

The Fruit of the Spirit

For Kids

A study on the Holy Spirit, walking in the Spirit and the visible attributes that are the Fruit of the Spirit.

“But the fruit of the Spirit is love, joy,
peace, patience, kindness, goodness,
faithfulness, gentleness and self-control.
Against such there is no law.”

Galatians 5:22

This study will introduce the Holy Spirit and the Fruit of the Spirit to your child or reinforce what they may already know. You will look at scripture with your child, make observations together, discuss questions, apply it to your daily life, enjoy an activity, and pray together.

Resources used: the NKJ version of the Bible
Supplies needed: a Bible

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The Fruit of the Spirit

Memory Verse:

Galatians 5:22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

Day 1

What is Spiritual fruit?

Scripture: Read **John 15:1-8**

Observation: This verse paints us a wonderful picture of our Heavenly Father as a vinedresser (somebody who tends and prunes grapevines), Jesus as the vine, and us as the branches of the vine. Tree branches grow fruit, likewise we are to grow fruit in our lives. We are connected to God only through our relationship with Jesus and every good thing that flows through us, from God, is our good fruit. God is glorified by our good fruit and people will know we are His disciples when we bear much fruit. Fruit are characteristics or attributes that people can visibly see in our lives.

Discussion/Questions: What are some examples of good fruit? What are examples of bad fruit? How do we glorify God by having good fruit? Can you bear fruit all by yourself?

Application: In order to bear fruit, we must first have a relationship with Jesus. Secondly, we must **abide** in Jesus and Jesus in us. To abide in something, means “to live, continue, or remain.” So we must continually live and remain in a relationship with Jesus to bear good fruit. You can have a very close relationship with Jesus through prayer, reading His Word everyday, taking communion, and participating in the many ways we worship Jesus; the most common being singing!

Activity: Purchase or download a fun song about the Fruit of the Spirit. Our favorite is by, ‘Studio Musicians’ on the Crazy Praise, Vol. 2 album. Spend some time learning it together...it’s very catchy!

Prayer: Dear Jesus, Thank you for teaching us about Spiritual fruit in the Bible. I pray that I would always bear good fruit so that I may glorify you in all I do. Amen.

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Day 2

Who is the Holy Spirit?

Scripture: Read **John 16:5-15**

Observation: Jesus had to go away, so He sent us a helper! He sent the Holy Spirit to not only help us, but to convict the world of sin, righteousness, and judgment. Also known as the Spirit of Truth, He guides us into all truth, teaches us things, brings to remembrance what Jesus has spoken to us, through His Word, and tells us of things to come. The Holy Spirit also glorifies God.

Discussion/Questions: Who did Jesus promise would come to help us? What did Jesus say needed to happen before the Helper could come? What does the Holy Spirit do in our lives?

Application: We need the Holy Spirit to help us understand things. Without the Holy Spirit, it's hard for us to understand things like scripture and the fruit of the Spirit. When we pray to God, the Holy Spirit is our translator, and when God wants to talk to us, it is the Holy Spirit that brings us His message.

Activity:

~Plan a few different games to practice the art of listening. Use verbal directions, use a blindfold or catch their attention with rewards. Explain that the Holy Spirit is here to guide us, but only if we are ready and able to listen.

~You may be wondering, "How can God be three different people at the same time?" There are many different ways to explain the Trinity (God-Head). These are two that worked for us:

- 1.) Just as I am "Mom", I am also "wife", "sister", "friend" and "daughter". Those are all of my roles and names. The same goes for God. He is God, our Heavenly Father. He is also Jesus, the Son, and the Holy Spirit, the Helper.
- 2.) Another way to explain this is with science. Water comes in three forms. Liquid water, solid ice, and vapor steam. Although the three forms are different, they come from the same thing. God is also in three forms, God the Father, God the Son, and God the Holy Spirit.

Prayer: Dear Jesus, Thank you for sending Your Holy Spirit to help us understand things. Help us to be good listeners, so that we don't miss out on the blessings You have for us. Amen.

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Day 3

How do we walk in the Spirit?

Scripture: Read **Galatians 5:16-26**

Observation: To walk in the Spirit we must be filled with the Holy Spirit. Once the Spirit of God is dwelling (living) in us, we can then choose to put our thoughts, hopes and desires in God's hands. Notice this passage says "walking". That tells us that this is a continual action, not just something we sometimes do. We can continue to walk in the spirit by nurturing our relationship with Jesus. When we are filled with God's goodness, His goodness overflows from our life into the lives of others. Our "flesh" is our old self (before we knew Christ) and our natural sinful nature. This verse shows us how our sinful nature battles against the Spirit. Our flesh wants to do things that aren't good for us, and the Spirit wants to keep us from evil. If we are walking in the Spirit, we will be kept from doing evil things.

