

Fruit of the Spirit – week 1

Love & Joy

Intro to Fruit of the Spirit – Galatians 5:21-23.

Set up: *Set up or draw a tree with branches. Pictures (Print out below) pegged or stuck on the tree to point to as you read the fruit.*

Opening Question: Does anyone have a fruit tree in their yard at home?

With good care like lots of water and sunlight these trees give us something yummy and good for us. Fruit! Sometimes in the bible God talks about us being like a plant that grows good things for others. We are told that we are planted in God's heart and that when we stay close to him and learn more about him, talk to him and love him, His Spirit starts growing good things in us – like fruit! There is a verse in the bible that says:

(Point to the fruit pictures as you read through this verse slowly.)

But what happens when we live God's way?

He brings gifts into our lives, much the same way that fruit appears in an orchard—things like:

love for others

joy and happiness

peace – helping us not to worry

Patience that helps us to stick with things

kindness and compassion for others

goodness and respect for all people and things

faithfulness to others and what we say we will do

gentleness with each other – not needing to force our way

and self-control – helping us to make good decisions.

What wonderful things grow in us when we stay close to God and love him!

Today we are exploring the fruit of love and joy.

Discussion Questions

Q. What is love? When do you feel most loved? (Take a couple of kids answers from different ages.)

God is all about love and he wants us to know his love for us and be full of love for God and others. Love is something that God's spirit grows in us.

Q. When do you feel full of joy? (Take a couple of kids answers from different ages.)

Joy is something God really wants us to have. Joy is something the spirit grows in us. Knowing God and having his spirit in us allows us to have joy even when things aren't going well.

Prayer

Let's pray. What would be a good body action to go with growing in love and joy?

(Pick an action from some of the suggestions and do it as you pray)

We ask God that you will fill us each day with your Love and Joy. Love and joy that fills us spreads out to everyone around us.

Now we are going to have a joyful time making a healthy fruit skewer to remind us that God makes good, healthy things grow in us!

Activity in age-groups – Fruit skewers

Materials: Wood skewers, a banana ½ for each kid, variety of cubed fruit, dried fruit, marshmallows, Knife and plate per kid.

Wash your hands.

Slice the banana into rings.

Take a selection of fruit with the tongs onto your plate.

Carefully thread fruit and marshmallows onto your fruit skewers.

Never point the skewer near your face, point it away from you on the table.

Wait for us to tell you when you can eat it.

Extra Activity - Colouring & Discussion

Juniors

Materials: Print out of 'fruit of the spirit' colouring sheets. (below) and markers.

Q. What is your favourite story about Jesus loving someone?

Q. Have you felt God help you to do something caring lately?

Q. We were talking about joy earlier, how can we have joy even when things aren't good?

When we turn to God in these times he gives us his love and reminds us that he is in control and he can be trusted to look after us no matter what is happening.

Q. Where would you like to see more love and joy?

Close by praying for where they would like to see more love and joy or anything they might like prayer for this week. If no ideas, pray for them to know and share God's love and joy at school and at home.

Seniors

Materials: Print out of Activity sheets. (below) and markers.

We are going to look at the example of the early Christians and what actions of love God brought out in them.

Q. What actions of Love did God bring out in this community?

Q. Have you seen or experienced some great fun or caring actions lately?

Q. How can we have joy even when things aren't good?

When we turn to God in these times he strengthens us and reminds us that he is in control and he can be trusted to look after us no matter what is happening.

Q. Where would you like to see more love and joy?

Close by praying for where they would like to see more love and joy or anything they might like prayer for this week. If no ideas, pray for them to know and share God's love and joy at school and at home.



LOVE

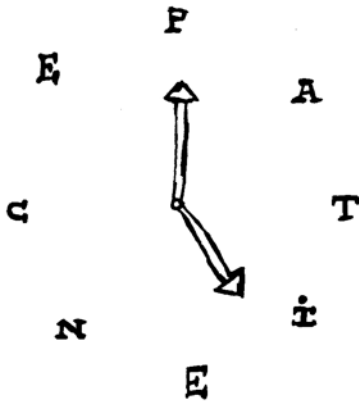


JOY



PEACE

Goodness



faithfulness Gentleness



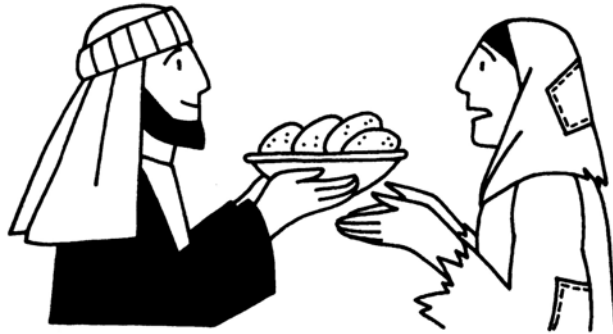
THE FRUIT OF THE SPIRIT GROWING IN US AS WE STICK CLOSE WITH GOD



© Emma Morgan

Acts 2:44-46

And all the believers met together in one place and shared everything they had. They sold their property and possessions and shared the money with those in need. They worshiped together at the Temple each day, met in homes for the Lord's Supper, and shared their meals with great joy and generosity.



