



TNCC
CHILDREN'S
CHURCH

Lesson 1

FRUIT OF THE SPIRIT INTRO

HOOK

Bring a few fruits for show & tell. Can be fresh or plastic etc.

Who knows what fruits these are?

Which tree do they come from? Show a few different trees and get the kids to guess.

If I have a banana tree in my garden, and I want it to produce durians, is that possible? *No*

I know, let me talk nicely to the banana tree. *Dear Banana tree, I really want to eat durians. Can you please give me some durians? Or just 1? Just 1 will make me happy already!*

Hmph. That's not working. Maybe I'll use my Mummy Voice and command the banana tree to produce durians!

Or let's beg banana tree to give us durians! We have to do it together, then the banana tree may agree. *Please, please, pretty please ...*

Maybe I'll do a durian dance. Or maybe let's all do a durian dance!
(Get kids up to do some funny actions)

Oh dear. No durians ... Why do you think so? *Because banana trees give out banana fruits!*

If I want a durian, what tree should I look out for? *Durian tree!*

Oh ... so banana trees give out banana fruits. And durian trees give out durian fruits!

Do you know the Bible talks a lot about trees and fruits? Let's find out more today!



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Lesson 1

FRUIT OF THE SPIRIT INTRO

LESSON: GALATIANS: FRUIT OF THE SPIRIT (GAL 5:22-23)

REVIEW

Last Sunday we learned about **Psalm 1**. Let's read through it again today.

*¹ Blessed is the one who does not walk in step with the wicked
or stand in the way that sinners take
or sit in the company of mockers,*

*² but whose delight is in the law of the Lord,
and who meditates on his law day and night.*

*³ That person is like a tree planted by streams of water,
which yields its fruit in season
and whose leaf does not wither—
whatever they do prospers.*

There are 2 ways we can choose for our life:

- A) God's way, which is found in his word, the bible; or
- B) The way of people who do not know God or the world.

Are we those who follow God's way or the way of the world? Which way do you choose? *[let kids respond]*

If we follow God's way, what does the Psalmist say we are like?

That's right: a tree planted by streams of water, which yields its fruit in season!

What sort of fruits do you think we bear?

Just like a banana tree gives out banana fruits and durian trees give out durian fruits, a Jesus tree gives out Jesus fruit!



Lesson 1

FRUIT OF THE SPIRIT INTRO

BEARING FRUIT

Galatians 5:22-23 *But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.*

Briefly go through each attribute and get the kids to:

- Explain what they think it means
- Share how they show this attribute in their lives
- Share which attribute is lacking in their lives

When we look at this list, there are many attributes that we may not display in our everyday life. For example, I get angry and frustrated very easily — I may not show joy or patience. I always want what I don't have — I may not show self-control.

THE FRUIT OF THE SPIRIT IN JESUS

In the coming weeks, we will see how one Man could embody ALL the fruit of the Spirit in His life. Can you guess who that Man is? *Jesus!*

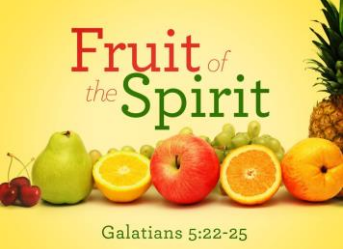
That's right!

Jesus tells us He is the vine, and we are the branches (John 15:5). *If we remain in Him, and He in us, we will bear much fruit; apart from Him, we can do nothing!*

We'll see how when Jesus is in our lives and we are in Jesus, His Holy Spirit bears His fruit in us!

So we don't have to try to squeeze a durian out of a banana tree!

We are part of the Jesus tree, so we bear Jesus fruit!



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Lesson 1

FRUIT OF THE SPIRIT INTRO

ACTIVITY SUGGESTION

THEME SONG: Fruit of the Spirit (by Steve Green)

<https://www.youtube.com/watch?v=AgdaE6YFWwA>

FRUIT TREE GAME

Picture of tree (on screen or on wall) and pictures of fruits (same type preferred) labelled with the each fruit of the Spirit.

Option 1: Mix up all the fruits of the Spirit. Have children put the fruit in order according to the scripture verse. You can do this as a relay. One person at a time putting one fruit in the right place until all are in order.

Option 2: Have all the fruit on the tree. Remove different fruits. Have children guess what fruit has been removed.

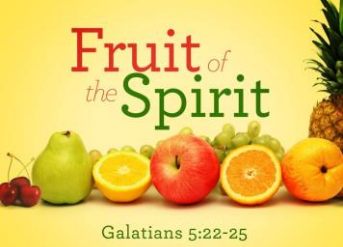
RELATED CRAFT WITH MEMORY VERSE (Gal 5:22-23)

FRUIT SALAD

Get kids to mix some fruits together and enjoy as snack!

Close in prayer. Thank you Jesus that you bear fruits in and through us!

Invite those who want to abide in Jesus to ask Him into their hearts.



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Lesson 2

FRUIT OF THE SPIRIT: LOVE

HOOK

Suggestions that help kids discover that the love we show others is a reflection of God's love in us.

Mirror, Mirror

Get 3-4 kid volunteers.

3 of the volunteers have to leave the room and be out of sight from what's happening in the room.

Get the first kid volunteer (Kid #1) to strike the funniest position he/she can think of. (Nothing crude or vulgar)

Kid #2 comes in. Get Kid #2 to mirror Kid #1's pose. Then get Kid #2 to strike another funny pose.

Kid #3 comes in and mirrors the position, then strike his/her own funny pose, etc etc.

In this activity, your friends were mirroring each other. When we see what Jesus does for us – how much He loves us – we will be able to mirror His love to all around us!

-- or --

Reflection

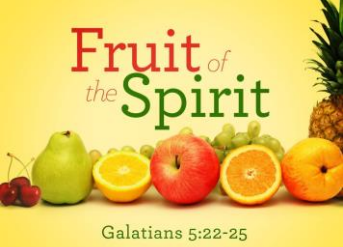
Show a picture of a bright moon in the sky and one of Armstrong landing on the moon.

Have you ever looked up in the sky at seen the moon glowing in the dark? Do you know the moon does not have any light of its own ... unlike the stars? When man landed on the moon, it was just full of craters.

So where does the moon get its light from? Yes, it reflects the light from the sun.

The sun shines its light and the moon mirrors the light so we can see at night.

[Optional illustration: <http://www.learnplayimagine.com/2014/06/how-does-moon-give-us-light.html>]



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Lesson 2

FRUIT OF THE SPIRIT: LOVE

LESSON: LOVE

[Idea: Write out the various verses in **blue** below on heart-shaped papers. You can hide it around the room and get the kids to look for them. And they can read them out during the lesson.]

Galatians 5:22-23 *But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.*

Today we are going to learn more about the fruit of the Spirit called, "Love."

What do you think of when you hear the word "love"? A lot of times, we think of love as a feeling — like we love ice cream, or we just love it when our birthday comes. Although those feelings are good, it's important to understand that love is not just a feeling.

Today we're going to learn that love is a Person. And that Person is ... Jesus!

GOD IS LOVE

What does the Bible say God is? *God is love.* (**1 John 4:8**)

Everyone, say that with me again out loud. *God is love!*

Love is not just something God does. Love is the very nature of God. It's who He is. Love rules everything that He does.

HOW DID GOD SHOW HIS LOVE FOR US?

By sending His son, Jesus, to die on the cross for our sin. Jesus loved us soooooo much that He gave His life for us. Even when we didn't deserve it. Even when we hated Him. Even when we were His enemies.

John 3:16 *For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.*

John 15:13 *Greater love has no one than this: to lay down one's life for one's friends.*

Romans 5:8 *But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.*

So if we ever doubt whether Jesus loves us or not, look to the cross. That's the clearest sign of His love.



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Lesson 2

FRUIT OF THE SPIRIT: LOVE

Jesus' love is in us!

Jesus tells us that God the Father loved Him, so He loved us. ([John 15:9](#))

And we are to remain in this love — keep being full of it!