Discussion/Questions: How can we walk in the Spirit? What are some ways we can nurture our relationship with Jesus? Does our "flesh" want to do good things or bad things? Who keeps us from doing bad things?

Application: Verses 19-21, and 26 give examples of lusts of the flesh. Explain these to your child at a level they understand and use discretion with some of lusts. Make them applicable to your child's everyday life.

Activity: For the rest of the day, try to apply the lusts of the flesh to your child's behavior. If your child gets angry, say to them, "your outburst of wrath is not showing me that you are walking in the Spirit of God." If your child has a tantrum because he wants something, say, "you are showing selfish-ambition and that is not walking in the Spirit of God." Try to make these terms common in your home, so that your child is familiar with each behavior.

Prayer: Dear Jesus, Thank you for sending the Holy Spirit to help us control the desires of our flesh. I pray that we would desire only good things that come from You, so that we can pour out Your love on others. Amen.

Day 4

How do we receive the Holy Spirit?

Scripture: Read **Ephesians 1:13-14, Luke 11:11-13, and Acts 1:4-8**

Observation: In Ephesians, it states that after we have heard the gospel and accepted God's gift of salvation, we were sealed with the Holy Spirit of promise, who is also the guarantee of our inheritance in Heaven. So at the time of salvation, we received the gift of the Holy Spirit. In Luke, we are reminded of how much our Heavenly Father loves us. He loves us enough to give us the Holy Spirit, if we ask. Acts 1:4-8 tells us that the Spirit will come upon us and we will receive power and be witnesses to the world. This power doesn't refer to super-hero powers, but power we'll have through the special gifts God gives us. When we exercise our gifts, God is glorified!

Discussion/Questions: Can anyone receive the gift of the Holy Spirit? How are we sealed with the Holy Spirit? What kind of gifts does God give us and how do we use them?

Application: If your child is ready, ask them if they would like to hear the gospel of salvation (John 3:16-17 & Romans 5:6-8), accept Jesus as their savior, and receive the gift of the Holy Spirit. If they are ready, Praise the Lord! If not, you can still talk about having a right relationship with Jesus and the gift of eternal life in heaven.

Activity: If your child received the gift of salvation this week, celebrate with their favorite dinner or take them out for ice cream. Continue to nurture their walk with Jesus. Remember that Spiritual maturity doesn't happen overnight and they will still struggle with their flesh. If your child was too young or wasn't ready to receive the gift of salvation, praise them for a job well done this week and remind them how proud you are of them for desiring the things of God.

Prayer: Dear Jesus, thank you for your gift of salvation. Thank you for sending your son Jesus to die for our sins and give us eternal life in heaven. I ask that you continue to grow in our lives and hearts, that we may know You more. We love You. Amen.

The Fruit of the Spirit

Memory Verse:

Galatians 5:22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

(Note: The Fruit of the Spirit are referred to as “fruit” and not “fruits”. There are two reasons for this: First, the plural form of fruit is simply, fruit. Grammatically we don’t say, “you have a lot of fruits.” Secondly, the fruit of the Spirit are a package deal. All nine of them come together and represent one fruit.)

Day 5

Love

The highest and noblest form of love which sees something infinitely precious in it’s object.

Scripture: Read **John 3:16-17** and **1 Corinthians 13:1-3**

Observation: In John 3:16&17 we see how much God loves us. He loves us so much that He gave His only Son to die for our sins and give us eternal life in heaven. In 1 Corinthians 13:1-3, we are told that even while we have spiritual gifts and faith that moves mountains, if we don’t have love our gifts are useless. Without God’s love overflowing from our life, we are incomplete.

Discussion/Questions: How did God show His love for us? Why is love important? Where does our love come from? Can we exercise our gifts without love? How can we show love to others?

Application: Read 1 Corinthians 13:4-7 with your child except insert their name in the place of the word “love”. Discuss how often they yield to His kind of love. Express to your child that God loves us even when we don’t deserve it and that is called unconditional love. That is simply love, unearned. We, too, are required to love people no matter what, even when they haven’t earned it. This is where the importance of nurturing our relationship with Jesus come in because the more we are filled with God’s love, the more love we have to give to others.

Activity: Add your “love” piece to the fruit puzzle.

Prayer: Dear Jesus, Please fill us with your love so that we may be able to love others. We are thankful that you love us unconditionally and we pray that we would be able to show the same unconditional love to others. Amen

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Day 6

Joy

Rejoice, good cheer, gladness of heart.

