

Getting Into It

INTRODUCTION



THE BIG IDEA

When we are saved by Jesus and follow Him we are helped and guided by the Holy Spirit. The Bible tells us the qualities we can expect to see in Christians. In Galatians Paul refers to them as the 'fruit of the spirit'.



MEMORY VERSE

See Resource FOS4 Ideas for Learning Memory Verses.

Galatians 5:22-23 (ESV)

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

NB the word 'forebearance' used in the ESV has been replaced with 'patience' for the purposes of this programme for children.



KEY VERSE

John 15:5 (ESV)

I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.



DISCUSSION

Either put the children in groups or have them think individually for a few minutes. Ask them to write down things they know about each other or a friend they think of. This should not be physical traits but their character eg. James is 'intelligent, funny and honest' or Samuel is, 'quiet, but creative'.

Ask the children how they are able to say this about each other, how have they noticed

Resources



Praise Songs

See Resource FOS5



Love, Joy, Peace, by Shelley Spiers

YouTube

Fruit of the Spirit Children's Song

https://bit.ly/FOS_Song



Games

See Resource FOS1



Fruit Salad

Apple Apple Pear



Crafts

See Resource FOS2



Fruit Bowl

Fruit Pinwheel

Fruit of the

Grapes

Spirit Garland

3D Apple



Programme Card

Fruit Art

https://bit.ly/AB_Fruit_Art

these qualities in each other. Ask them to think about what others may say about themselves.

If the group has good Bible knowledge ask them to describe the qualities of Jesus. Hopefully a few will be the same as the fruit of the Spirit. If not then describe qualities of Jesus yourself emphasising the qualities we will come to look at during this programme.



The Talk

Ask: **“Where do you get your fruit from?”**

Most fruit grows on a tree, and we usually buy it from a supermarket. But did you know that only one kind of fruit will grow on each tree? So if you see a tree and apples are growing on it, then you will only ever see apples on that tree. You might see trees that grow fruit in the park or the forest, some people even have fruit trees in their gardens, but if someone wants to grow lots of fruit they will do it in a very special place.

That special place is called an orchard. An orchard will have lots of trees growing the same kind of fruit. There are some good reasons for this. Firstly, it makes it easier for the person who owns the orchard to grow lots of the one kind of fruit, which makes it easier to sell. But the main reason is that fruit grows better if it is surrounded by lots of other trees growing the same kind of fruit. So if you see one apple tree, the apples might be ok, but normally you would only see birds eating those apples, they would not be sold in shops. The apples we get in Tesco are all grown on fruit trees in orchards, they taste much better.

Now, this year in BB we are going to talk about a very special kind of fruit mentioned in the Bible. It's called the 'Fruit of the Spirit'.

Ask - **“Have you ever heard of the 'Fruit of the Spirit'?”**

Maybe you're wondering, what is this fruit and what is the Spirit? Now the Bible isn't talking about a fruit that you can eat, but it calls it fruit for a reason. When Jesus was teaching people about who He was, He told them, **‘I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing. (John 15:5 ESV)**

Vines are similar to trees because fruit can grow on them as well. Grapes grow on a vine. But Jesus was saying if you cut a branch off the vine, or the tree, then it won't grow fruit anymore. That makes sense, doesn't it? If you

cut a branch off a tree nothing will grow on it, not even a leaf. So Jesus told His followers to keep following Him and trusting Him, and they will 'bear fruit'. That's just a fancy way of saying fruit will grow. Jesus was talking about this very special kind of fruit, the 'Fruit of the Spirit'.

The Spirit mentioned is the Holy Spirit. We believe in one God in three parts; God the Father in Heaven, God the Son who is Jesus, and God the Holy Spirit. After Jesus died, rose again, and went to Heaven, God sent His Holy Spirit to help those who follow Him. We as Christians, believe that when we follow Jesus, the Holy Spirit is with us, helping us to tell others about Him.

So the 'fruit of the Spirit' is not fruit you can eat but a set of qualities in a person. A quality might be something you can tell about a person, not what they look like, but what they are like on the inside. So you might be able to tell whether a person is kind, generous, caring or thoughtful.

The 'Fruit of the Spirit' is one set of nine qualities that you might see in a person who follows Jesus. Remember we talked about how one tree will only grow one kind of fruit? Well, it's like that here as well. You see these nine qualities might be separate things, but the 'Fruit of the Spirit' is all of them together.

So what are the nine things that make up the 'Fruit of the Spirit'? Galatians 5:22-23 tells us they are:

**Love | Joy | Peace | Patience | Kindness
Goodness | Faithfulness | Gentleness
Self-Control - see poster [insert ref]**

Over the next few weeks in BB, we will look at what these nine qualities are. We will look at times when different people in the Bible showed these qualities and how they followed God. We will learn what all nine are and what they mean as well. Don't worry if you are struggling to remember them now, we will have plenty of time to learn them. But for now remember that when we choose to follow Jesus, He will send His Holy Spirit to help us, and the Holy Spirit will help us reflect these nine qualities, the 'Fruit of the Spirit'.