And the one command He gives us is to:

[John 15:12](#) *Love each other as I have loved you*

That seems like such a difficult thing to do! Jesus' love is unconditional and perfect. How can we love others unconditionally and perfectly? The truth is ... we can't. Not on our own.

On our own, we're selfish and unkind and self-seeking. Just like the moon, we have no light of our own.

That's why it is so important to know how much Jesus loves us — so we can be filled with His love to love others around us.

[props: empty glass, jug of water, large bowl]

See this glass? This is us. When we are empty, we cannot love others. We have no love to give.

[Put glass in the bowl]

Now, what happens when I pour the water from this jug into the glass? It gets full.

What happens if I keep on filling? It overflows.

When the glass is full of water, it overflows all around.

When the moon faces the sun, it reflects its light all around.

When I am full of Jesus' love, it overflows to those around me.

So when there are difficult people to love, when someone doesn't deserve it, when someone is my enemy, I can show them Jesus' love because I am full of it!

[1 John 4:19](#) *We love because he first loved us.*

Remember ... Love is a Fruit of the Spirit. The Jesus tree produces Jesus fruit. And we are part of the Jesus tree! It's not us trying to squeeze a durian out of a banana tree!



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Lesson 2

FRUIT OF THE SPIRIT: LOVE

ACTIVITY SUGGESTION

THEME SONG: Fruit of the Spirit (by Steve Green) — revision

<https://www.youtube.com/watch?v=AgdaE6YFWwA>

SONG: Jesus loves me, this I know

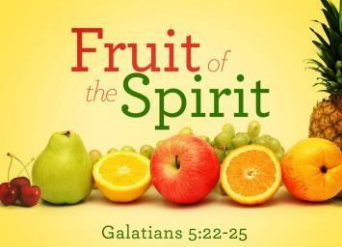
<https://www.youtube.com/watch?v=zYRvoaCHAes>

CRAFT

Anything related with any of the “love” verses.

Close in prayer. Thank you Jesus that you love me so I can love others!

Invite those who want to abide in Jesus to ask Him into their hearts.



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Lesson 3

FRUIT OF THE SPIRIT: JOY

HOOK

Galatians 5:22-23 *But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.*

Can you remember which fruit of the Spirit you learnt last week? We learnt that *God is love*. He loved us so much that he sent Jesus, to die on the cross for our sin. We can love others because he first loved us.

Today we are going to learn more about the fruit of the Spirit called, "Joy."

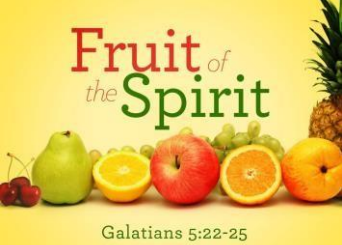
For younger children, get ready a round smiley face and a sad face on the opposite side. As you go through the following situations ask the children whether they feel happy/joyful (show the smiley face) or sad (show the sad face).



With older children, ask them how they will feel in these situations.

1. Your parents bought you a new toy.
2. Your teacher praised you in class, saying your drawing is the nicest.
3. You got a chance to meet your favorite actress/actor or football player.
4. Someone broke your new toy.
5. Your teacher scolded you in class, in front of your classmates.
6. Your best friend and her family are going to live in Australia. You don't know when you will see her or him again.

It is easy to feel happy or joyful in the first 3 situations, but what about the last 3. Is it possible to still have joy when something bad or not nice happens?



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Lesson 3

FRUIT OF THE SPIRIT: JOY

STORY: Paul & Silas have Joy in Prison (Acts 16)

Let me tell you about 2 friends, Paul and Silas.

Paul and Silas loved to tell people about Jesus. One day, as they were telling people about Jesus' finished work on the cross, a young girl kept following them and shouting at them for many days. She was a slave girl who had a bad spirit in her. Her owners used her to tell people what was going to happen to them in the future, and people would pay a lot of money to the owners.

Finally, Paul just commanded the evil spirit to come out of a slave girl. And suddenly, the girl started to behave like a normal person. She could not tell the future anymore. She could not earn money for her owners anymore. So of course the owners were very angry. They dragged Paul and Silas before the judges, who then ordered them to be beaten up and put in prison.

So Paul and Silas were now in a smelly, dirty, Roman prison. Their bodies were hurting because earlier, they were beaten with rods. Their feet were bound fastened in stocks. They couldn't move freely. They were in this condition although they didn't do anything wrong.

(Idea: Make "stocks" out of cardboard boxes and get 2 volunteers to sit at the front with their legs "locked up")



Do you think that was fair? How do you think Paul and Silas felt? How would you feel?

Do you know ... Paul and Silas could have sat there in the darkness, sulking and blaming each other. Silas could have blamed Paul for getting them into trouble. Paul could have blamed God for letting them get arrested.

Instead, as recorded in Acts 16:25, Paul and Silas were praying and singing songs to God in the prison! In the midst of difficulties, they had joy in their hearts because they knew they had Jesus and they looked to him. And all the other prisoners were listening to their joy.

But that's not all. Suddenly there was a violent earthquake that shook the entire prison. All the doors flew open. All the chains came loose. When the jailer woke up and saw the doors open, he thought everyone had escaped and he was going to kill himself with his sword.



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FRUIT OF THE SPIRIT: JOY

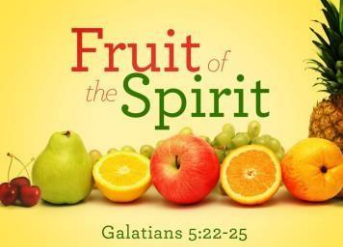
But Paul shouted out, “Don’t harm yourself! We are all here!”

The jailer turned on the lights, rushed in and fell trembling before Paul and Silas. “Sirs, what must I do to be saved?”

They replied, “Believe in the Lord Jesus, and you will be saved — you and your household.” They told the jailer and his family about Jesus. That night, the jailer took them, washed their wounds, and then he and his whole family were baptized! The jailer gave them a meal at his house.

And he was filled with joy! The joy that Paul and Silas had spread to the jailer and the household.

This joy was Jesus!



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Lesson 3

FRUIT OF THE SPIRIT: JOY

LESSON

Remember, we have Jesus in us. He is the vine, and we are the branches; if He has joy, so do we.

Do you know what Jesus was like when he was on earth?

JESUS HAS MORE JOY THAN ANYONE ELSE

When Jesus was on earth, He was full of joy and life. Many people would invite him to go to their houses and even mothers would bring their children to see him. Hebrews 1:9 says that God has anointed Jesus with the oil of joy above anyone else.

JESUS HAD JOY EVEN DURING THE MOST DIFFICULT TIME

We know that Jesus was badly beaten before He was nailed on the cross. His flesh was torn, He lost so much blood, He was so badly beaten that He didn't look like a human being anymore. Soldiers made fun of Him and told Him to save himself.

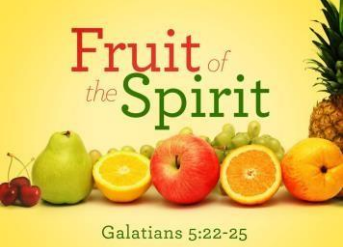
Hebrews 12:2 says that Jesus endured the cross, scorning its shame because of the joy set before him. He took all the beating, the shame and humiliation because of the joy He had knowing that because of what He did on the cross, He will have us and we will have Him forever.

WE HAVE JOY BECAUSE WE HAVE JESUS

Before Jesus was arrested, during his meal with his disciples, he told them, *"These things I have spoken to you, that my joy may be in you, and that your joy may be full"* (John 15:11).

Jesus knew that He would leave his disciples soon, but yet He said they will have joy. Didn't He know that they will feel sad because He was going to die on the cross? But before Jesus told them that they will have joy, he said that He was the vine, and they were the branches (John 15:5). This was the secret to their joy! They will have joy because they had Jesus' life in them, just like now, anyone who has received Jesus as their Savior has Jesus' life in them.

Because Jesus is in us, we can have His joy — even though we are facing a situation that is sad, scary or we don't know what to do. So when you are feeling down, look at Jesus, remember you have His life in you and so you can have His joy, no matter what situation you are in.