Scripture: Read **Psalm 16:5-11**

Observation: The book of Psalms is a book of worship. The various types of worship here include, prayers for deliverance in times of despair, praise to God for His gracious acts, acknowledgment of his sovereignty, proclamation of the reign of an earthly and heavenly king, and acceptance of instruction in the way of righteousness. David is joyful in the presence of God and is praising and trusting God to show him the path of life. A lifelong fellowship with God brings us great joy. God is always with us in all experiences and He gives us help, counsel and guidance when we need it. That is a great reason to always be joyful!

Discussion/Questions: Who and what brings us joy? How do we have lifelong fellowship with God? Who counsels and guides us?

Application: The greatest acronym I've seen for Joy is:

J- Jesus first, **O-** others second, **Y-** yourself last. Teach this to your child and tell them that Joy comes with a lifelong fellowship with Jesus and serving others before ourselves. Practice JOY in your home.

Activity: Add your "Joy" piece to the fruit puzzle.

Prayer: Dear Jesus, I want to be joyful in all I do. Please give me a heart for serving You and others, above myself. Amen.

Day 7

Peace

Peace of mind, tranquility.

Scripture: Read **Romans 5:1-6**

Observation: There is a peace that comes only from God after we have had our faith tested and tried. We learn to accept that He knows what is best for us and no matter how bad things may get, we know that everything we have to endure has been filtered through our Heavenly Father's loving hands. It is through our understanding of the scriptures and our experiences with trials, that gives us the boldness to have peace with any ending result. Where the peace of God is present, there is no room for worry.

Discussion/Questions: Where does peace come from? Are we to worry when things go bad?

Application: Since we know that peace comes from God, prayerfully seek this important piece of the fruit. Having peace in Christ will relieve you from unnecessary stress or anxiety and you will learn how to trust in God's plan for your life. Because understanding scripture gives us boldness in any battle we are facing, work on reading God's word and memorizing scripture. (These simple steps now, will prepare them for a solid future.)

Activity: Add your "Peace" piece to the fruit puzzle.

Prayer: Dear Jesus, Thank you for Your Word. Give us a desire in our hearts to read it daily and share what we know about You with others. We pray for a peace that passes all understanding. We willingly accept what You have for us because we know it will grow our faith. Amen.

Day 8

Patience

Long-suffering, forbearance, self-restraint before proceeding into action

Scripture: Read **James 1:2-8**

Observation: Similar to peace, patience also comes from a test of faith. Notice in this verse, it says, “count it all joy when you fall into various trials.” Are we to be joyful during trials? You bet! Because it means that through a testing of your faith, you will be practicing patience. And because we have the fruit of the Spirit, we can be joyful in our time of trial, we can have peace because God knows what is best for us, and we will understand that He is using this trial to produce in us patience.

Discussion/Questions: What is a testing of our faith? How does God produce patience in us? Are we to be scared or joyful in a time of trial? Why?

Application: Being patient is hard. It means that we have to let go of how and when we think things should happen. It is accepting that God knows what is best for us and being willing to remove our timetable from the situation. Teaching patience should be a priority in every home. We live in a time when everything we could possibly want or need is at our fingertips. Stores are right down the street, there is endless information and shopping on the internet, and people can use credit cards to buy something even if they don't have the money for it. You can help your child understand patience by modeling it and instill a heart of gratitude by not giving in to your child right away. Teaching them to take their requests to the throne of God and wait for the ‘green light’ is one of the best gifts you could them.

Activity: Add your “Patience” piece to the fruit puzzle.

Prayer: Dear Jesus, Please instill in me a heart of patience. Teach me to wait on You and not operate in my own timing. Amen.

Day 9

Kindness

Tender concern for others, a genuine desire to treat others gently, just as the Lord treats us.

Scripture: Read Colossians 3:12-14

Observation: We are told here that we are to put on tender mercies, kindness, humility, meekness and longsuffering. These traits are important in family and friendships where we are required to bear each others burdens, but also forgive each other just as Christ forgave us. The bible tells us that we are to be kind in both actions and emotions. God expects us to be kind to one another even in the midst of trials. Kindness is something that must be developed in us in order to be able to minister to others.

Discussion/Questions: How do we bear each others burdens? How can we be kind in our actions and emotions? How can we develop kindness?

Application: Although not natural, learning to be kind can be easy. Being kind in our actions could be as simple as paying someone a compliment, inviting someone over to play, letting your friend play with something of yours, and telling a friend that you are thankful for their friendship. It's about doing kind things. Kind emotions would be compassion and generosity. You can feel compassion for someone who doesn't have many friends and you would therefore want to be kind to them by talking to them and befriending them.

