

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.

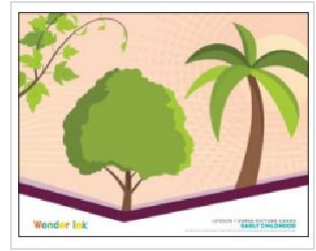
CONNECTING TO GOD'S BIG STORY

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.

Activity: Where Fruit Grows

Ahead of time, print one copy per kid of the Trees and Vines Sheets. Set out fruit stickers or stamps.

Invite kids to add stickers or stamps to the vines and trees on their sheets. Talk with the kids about where fruit grows and what different fruits are like. **Fruit grows on trees, bushes, vines, and in the ground. Have you seen fruit grow? What kind of fruit is big? What kind of fruit is small? What kind of fruit has peels?** Pause after each question to allow the kids to respond. Invite the kids to also share their favorite fruits.



When fruit grows on a tree or on a vine, we see it. We're going to learn today about fruit that doesn't grow on trees, and we can't eat it! It's something we do when we follow Jesus. We're going to hear how we can be more like Jesus. Then others will see what He is like because God helps us to be like Jesus.

Activity: Just Like Me

When Jesus lived on earth, He showed us so many wonderful things about Himself. He's loving, kind, patient, and gentle. We're going to learn today about how the Holy Spirit comes to live in us and help us be like Jesus. Let's learn some ways we can be like Jesus.

In this activity, you do the actions I do. Watch and listen to me and do the actions just as I do! Can you show love just like me? Hug yourself. Invite kids to do the same.

Can you show joy just like me? Jump up and down and cheer. Invite kids to do the same. If they can't jump, they can simply clap and say, "Yay!"

Can you show peace just like me? Freeze in place. Invite kids to do the same.

Can you show patience like me? Sit on the floor crisscross and wait patiently for about 20 seconds. Invite the kids to do the same.

Can you show kindness just like me? Put your hands out with palms up like handing someone a gift. Invite kids to do the same.

Can you show goodness like me? Give a thumbs-up. Invite kids to do the same.

Can you show faith just like me? Make praying hands. Invite kids to do the same.

Can you show gentleness just like me? Slowly pat yourself on the head. Invite kids to do the same.

Can you show self-control just like me? Put your hand over your mouth. Invite kids to do the same.

What a great job you all did! We'll learn today how the Holy Spirit helps us with these things when we trust in Jesus. We'll learn how the Holy Spirit grows fruit, or good things, inside us.

Our Wonder Truth today is: GOD HELPS US BE LIKE JESUS.

Encourage kids to do the following motions while you repeat the Wonder Truth. Older toddlers can say the words with you as they do the motions.

GOD—*Point up.*

HELPS US—*Spread your arms out, pointing at everyone in the room with both hands.*

BE LIKE JESUS—*Put your arms out to the sides.*

Prayer and Blessing

After the kids finish their activity, pray with them, thanking God for making us 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 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!

Activity: Fruit Scavenger Hunt

Ahead of time, print the Fruit Cards, cut apart, then hide them around the room. You can laminate the shapes to make the cards sturdier.

We're going to hunt for fruit to fill a fruit basket! When I say, "Go," you can look around to find as many fruit shapes as you can. When you find a piece, put it in the basket. Place the basket in the middle of the room.

Encourage kids to find as many fruit shapes as they can. Help younger kids if they are struggling. You may have to give hints if kids can't find some. When the time is up or when the kids have found all the fruit, have them come together.

Good job putting the fruit shapes into the basket! Let's read together what you found. Pick up the shapes one by one and tell the kids what each fruit is. **We can remember that the Holy Spirit grows this fruit in our lives to help us be like Jesus.**