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FRUIT OF THE SPIRIT: JOY

ACTIVITY SUGGESTION

THEME SONG: Fruit of the Spirit (by Steve Green) — revision

<https://www.youtube.com/watch?v=AgdaE6YFWwA>

SONG: I got joy that is down in my heart

I got joy that is down in my heart

Deep, deep down in my heart

J-O-Y that is down in my heart

Deep, deep down in my heart

Jesus put it in there

And nothing can destroy,

Destroy? Destroy? Destroy? Phooooo.....

J-O-Y that is down in my heart

Deep, deep down in my heart

SONG: Yesus pokok dan kita cabangnya

Yesus pokok dan kitalah cabangnya tinggalah di dalamnya (3x)

Pastilah kau akan berbuah

Yesus cintaku, ku cinta kau kau cinta dia (2x)

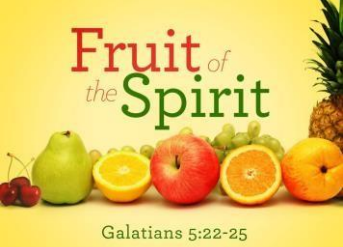
<http://www.kidung.com/2010/08/12/lirik-chord-lagu-sekolah-minggu-yesus-pokok/>

CRAFT

Related craft with the verse: *"These things I have spoken to you, that my joy may be in you, and that your joy may be full"* (John 15:11).

Invite children to accept Jesus in their life to receive His everlasting joy.

Thank you Jesus, I have your life so I have joy that cannot be taken away from me.



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Lesson 4

FRUIT OF THE SPIRIT: PEACE

HOOK

Galatians 5:22-23 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.

There once was a King who offered a prize to the artist who would paint the best picture of peace. Many artists tried. The King looked at all the pictures, but there were only two he really liked, and he had to choose between them.

One picture was of a calm lake. The lake was a perfect mirror, for peaceful towering mountains were all around it. Overhead was a blue sky with fluffy white clouds. All who saw this picture thought that it was a perfect picture of peace.

The other picture had mountains, too. But these were rugged and bare. Above was an angry sky from which rain fell and in which lightning played. Down the side of the mountain tumbled a foaming waterfall. This did not look peaceful at all. But when the King looked, he saw behind the waterfall a tiny bush growing in a crack in the rock. In the bush a mother bird had built her nest. There, in the midst of the rush of angry water, sat the mother bird on her nest in perfect peace.

Which picture do you think won the prize? The King chose the second picture. Do you know why?

“Because” explained the King, “peace does not mean to be in a place where there is no noise, trouble, or hard work. Peace means to be in the midst of all those things and still be calm in your heart. That is the real meaning of peace.”

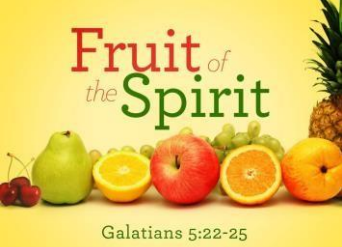


When we think of peace, we usually think of a situation where everything is fine and nice, where there is no fighting, no problems, no challenges.

That may be so, but the peace of the Holy Spirit is a bit different.

It's a peace that is not dependent on circumstances or situations. It is an inner calmness even in the middle of a storm.

It is a peace that we can have because Jesus is in us and we are in Him!



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Lesson 4

FRUIT OF THE SPIRIT: PEACE

STORY: Peace in the Storm (Mark 4:35-41)

Read the story of Jesus in the boat during the storm. (Mark 4:35-41)

Why were the disciples so afraid? <Big winds, waves that would scare even seasoned fishermen>

Have you ever been afraid? Stressed? Worried?

What would our natural reaction be? We would pray that Jesus calm the storm immediately, right? We would pray that the wind stops right away!

And in this incident, on the Sea of Galilee, the frightened disciples woke Jesus up and He did shut the storm up (He's God and He's all powerful!).

But even if the disciples didn't wake Jesus, even if Jesus didn't calm the storm, is it possible to be at peace?

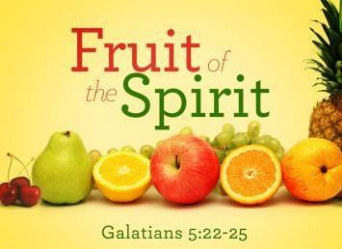
Jesus is in the boat with us — He's the one who said, *"Let us go to the other side ..."*. He is not bringing us into the middle of the lake to drown.

Sometimes, even if He does allow the storm to rage on, no matter how big the storm is, no matter how much water is flooding into the boat, we will get through it because Jesus is with us and we have His peace.

Jesus cares! The disciples weren't sure (*"Teacher, don't you care if we drown?"*). Sometimes when we face problems, we feel God isn't there, that He doesn't care. But we need to remind ourselves that Jesus really loves us, He cares for us and He never leaves us!

Jesus could sleep through the storm. When we really know Jesus is with us, we can rest (or even smile) in the storm. We can experience His peace. We just keep our eyes on Jesus through it all!

The storm is the ups and downs in our life. Because of Jesus, we can be at peace because He will bring peace amidst the storm of our life.



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Lesson 4

FRUIT OF THE SPIRIT: PEACE

LESSON

But Jesus is not physically with us today! It's different if we have someone whose hand we can hold when we are fearful.

Jesus had to go back to heaven so that the Holy Spirit can come and live in our hearts. And He will remind us about the peace that Jesus has given to us.

John 14:26-27 *But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you. Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.*

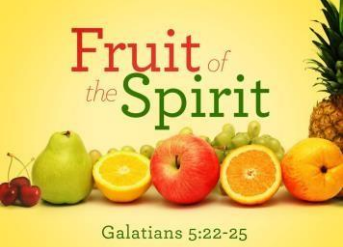
Jesus also tells us that life will not always be rosy, that there will be challenges and problems in life. But we can have peace because His spirit is in us. And the fruit of the spirit is peace.

Jesus told the disciples this before He went back to heaven. He wanted to reassure them that He has won the victory and He is coming back for us some day.

John 16:33 *"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."*

Are there storms that you are going through?

Let's continue to speak Jesus' life and peace into every situation!



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Lesson 4

FRUIT OF THE SPIRIT: PEACE

ACTIVITY SUGGESTION

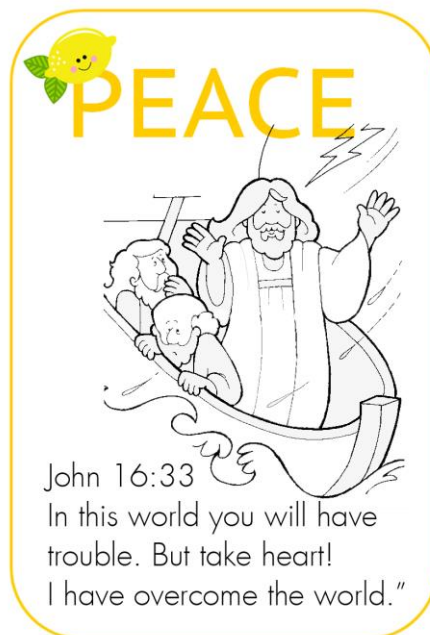
THEME SONG: Fruit of the Spirit (by Steve Green) — revision

<https://www.youtube.com/watch?v=AgdaE6YFWwA>

Memory Verse challenge:

John 14:27 *Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.*

Worksheet:



Invite children to accept Jesus in their life to receive His peace.

Thank you Jesus, I have Your life so I have Your peace even in the midst of the storms.



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Lesson 6

FRUIT OF THE SPIRIT: PATIENCE

HOOK

Can you remember which fruit of the Spirit you learnt last week? *Peace*.

We learnt that we can have peace even when we are facing problems because we have Jesus in us.

Galatians 5:22-23 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.

Today we are going to learn more about the fruit of the Spirit, "Patience."

Bring some treats (something non-messy which they can just eat it quickly) for the children.

Make everyone queue up for the treats, give them out as slow as you can and tell them that they can only eat when everyone has received their treats. You can then tell them that you were testing their patience. Compliment the children who demonstrated the most patience.