Activity: Add your "kindness" piece to the fruit puzzle.

Prayer: Dear Jesus, I am sorry for the times I may not have been kind to my friends and family. Please help me to feel compassion and love for them and give me the courage to act on my feelings of kindness. Thank you for teaching us how to treat others. Amen.

Day 10

Goodness

Benevolent, performing good or charitable acts and not seeking to make a profit.

Scripture: Read 2 Thessalonians 1:11-12

Observation: Paul was writing to the Thessalonians encouraging their walk with God. We desire God to count us worthy of His calling in our life and we trust that He will fill us with His goodness, so that He may be glorified in our life. The bible is full of examples and stories of God's goodness. Just as we are undeserving of His unconditional love, we do not deserve His unlimited generosity. Even though God is the only true example of goodness, we as believers, are called to seek goodness and model a life after Jesus. Goodness is righteousness through Jesus, accompanied by acts of kindness and after our hearts have been changed by the love of God we begin to act differently.

Discussion/Questions: Can you share an example of God's goodness in the bible? How to we demonstrate goodness to others? How are our heart's changed?

Application: Are you starting to notice that each piece of the fruit of the Spirit seem to fit together? In order to have joy, we must have love. In order to have patience, we need to have God's peace. Goodness is when we show others kindness and love. Now you see why they are ONE fruit. They all fit together and you can't have one piece without the other. As you continue to learn the fruit of the Spirit, ask God to help you strengthen each piece in your life.

Activity: Add your "Goodness" piece to the fruit puzzle.

Prayer: Dear Jesus, You are so GOOD to us. You have freely given us a gift that we don't deserve; the forgiveness of our sins. You provide for our every need and You bless us beyond measure. Thank you for your goodness. Amen.

Day11

Faithfulness

A firm conviction, belief in the truth. Certainty, dependability.

Scripture: Read **Lamentations 3:22-23**

Observation: God has not only promised to be faithful, but He has proved His faithfulness time and time again. He has an unfailing compassion and love for us that is new every morning. He made a commitment to us and He has proved His dependability. When you wake up in the morning, He'll be there. When you face a difficult situation, He'll be there. When you go to bed at night, He's still there. We are called to also be faithful. Faithful in our relationship with Jesus, and faithful to our friends and family. That type of faithfulness is called trustworthiness or loyalty. We are challenged in our faithfulness to trust God even amidst trial and suffering.

Discussion/Questions: What does it mean to be faithful? How is God faithful to us? How are we faithful to others? Why is being faithful important?

Application: We experience God's faithfulness through protection, mercy, preservation, love, and discipline. It is revealed in all of His promises. If we are to remain faithful to ourselves and others, we must have faith in God. Our commitments to others are a necessary expression of faithfulness that glorifies God.

Activity: Add your "Faithfulness" piece to the fruit puzzle.

Prayer: Dear Jesus, Thank you for being faithful to us even when we struggle to be faithful to you. Help us to be dependable and loyal when we make commitments. We want to glorify you in all we do. Amen.

Day 12

Gentleness

Meekness, mildness, Complete surrender to God's will in our life.

Scripture: Read **Ephesians 4:1-3**

Observation: Paul refers to himself as a prisoner of the Lord. This doesn't mean that he is being held, serving God against his will. Paul was chosen by God to do great things and Paul serves God wholeheartedly, surrendering his life to God's will. Again, he reminds us to walk worthy of our calling as God's children, with lowliness (humbleness) and gentleness. When we walk in the Spirit of God, we possess gentleness. Gentleness refers to a submissive attitude, not to be confused with weakness. Gentleness is precious to God and necessary for godliness.

Discussion/Questions: Can we possess gentleness on our own? Does being gentle mean we are weak? Why is gentleness important?

Application: Gentleness is important for children to learn. It is easy for them to act out in anger when they don't get their way or to hit another person when they feel like it, but even at a young age should be held accountable for their actions. Nurture gentleness by providing a gentle atmosphere at home. Never raise voices or spank out of anger. Try to keep the television off and promote quiet, quality-time activities. Teach them to use their words nicely, instead of losing their temper. Lastly, help them to understand that God's will in their life is more important than what they want for themselves.

Activity: Add your "Gentleness" piece to the fruit puzzle.

Prayer: Dear Jesus, thank you for being gentle with us. Please help us to be gentle to others as well as having a humble and gentle spirit in which we willingly surrender our lives to you. We love you for who you are. Amen.

