SUNDAY SCHOOL TO GO
FRUIT OF THE SPIRIT

COMMUNITY REFORMED CHURCH, SIOUX FALLS
APRIL 26, 2020
Paul was great at writing letters. He wrote to some of his friends, the Christians in Galatia. The people who lived in Galatia were called Galatians and they were Gentiles, which meant that they weren’t Jewish. Some people didn’t understand that Gentiles could love Jesus too but Paul taught them and became friends with them. Paul wrote to the Galatians to teach them about how God works and that when people trust in Jesus, God gives them the Holy Spirit and changes them. God’s power in someone’s life can make them more like Jesus. He wrote to them about freedom in Christ.

Paul told the Galatians about the problems that happen when we allow sin and selfishness to lead. We don’t have the power or strength on our own to defeat sin. We need help but that’s ok because we have help! Jesus set us free from the power of sin. Because the Holy Spirit is in our lives, we can do what is right.

In the letter, Paul uses something people understand to explain what our lives are like with the Holy Spirit in control. He compared it to a tree! A healthy tree produces good fruit. The Holy Spirit in the life of a Christian produces the Fruit of the Spirit. The more we are close to Jesus, the more fruit we will see.

THE FRUIT OF THE SPIRIT IS...

LOVE  JOY  PEACE  PATIENCE
KINDNESS  GOODNESS  FAITHFULNESS
GENTLENESS  SELF-CONTROL
As you add each fruit, talk about the various pieces of the Fruit of the Spirit.

Ingredients:
- 1 large 29oz can fruit cocktail
- 1 20oz can crushed pineapple
- 1 lb tub frozen strawberries
- 5 bananas
- 1 cup sugar
- 2 liter bottle 7up

Wait to slice the bananas until you are ready to add them.

(you can adjust recipe to reduce sugar, accommodate allergies or meet preference.)

Set out strawberries to thaw and wait to

Drain the canned fruits, saving aside 1 cup of the juice.

Boil 1 cup fruit juice combined with 1 cup sugar

Add all of the fruits and mix.

Pour the mixture into small individual serving containers with lids (or disposable cups with covers) and freeze.

Remove from the freezer an hour before eating and pour a little 7-up on top to stir in.

What do you think is the best part about the Fruit of the Spirit?

How can we get more fruit?

What are some situations in your life that make you really thankful for the Fruit of the Spirit right now?

What is the difference between Fruit and trying really hard on our own?

When have you seen the Fruit of the Spirit in someone you know?

Where have you noticed the fruit God has brought into your life?

What does each part look like?

How is LOVE in the Bible different than some people understand love in the world? How about the other words in the Fruit of the Spirit?

Make your own memory game. Cut 18 cards from a piece of paper. Write each part of the Fruit of the Spirit on two cards and decorate. Flip them over, player flips 2 cards. If they match, keep them. If not, return to same place for next player turn.

Thank God for the special Fruit. Talk to Him about what it means to you and ask for Him to keep growing you and helping with Fruit of the Spirit in your life. Be quiet and listen.

Use your thumbs to print fruit! Make a poster listing the Fruit of the Spirit. Decorate with your thumbs! Use washable stamp pads, watercolor paint or markers to color your thumb and create fingerprint fruit art.

What's in the Bible video: https://youtu.be/TZrlDT3k84U

Fruit of the Spirit Song: https://youtu.be/Rezg4jYFoj0

Go Fish Song: https://youtu.be/CS1JmaYLzlo