-- or --

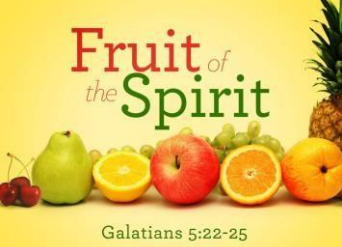
Put bowls of snacks and give each kid a pair of chopsticks to take the snack out → lesson in patience.

Once there was a boy who was having some problems with patience. He decided to pray to God. He said "Dear God, please give me more patience ... and I want it now!"

Do you think he was patient? No. What makes you think so? He wanted patience immediately.

Here is a video showing a cute little boy who could not wait for his father to finish praying before he ate.

Praying and eating kid: www.youtube.com/watch?v=tnyZVLXWNLS



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Lesson 6

FRUIT OF THE SPIRIT: PATIENCE

STORY

Let's look at how patient Jesus was with people:

Jesus was patient with unbelieving Philip

Jesus' disciples have been with him for 3 years. They travelled from town to town together. They were with him almost all the time. Jesus told them a lot about God and himself, the Son of God. Not only that, he healed the sick, raised the dead and casted out demons, who recognized him as the Son of God.

Despite all these, his disciple, Phillip didn't understand that Jesus, the person he was with for 3 years was actually God. Then Philip said to Jesus, *"Lord, show us the Father. That is all we need."*

You would think that Jesus would have told him off. But Jesus answered him patiently, *"Philip, I have been with you for a long time. So you should know me. Anyone who has seen me has seen the Father too. Believe me when I say that I am in the Father and the Father is in me".*

Jesus was patient with unfaithful Peter

Peter told Jesus, *"Lord, I am ready to go with you to prison and to death."* (Luke 22:33). Despite Peter's boast, Jesus replied that before the rooster crowed, Peter would deny him three times. Sure enough, after Jesus was arrested, Peter was asked 3 times if he knew Jesus, and all 3 times, he said "no".

However, Jesus was patient with Peter. Peter was one of the first persons that Jesus appeared to, after his resurrection. Jesus told Peter to feed his lambs, which meant taking care of the people who believed in Jesus. Peter later became one of the key leaders of the early church.

Jesus was patient with doubting Thomas

Thomas, one of the 12 disciples, was not with the disciples when Jesus appeared to them after he rose from the dead. When the other disciples told him, *"We have seen the Lord!"*, Thomas said to them, *"Unless I see the nail marks in his hands and put my finger where the nails were, and put my hand into his side, I will not believe."* This was despite Jesus having told his disciples before that he would rise from the dead.

One day, when Thomas was together with the other disciples, Jesus came, stood among them and said, *"Peace be with you!"* Then he said to Thomas, *"Put your finger here; see my hands. Reach out your hand and put it into my side. Stop doubting and believe."* Thomas believed. He said to him, *"My Lord and my God!"*



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Lesson 6

FRUIT OF THE SPIRIT: PATIENCE

LESSON

JESUS IS PATIENT WITH US

1 Timothy 1:15-16 *Here is a trustworthy saying that deserves full acceptance: Christ Jesus came into the world to save sinners — of whom I am the worst. But for that very reason I was shown mercy so that in me, the worst of sinners, Christ Jesus might display his immense patience as an example for those who would believe in him and receive eternal life.*

Jesus is patient with us even when we rejected Him, when we didn't listen to Him, when we wanted to do things our own way.

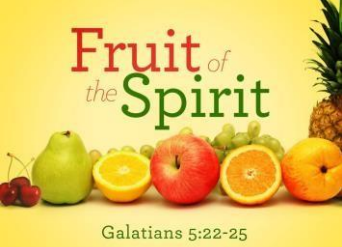
Jesus shows us His patience so that we may believe in Him and receive His eternal life.

JESUS IS OUR PATIENCE

Unlike the boy who prayed for God to give him patience, we do not have to ask God for patience. We have Jesus in us, so if Jesus is patient, so we can be patient.

We remind ourselves how patient Jesus was and how he continues to be patient with us even when we make mistakes, say or do things which hurt others and maybe even hurt ourselves. When we focus on Jesus, we will find that we are more patient with other people and with ourselves.

Let's look to Jesus. Remember, you have his life in you!



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Lesson 6

FRUIT OF THE SPIRIT: PATIENCE

ACTIVITY SUGGESTION

THEME SONG: Fruit of the Spirit (by Steve Green) — revision

<https://www.youtube.com/watch?v=AgdaE6YFWwA>

Memory Verse challenge

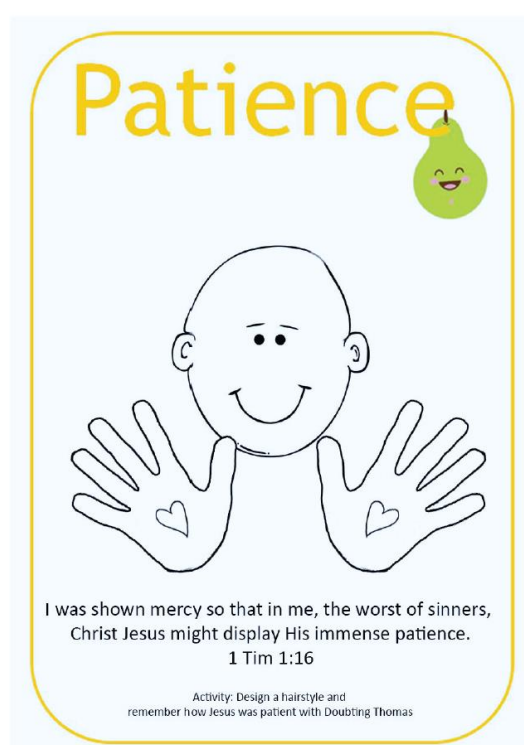
Game, activity or craft with the memory verse.

1 Timothy 1:16 *I was shown mercy so that in me, the worst of sinners, Christ Jesus might display his immense patience as an example for those who would believe in him and receive eternal life.*

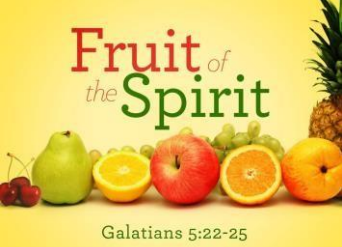
Or

Jesus showed me patience!

Worksheet:



Close in prayer.



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Lesson 7

FRUIT OF THE SPIRIT: KINDNESS

HOOK



The story of Amin

Amin lived on the streets. He didn't have a home or money or family. We don't know why or how he ended up on the streets.

But some of our friends from tNCC went to help people like Amin. They fed them. Sometimes they went the extra mile by washing them up, cutting their hair and giving them new clothes to wear.

That's one way for us to show kindness to people around us!

Today we are going to learn more about the fruit of the Spirit, "Kindness."

Galatians 5:22-23 *But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.*



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Lesson 7

FRUIT OF THE SPIRIT: KINDNESS

STORY

JESUS WAS KIND

Jesus is the kindest person ever! He was always helping people, healing the sick, touched the lepers (whom no one else would go near) and feeding the hungry. Even when He had a long day and was tired, He would not turn away anyone who came to Him.

JESUS WAS KIND TO CHILDREN (Luke 18:15-16)

People were bringing their children to meet Jesus, but the disciples turned them away. After all, children were small and noisy and mischievous ... a real nuisance! But Jesus saw them and called them to Him.

"Let the little children come to me, and do not stop them, for the kingdom of God belongs to them."

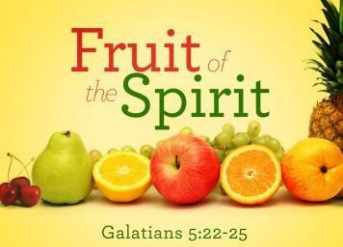
JESUS TOLD A STORY ...

Tell the story of The Good Samaritan (Luke 10:25-37).

In Jesus' story, it was not the religious and "good" people who stopped to help the Jewish man. It was the enemy — a despised Samaritan. The Jews hated the Samaritans.

