas about what we'll be learning today?

Play Station: Stickers on Fruit

Set up: Set out various fruits (either real or toys) and stickers, such as emotion-focused stickers with hearts and smiley faces.

Play: Invite kids to put stickers on the fruit to decorate it. If you have heart or smiley face stickers, encourage the kids to talk about what the stickers mean as they put them on the fruit.

Play Station: Stamping

Set up: Set out ink pads, paper, rubber stamps, and wet wipes.

Play: Let kids stamp on the paper. Help them notice how the picture on the paper looks just like the design on the rubber part of the stamp. The ink helps the image show up on the page. Without the ink, the stamp wouldn't make the picture. Have kids wipe ink off their hands with wet wipes.

Play Station: Fruit of the Spirit Coloring Sheet

Set up: Ahead of time, print one copy per kid of the coloring sheet and set out coloring utensils

Play: Let the kids color. They can turn their sheets over and draw a picture of their favorite fruit.

Faith

Craft: Fruit Stamping

Allergy Caution: This activity includes possible food allergens!

Before kids do this activity, cut a few different fruits in half so the kids can see seeds and shapes inside. If stamping with citrus, scoop out the thick fruit pieces inside the rind to keep paint from getting too watery.

When we let the Holy Spirit lead us, we have more love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. These are called the “fruit of the Spirit.” The Holy Spirit helps us grow these fruits. The Holy Spirit in us is like a gardener who plants and waters seeds that grow into beautiful fruit trees. Let’s do a craft with fruit to help us remember what the Holy Spirit does in us.



Hold up a fruit. **What did you notice about the inside of the fruit?** You may want to point out unique things like the seeds in the apples. **How is the inside of fruit different than the outside? What helps fruit grow? How can you “grow” and change to be more like Jesus?** Allow the kids to respond.

Spread paint on the plates, one plate per color. Invite kids to dip the fruit pieces into the paint and then “stamp” the shapes on the paper.

You can let your pictures dry and then take them home to remind you of the fruit of the Spirit. When we trust Jesus as our Savior, the Holy Spirit comes to live inside us and makes us like Jesus.

Game: Banana Tag

Bananas are a delicious fruit that grow on trees. Sometimes it takes time for fruit to grow and the same happens with us. When we have the Holy Spirit working in our life, we end up growing good “fruit” that shows what God is doing in our life to make us more like Him.

We’re going to play Banana Tag! I’ll choose one person to be the tagger and that person will run around trying to tag as many kids as possible.

If you’re tagged, you must freeze with your arms up over your head, curved, like a banana. The only way you can be unfrozen and rejoin the game is if another kid comes up and “peels” you by gently pulling your arms down to your sides. Demonstrate how kids should stand when they are tagged and have another leader come up and “peel” you by pulling your arms down to your sides. Allow time for kids to enjoy the game. Give several kids the opportunity to be the tagger.

Leader Tip: If the group is large, designate two kids to be “It” tagging others. If the taggers get tired from running, call out other kids to join in tagging.

Identity

Prayer and Blessing

After the kids finish their activity, pray with them and thank God for changing us to make us be like Him.

Let's talk to God. God, thank You for giving us Your Holy Spirit to help us become more like Jesus. Thank You for the fruit of the Spirit that happens when we follow You. Help us to become more and more like You every day. In Jesus' name, Amen.

Encourage the kids to hold their hands out in front of them, with palms up, as if their hands are open to receive something. Tell them to listen and receive the blessing as you speak it over them.

Blessing: May you become more like Jesus today, tomorrow, and every day as you follow Him, walk with Him, and allow the Holy Spirit to grow the fruit of the Spirit in you!