Day 13 Self-Control

Restraining passions and appetite. Temperance.

Scripture: Read **1 Corinthians 10:13**

Observation: Although this verse does not speak directly of self-control, the reference to temptation brings self-control to mind. This verse says that no temptation has overcome us, except what is common to man. Man is not perfect and will never be perfect until we get to heaven. There are things in life that are going to tempt us. But, “God is faithful, who will not allow you to be tempted beyond what you are able.” Here is a promise that God has made to us. We will never be tempted with something we are not able to turn down. “But with the temptation will also make a way of escape, that you may be able to bear it.” Anything that we are tempted with, God will make a way of escape for us. In God’s strength, we can practice self-control. Self-control is also known as self-discipline. We need to practice self-discipline for both our outward behaviors and our inward feelings. Our words, actions, thoughts, and passions must be pleasing and acceptable to God.

Discussion/Questions: What is self-control? What promise did God make to us about temptation? How do we practice self-discipline?

Application: The opposite of self-control would be self-indulgence. When we are not self-disciplined, we often give in to every selfish desire we have. That can really damage our walk with God, our relationship with others, and we can hurt ourselves. Losing your self-control may cause you to say hurtful things to your friends or family members. Not being self-disciplined could lead to laziness at home and in your relationship with Jesus. If we lose self-control physically, we could accidentally hit someone. If we have thoughts that aren’t pleasing to God, we may feel guilty. Self-control keeps us safe and keeps our relationships intact. If we cannot practice self-control, we will miss out on the many blessings God has for our life.

Activity: Add your “Self-control” piece to the fruit puzzle.

Prayer: Dear Jesus, Please help me to practice self-control in all I do. Let my words, actions, thoughts, and passions be pleasing and acceptable to you. Thank you for teaching us about self-control. Amen.

Day 14

Review and Wrap Up

Read: **Galatians 5:16-26**

The fruit of the Holy Spirit are visible attributes (characteristics) of those who walk in the Spirit of God. It is proof and evidence in the life of a Christian, that they are growing in their faith and relationship with God. As we grow closer to Jesus, we desire to be more like Him and He teaches us how to live a life of righteousness. As we grow in our relationship with God, we develop unselfish love, true joy, and lasting peace. As we build relationships with others, we are challenged to practice God's patience, kindness, and goodness. As we grow spiritually, we discover an inner strength from God that results in faithfulness, gentleness, and self-control. The purpose is to not follow a list of rules and laws, but to follow in the love of Jesus Christ. Remember that we will never be perfect this side of Heaven. We will have to continually work on each characteristic, and while some may be easy for us, it is normal to struggle with others. As long as we are seeking God and walking in the Spirit, we are on the right path.

Why do we need to practice the fruit of the Spirit? Because the ministry of Christ is accomplished by the gifts of the Spirit.

Spend today helping your child identify their strongest qualities. Thank God for those qualities. Then help them to identify their weakest qualities and encourage them to seek God and pray for Him to strengthen those qualities.

Remember that word "**abide**"? Do you see now, how important it is to abide in Him and His Word daily? It's the difference between walking in the Spirit and walking in our flesh.

Talk to your child about things in their life that have taken priority over spending quiet time alone with God. Talk about ways they can be self-disciplined and put God's Word first.

Prayer: Dear Jesus, Thank you for teaching us about the fruit of the Spirit. Please continue to grow us in our walk with You and we pray that our Spiritual fruit would be pleasing to you. Be patient with us as we practice each piece of the fruit. We love you. Amen.

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**GENTLE-
NESS**

LOVE

PEACE

**KIND-
NESS**

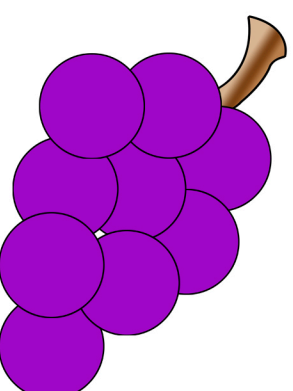
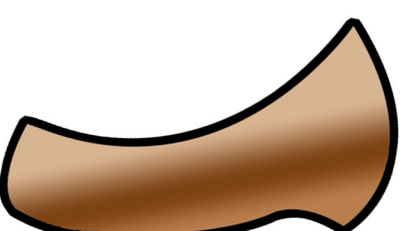
**FAITHFUL
NESS**

PATIENCE

JOY

**GOOD-
NESS**

**SELF
CONTROL**



Cut out individual grapes and add to your fruit puzzle as you learn about each one.

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