The Samaritan could have walked on, and nobody would fault him for that. But he had compassion for the man. He cleaned and bandaged his wounds. Put him on his donkey and paid for his care at the inn.

The Samaritan was kind to someone who considered him as an "enemy".



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Lesson 7

FRUIT OF THE SPIRIT: KINDNESS

LESSON

JESUS IS KIND TO US

Do you know Jesus was kind to us even when we were God's enemies?

Col 1:21 *"This includes you who were once far away from God. You were His enemies, separated from Him by your evil thoughts and actions."*

But even though we were God's enemy, and left to die because of our sin, Jesus still came to die for us. He was kind to us — He cleaned us with His blood, He lifted us and took care of us, He paid the price of our sins for us.

Titus 3:3-7 explains it well. Let's read it together:

At one time we too were foolish, disobedient, deceived and enslaved by all kinds of passions and pleasures. We lived in malice and envy, being hated and hating one another. ⁴ But when the kindness and love of God our Savior appeared, ⁵ he saved us, not because of righteous things we had done, but because of his mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit, ⁶ whom he poured out on us generously through Jesus Christ our Savior, ⁷ so that, having been justified by his grace, we might become heirs having the hope of eternal life.

Jesus showed us kindness when He died on the cross for us to save us from our sin and death.

WE CAN BE KIND JUST AS JESUS IS KIND TO US

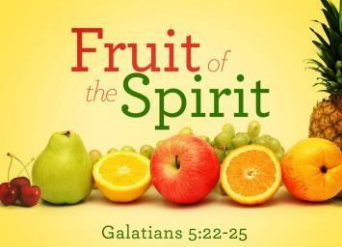
Ephesians 4:32 *Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*

Jesus forgave us and showed us kindness when we were His enemies.

Today, we have Jesus in our lives, so we can show kindness to others — our family, our friends, strangers and yes, even our enemies!

What are some ways we can show kindness to others?

Get the kids to share their ideas and suggestions. Encourage them to consciously show kindness every day of the week ahead!



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Lesson 7

FRUIT OF THE SPIRIT: KINDNESS

ACTIVITY SUGGESTION

THEME SONG: Fruit of the Spirit (by Steve Green) — revision

<https://www.youtube.com/watch?v=AgdaE6YFWwA>

Kind Words

Stick a piece of paper behind every child and get them to go around writing something kind on other children's papers. Kind words only!

-- or --

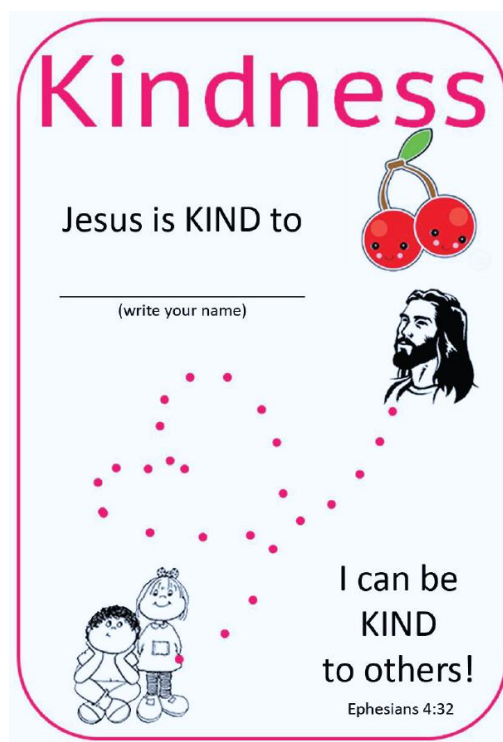
Have the kids sit in a circle. Pass a ball around. Whoever is holding the ball has to say something kind about another kid and throw the ball to him/her. Kind words only!

Memory Verse challenge

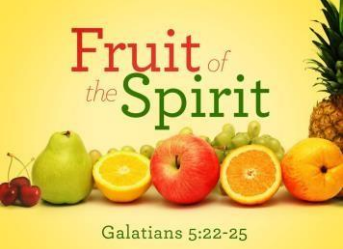
Game, activity or craft with the memory verse.

Ephesians 4:32 *Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*

Worksheet



Share acts of kindness we can do this week. Close in prayer.



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Lesson 8

FRUIT OF THE SPIRIT: GOODNESS

HOOK

We are mid-way of our series on the Fruit of the Spirit.

Who can tell me what they are?

Galatians 5:22-23 *But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.*



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Lesson 8

FRUIT OF THE SPIRIT: GOODNESS

STORY (Luke 19:1-10)

Jesus told a story ... about a guy with no friends

Briefly tell the story of Zacchaeus meeting Jesus (Luke 19:1-10).

There was this guy who was not very popular. Nobody liked him very much. Because he worked for the enemy government. He helped the enemy to collect money from his neighbours. And he would collect extra for himself. Yes, he was a cheat too! And he became very, very rich.

Do you think this guy was a “good” guy? *Most probably not.*

But one day, he met Jesus.

Nobody would be his friend. But Jesus saw him and called him by name(!) and invited himself over for tea! At his house!

The guy with no friends had a very important friend coming to his house for tea!

Who is this guy? Zacchaeus.

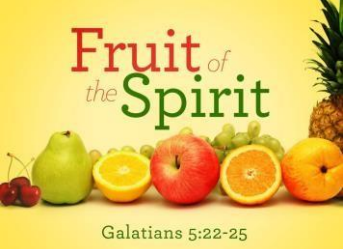
Of course, everyone else was not happy. How can Jesus go to the house of that cheat and traitor!

But this guy had met Jesus. And Jesus was good. And Jesus' goodness transformed this cheat and traitor to become good too.

So he stood up and told Jesus. “Lord! I will give half of all I own to the poor. And if I cheated anybody, I will pay back 4 times the amount!

Wow. Jesus' goodness transformed Zacchaeus to be good, and Zacchaeus was happy to give his money willingly and generously to the poor and those whom he had cheated.

That's God's goodness at work!



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Lesson 8

FRUIT OF THE SPIRIT: GOODNESS

LESSON

JESUS IS GOOD

Jesus IS good. He doesn't just do good things. But His very nature is good. So He cannot be bad.

When a rich young man called Jesus "Good teacher", Jesus answered Him, "*Why do you call me good? No one is good — except God alone.*" (Mark 10:18). That was Jesus' way of telling the young man that He IS God. And God is good!

Jesus is also our GOOD shepherd — the one who takes care of us, His sheep. And when we follow Jesus, Jesus' goodness and love follows us too ... all the days of our life (Psalm 23:6).

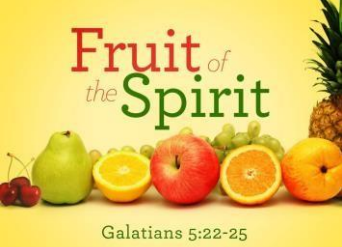
"Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever." (Psalm 23:6)

WE DON'T DO GOOD TO BE GOOD. WE DO GOOD BECAUSE JESUS MADE US GOOD!

Zacchaeus was a cheat and traitor when Jesus went to his house. Jesus didn't wait for Zacchaeus to be a good boy first before He became His friend.

But because Jesus' goodness transformed Zacchaeus, he was able to do the right thing, the good thing.

If we have received Jesus into our lives, Jesus' goodness is in us. He has taken away our sin, our badness. We are now Jesus boys and girls — so we are GOOD boys and girls! And we can do the right things, the good things.



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Lesson 8

FRUIT OF THE SPIRIT: GOODNESS

ACTIVITY SUGGESTION

THEME SONG: Fruit of the Spirit (by Steve Green) — revision

<https://www.youtube.com/watch?v=AgdaE6YFWwA>

Zacchaeus was a wee little man

<http://www.youtube.com/watch?v=kSBHGnZI35Y&feature=related>

<https://www.youtube.com/watch?v=htkKcg2THKg>

<https://www.youtube.com/watch?v=NljQObYF1cU> (actions)

Lord You are good

<https://www.youtube.com/watch?v=7V1snd5PLyE>

Goodness of God

<https://www.youtube.com/watch?v=-f4MUUMWMV4>

Memory Verse challenge: Game, activity or craft with the memory verse.

"Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever." (Psalm 23:6)

E.g.

Paper trail

Print the memory verse on 26 separate pieces of paper (about half of A4 size each). Prepare 2 sets.

Gather the kids at one far end of the room. Divide them into 2 groups.

Hand each group a set of the paper.

They have to sort the memory verse out in order while using the paper to form a pathway on the floor to the other end of the room. Once the pathway is formed, the whole group must step on the paper to cross to the other side. First group to do so wins.

Shrinking paper

Prepare some sheets of newspapers. Divide the kids into pairs.

The aim of the game is for both of them to step on the paper without touching the floor. Play some music. Each time the music starts, they dance around the paper. Once the music stops, they have to fold the paper in half, stand on it and recite the memory verse.

Those whose feet touch the floor or who cannot recite the memory verse is out.

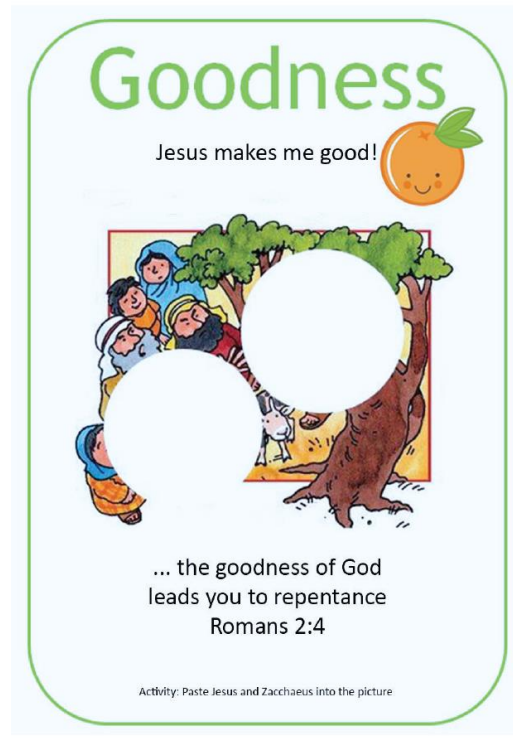


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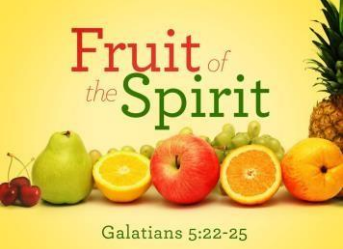
Lesson 8

FRUIT OF THE SPIRIT: GOODNESS

Workbook



Close in prayer.



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Lesson 8

FRUIT OF THE SPIRIT: FAITHFULNESS

HOOK

Get some sports fan items to decorate the room.

Which is your favourite team or sporting personality?

ManUnited, Roger Federer, Nicol David etc

Why do you like them? How do you support them?

What happens when they lose? Do you throw away your posters? Do you stop watching? Do you support another team?

If you are a true fan, you'd be **faithful** to your team, no matter how good or bad they perform.

What does it mean to be **faithful**?

But yes, sometimes even the most faithful fan may give up.

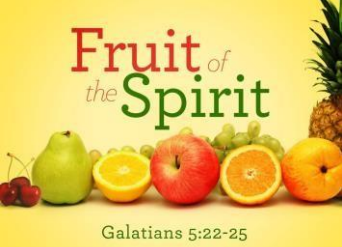
Say you are the one in the sports team. You may have many fans. But do you know, even if your fans give up on you, who will never give up on you?

That's right. Your parents will always be your most faithful fans. They will stand with you even when everyone else had turned their backs on you.

Faithfulness is one aspect of the Fruit of the Spirit that we will learn more about today.

Let's repeat **Galatians 5:22-23** together.

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



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Lesson 8

FRUIT OF THE SPIRIT: FAITHFULNESS

STORY (Daniel 3)

The 3 Friends

Tell the story of Shadrach, Meshach and Abednego (Daniel 3).

http://www.dltk-bible.com/cv/three_faithful_men-cv.htm

Who was in the story?

The king, Shadrach, Meshach and Abednego

"What did the king want everyone to do?"

Bow down to his statue

"Did everyone do it?"

No

"Who didn't do it?"

Shadrach, Meshach and Abednego

"Why didn't they do it?"

They were faithful to God

What did they tell the king?

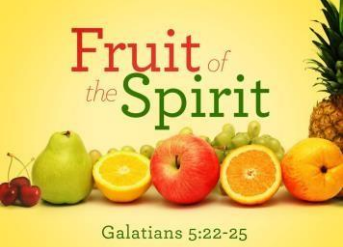
"If we are thrown into the blazing furnace, the God we serve is able to deliver us from it, and He will deliver us from Your Majesty's hand. But even if He does not, we want you to know, Your Majesty, that we will not serve your gods or worship the image of gold you have set up." (Daniel 3:17-18)

What happened to them?

They were thrown into a fiery furnace

"Did they burn up?"

No. Their hair and clothes were not even touched. Jesus was in the fire with them.



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Lesson 8

FRUIT OF THE SPIRIT: FAITHFULNESS

LESSON

GOD IS FAITHFUL

The Bible is full of descriptions of God's faithfulness — He is abounding in it, His faithfulness reaches to the heavens, faithfulness surrounds Him, His faithfulness lasts through generations etc.

God shows His faithfulness in Jesus who was willing to go all the way for us — even to die on the cross for us.

GOD IS FAITHFUL EVEN WHEN WE CANNOT SEE

Sometimes when we face problems and challenges, we think God has abandoned us. But He is always there.

2 Thes 3:3 *But the Lord is faithful, and He will strengthen you and protect you from the evil one.*

Sometimes God doesn't act the way we want Him to. But that doesn't mean He is unfaithful. Shadrach, Meshach and Abednego understood that. That's why they said, *"Even if our God does not deliver us, we will not worship other gods."*

GOD IS FAITHFUL EVEN WHEN WE ARE UNFAITHFUL

2 Tim 2:13

if we are faithless,

He remains faithful,

for He cannot disown himself.

Yes, we fail. Yes, we fall. Yes, we do bad things and wrong things. But God is faithful, and He never changes. His covenant is with Jesus, and Jesus never changes. So our relationship in Him is always secure.

GOD IS FAITHFUL TO KEEP US FAITHFUL TO HIM

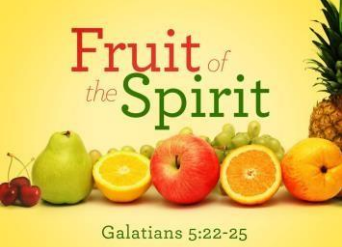
And the best thing is, God is the one who keeps us faithful in Him. It's the work of His Holy Spirit who lives in us! God keeps us in His faithfulness. Imagine a young child having to carry a glass of water without spilling a drop. It may seem difficult and challenging or even impossible. But God is like the parent whose hands are also on the cup to prevent it from falling.

1 Corinthians 1:8

He will also keep you firm to the end, so that you will be blameless on the day of our Lord Jesus Christ. ⁹

God is faithful, who has called you into fellowship with his Son, Jesus Christ our Lord.

1 Thessalonians 5:24 *The one who calls you is faithful, and He will do it.*



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Lesson 8

FRUIT OF THE SPIRIT: FAITHFULNESS

ACTIVITY SUGGESTION

THEME SONG: Fruit of the Spirit (by Steve Green) — revision

<https://www.youtube.com/watch?v=AgdaE6YFWwA>

Forever God is Faithful

<https://www.youtube.com/watch?v=vziQffpVZ24>

What a Faithful God have I

https://www.youtube.com/watch?v=dH8_SKkieJg

SHARING

How can we show faithfulness in what we do?

We can be faithful in serving. E.g. the ushers or worship team in church

We can be faithful in worshipping God. E.g. Sing out loud, raise our hands, read the Bible, pray etc even if we don't feel like it sometimes.

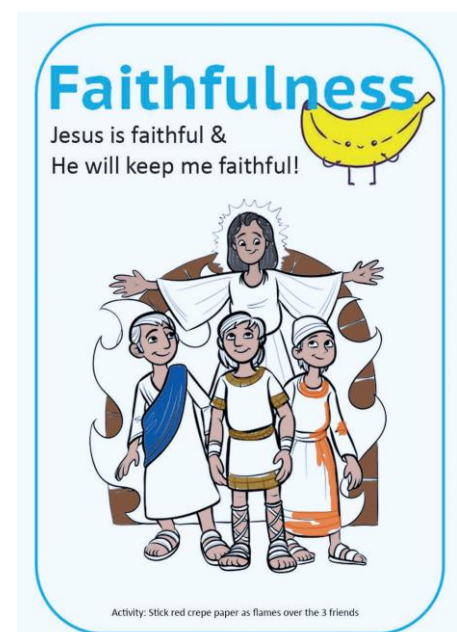
We can be faithful in helping others.

RELATED CRAFT

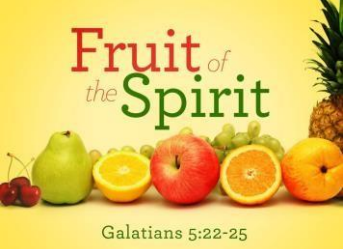
with the words ***"Jesus is always faithful"***

WORKBOOK

Prepare some red/yellow/orange crepe paper and glue sticks.



Close in prayer.



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Lesson 9

FRUIT OF THE SPIRIT: GENTLENESS

HOOK

Tell the children you are going to say the word “listen” in two ways and ask them to tell you whether they think you are gentle the first time or the second time.

Then say “listen” roughly for the first time and gently for the second time.

Tell them whether they were right.

-- or --

Ask the kids to identify which is a “gentle” sound.

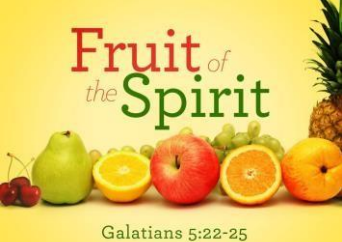
Make sound effects or play a recording of a few different sounds:

- Powerful wind howling
- Earthquake and rock shattering
- Fire
- A soft whisper (saying “Peace” or something similar)

Today we are going to learn about the fruit of the Spirit called, “gentleness.”

Galatians 5:22-23 *But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.*

We are going to learn today about our God who is strong and mighty, but who is also gentle.



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Lesson 9

FRUIT OF THE SPIRIT: GENTLENESS

STORY

Choose 1-2 stories to illustrate Jesus' gentleness.

GOD WAS GENTLE WITH ELIJAH (1 Kings 19:11-13)

Elijah the prophet was running for his life because the evil queen wanted to kill him. He found a cave at Mount Sinai, and he hid there and spent the night. God came to find Elijah. He told Elijah to stand on the mountain of the presence of God as He was going to pass by. Elijah had never seen God before; he only heard His voice.

So Elijah went and stood on the mountain. Then a great and powerful wind tore the mountains apart and shattered the rocks before the Lord, but the Lord was not in the wind. After the wind, there was an earthquake, but the Lord was not in the earthquake. After the earthquake came a fire, but the Lord was not in the fire. And after the fire, came a gentle whisper or "still, small voice". When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave, and God spoke to him.

God was gentle with Elijah.

JESUS WAS GENTLE WITH THE SAMARITAN WOMAN (John 4)

When Jesus was on earth, he met a Samaritan woman at the well. He spoke to her first by asking her for a drink. The woman was not so friendly and was quite rude to him. Jesus was a Jew, and the woman was a Samaritan. During those times, Jews and Samaritans were enemies. But Jesus saw the woman's need to be love and accepted. He spoke to her gently, and she ended up believing in Jesus as her Saviour.

Let's watch this video on Jesus and the woman at the well. See how gentle Jesus was with this woman, how he treated her. https://www.youtube.com/watch?time_continue=8&v=HS2hY3A3HsE

Jesus was gentle towards the Samaritan woman.

JESUS WAS GENTLE WITH THE CHILDREN

Some parents brought their little children to Jesus, but were scolded by His disciples. However, Jesus welcomed the children and prayed for them. *"Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these."* (Matthew 19:14)

Saddleback video: <https://www.youtube.com/watch?v=VPUMDVBO7dY>

Jesus was gentle with the children.



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Lesson 9

FRUIT OF THE SPIRIT: GENTLENESS

LESSON

JESUS IS GENTLE TO US

In Matthew 11:29, Jesus tells us that He is gentle and humble in heart. When we find it difficult to handle our problems, we can go to Him anytime. Jesus takes our cares and burdens upon His strong shoulders.

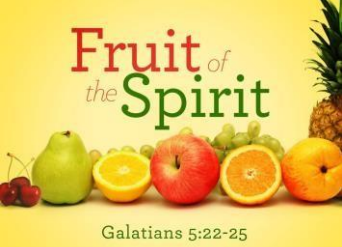
Jesus said, *"Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me."* (Revelations 3:20) He did not say that He will bang the door or knock down the door down if we did not open it.

Although God is so powerful and strong, He treats us gently. He lets us choose whether we want to follow Him and do what He says. The Holy Spirit lives in us, and He speaks to us gently, in a still, small voice. He reminds us that we are righteous (because Jesus has given us His righteousness and removed our sin) and guides us to choose what is good.

WE CAN BE GENTLE

Remember, we have Jesus in us. He is the vine, and we are the branches. If He is gentle, we can be gentle to others too.

Ephesians 4:2 says, *"Be completely humble and gentle; be patient, bearing with one another in love".*



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Lesson 9

FRUIT OF THE SPIRIT: GENTLENESS

ACTIVITY SUGGESTION

THEME SONG: Fruit of the Spirit (by Steve Green) — revision

<https://www.youtube.com/watch?v=AgdaE6YFWwA>

Jesus loves the little children

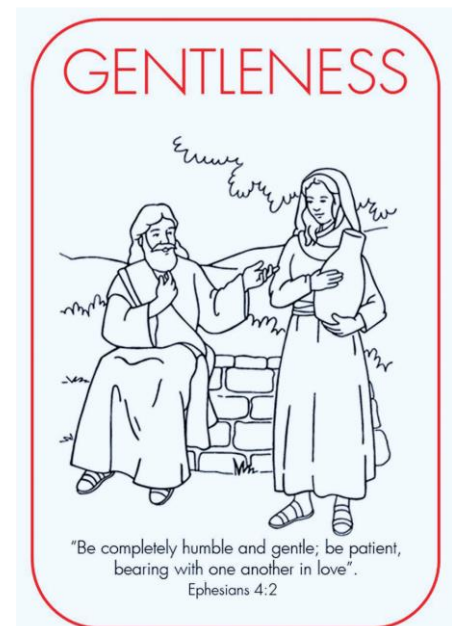
<https://www.youtube.com/watch?v=EFtLkqs3T1k>

SHARING

How can we be gentle with others?

WORKBOOK

Close in prayer.





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Lesson 10

FRUIT OF THE SPIRIT: SELF-CONTROL

HOOK

Prepare a nice attractive treat for the kids, e.g. mini tarts, M&Ms or Pringles chips.

Give each kid one, and tell them they cannot eat it until you tell them to.

Then start talking — welcome and introductions of new kids, take attendance etc etc.

By now, some of the kids would have started fidgeting and trying to eat the treat.

Close by saying that today, we will be learning about the final Fruit of the Spirit, which is Self-Control — which means controlling what our self wants.

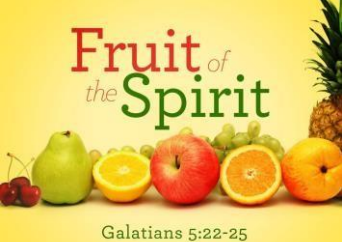
Then let them eat the treat.

-- or --

Attach a bull's eye target to the wall. Give each child a balloon. Tell kids to blow up the balloons and hold them without tying them off. Instruct kids to let go of their balloons when you say "Go" to see if they can hit the bull's eye.

These balloons were out of control, weren't they? You couldn't get them to hit the target, could you? That's the way we are if we don't have self-control. We go all over the place — our thoughts, words and actions get out of control — and could potentially hurt ourselves and others.

Galatians 5:22-23 *But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.*



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Lesson 10

FRUIT OF THE SPIRIT: SELF-CONTROL

STORY

JESUS HAD SELF-CONTROL

Jesus is the one person who had perfect self-control His entire life. The Bible calls Jesus the one who *"had no sin"* (2 Corinthians 5:21), which means He never sinned at all. Think about that kind of self-control! He never thought, "Just this one time, I can lie to my parents," or, "No one will know if I punch my brother."

We might think, "Well, Jesus must have lived a life very different from me. He didn't have to live with my sister!" For one thing, the Bible tells us that Jesus had lots of brothers and sisters (Matthew 13:55-56). Is it easy to live with brothers and sisters without ever being annoyed or frustrated with them? No way!

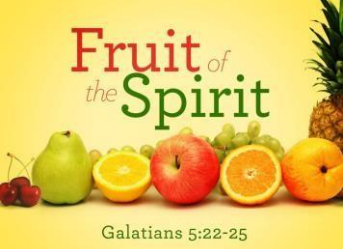
The Bible says that Jesus was tempted to sin in every way that we are tempted (Hebrews 4:15), which means His brothers and sisters probably bugged Him sometimes, but He never sinned. He was not mean to them, He didn't hit them, He never stole their candy. He didn't even think bad thoughts about them! That is amazing self-control!

Satan himself came to try to tempt Jesus 3 different times. He tried to get Jesus to use His power to turn stones into bread (and Jesus was very, very hungry). Then Satan tried to get Jesus to worship Him so He could have power over all the kingdoms of the world. And Satan also tried to get Jesus to show off by jumping off a very high place. In all these, Jesus knew He didn't want to be controlled by His hunger or desire for power or ego; He wanted to be controlled by what God wanted. So He said no.

Jesus never sinned, and not only during this time, but during His entire life. He is our perfect example! Because He lived a perfect life, we do not have to. Through His sacrifice, His death on the cross, we are forgiven and set free from our sin. As we come to know Him more and more, we can begin to be like Him! We can begin to show self-control through His power!

But Jesus not only had self-control to keep Himself from doing wrong things. He had so much self-control that He was always able to do the right things! He always did what God wanted Him to do, even when it was very, very difficult and painful.

Do you remember when Jesus was arrested and taken to the cross? On the night that Jesus was arrested, before the soldiers came to take Him, He was on the Mount of Olives praying to God. Jesus prayed, *"Father, if you are willing, take this cup of suffering away from me. But do what you want, not what I want."* (Luke 22:42) Jesus knew that He would go through terrible suffering when He was arrested and nailed to a cross. No one would want to suffer by hanging on a cross! But through self-control, Jesus chose to obey God's will rather than doing what He wanted to do.



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Lesson 10

FRUIT OF THE SPIRIT: SELF-CONTROL

LESSON

WHAT IS SELF-CONTROL?

Self-control often means choosing a better reaction.

Instead of hitting someone back or grabbing a toy they took from us, we can choose to practice self-control and respond peacefully.

Self-control might look like taking a deep breath and walking away. Self-control might mean we go find an adult to help us.

Self-control can also mean choosing to say and do nothing in a tough situation.

Besides practicing self-control with others, we can practice it in our own life in areas that require focus. Maybe you are learning a new sport or instrument. You may want to give up after practicing for a short time. In this situation, self-control means you continue to stay at it, even though you want to give up.

Or maybe you love, love, love to eat cookies and mom says you can have one. You see the jar on the counter, and you are tempted to grab another. Self-control means you decide not to grab another and enjoy the one you were given.

WHEN WE LOSE CONTROL ...

It's not always easy. We have our wants and desires. We have our emotions. Sometimes we get really, really hurt and upset when somebody says something mean, and we react instinctively. Sometimes we really, really want that last cookie or Pringles chip, and it's hard to stop.

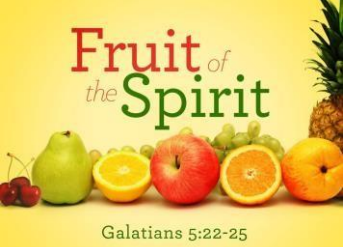
Just like a lion naturally wants to prowl the jungle or roar at a human, our natural self (our sin nature) wants to do bad stuff sometimes. What are some bad things that we are tempted to do sometimes? You might want to grab what you want right when you want it; you might want to hit someone or yell at someone when you are angry; you might want to push someone when they get in front of you; you might want your own way instead of thinking of others. These are all actions that we must control for ourselves.

Also, there are some good things that we should do, that our natural self just doesn't want to do. We should get up and get ready for school in the morning; we should do our homework; we should do our chores that our parents ask us to do. Again, it takes self-control to do the right things that we are supposed to do.

So if we try to control our self by ourselves, it's very likely that we may fail.

We have to learn to allow the Holy Spirit to control us. That's the way to have self-control.

When the Holy Spirit is in control, I have self-control.



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Lesson 10

FRUIT OF THE SPIRIT: SELF-CONTROL

GOD GIVES US SELF-CONTROL

Remember, the Fruit of the Spirit is self-control. Fruit means it is the natural result of something — having the Spirit of God in us.

When we accept Jesus into our hearts, we have His Holy Spirit in us.

2 Timothy 1:7 *for God gave us a spirit not of fear but of power and love and self-control.*

This means, when we are walking with God and looking to him for guidance, God's power and love are in our heart and he will help us use self-control when we need to.

Titus 2:11-12 *For the grace of God has appeared that offers salvation to all people. 12 It teaches us to say "No" to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age ...*

The word grace means "what we do not deserve." Grace does not mean we can live however we like without caring about others or what God says. Grace is what God gives us so we have the power to make the right choice in every situation. Grace is the reason we can exercise self-control and have all of the fruit of the spirit in our lives.

As we allow the Holy Spirit to work in our lives, instead of our "self", He helps us to exercise self-control in our thoughts, words and actions.

When the Holy Spirit is in control, I have self-control.

HOW DO WE LET THE HOLY SPIRIT CONTROL US?

When we are faced with a situation where we feel like we are losing control, let's stop, take a deep breath and ask God to take over the "steering wheel" — the controls — of the situation.

Sometimes we have to walk away.

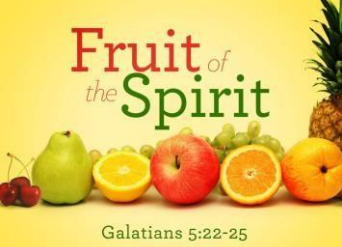
Sometimes we have to take a deep breath and smile.

Sometimes we can talk to our parents about it. But even if there's nobody else to talk to, we can talk to Jesus and tell Him all that we are going through and ask Him to help you make the right decision.

And even if we fail, go back to Jesus and ask for His help to let His Spirit control you.

When we believe in Jesus, God's Spirit fills us — just like it filled Jesus (Luke 4:1). We can have self-control just like Jesus did when we depend on the Spirit to guide us. So no matter what is going on around us, we can keep from doing wrong things and we can do right things.

When the Holy Spirit is in control, I have self-control.



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Lesson 10

FRUIT OF THE SPIRIT: SELF-CONTROL

ACTIVITY SUGGESTION

SHARING

In what areas can we exercise letting the Spirit be in control?

MEMORY VERSE: Game, activity or craft with the memory verse.

2 Timothy 1:7 *for God gave us a spirit not of fear but of power and love and self-control.*

THEME SONG: Fruit of the Spirit (by Steve Green) — revision

<https://www.youtube.com/watch?v=AgdaE6YFWwA>

Jesus loves the little children

<https://www.youtube.com/watch?v=EFtLkqs3T1k>

2 Timothy 1:7 (they use “self-discipline” instead of “self-control”)

<https://www.youtube.com/watch?v=eO68GxJtDHc>

WORKBOOK

Close in prayer.