From *The Complete Bible Story Clip Art Book*. ©Gospel Light. Used by permission.

Q. What actions of Love did God bring out in this community?

Q. Have you seen or experienced some great fun or caring actions lately?

Q. How can we have joy even when things aren't good?

Q. Where would you like to see more love and joy?



Love for others



Joy



Peace — Helping us not to worry



Patience — Helping us stick with things



Kindness and compassion for others



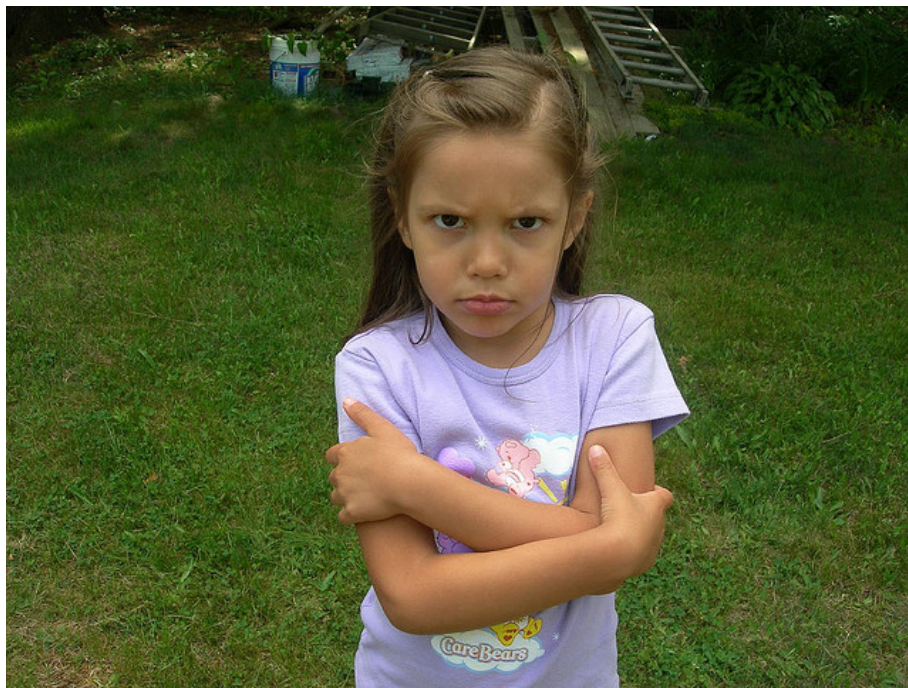
Goodness — Respect for all people and things



Faithfulness - to others and what we say we will do



Gentleness - not needing to force our way



Self Control - Helping us make good decisions.

Fruit of the Spirit - Week 2

Peace

Introduction

Set up: Print out memory verse below.

We are learning about the fruit of the Spirit. The good things that the Holy Spirit grows in us when we love him. Can anyone remember any of the good things that grow in us?

(Show poster below and read through together.)

One of those fruit is peace and that is what we are thinking about today!

We are going to do something that is not very peaceful at all just to warm up. We are going to do our best arm farts! Can you blow on your arm like this?

First, everyone grab your arms and give me your best elephant fart. Ok, now give me your best snail fart. Ok, now give me your best giant fart. Now, your best fish fart. Wonderful.

Opening questions: (Take a couple of kids answers from different ages.)

Now can anyone tell me what peace is?

When do you feel most as peace?

Why might God want to grow peace in us?

Story and Snack - Jesus calms the storm.

Materials: Favourite version of story or download of story. <http://vimeo.com/50260298>

Peace is one of the fruits of the spirit that grows in our lives when we stay close to God and pray, and read the bible and listen to Him.

God has the power to give us peace no matter what is happening. God is more powerful than any frightening or worrying thing. He showed us that He is even more powerful than a storm on the ocean. Do you remember that story?

Let's have a snack and listen to it now.

Activity for all age groups - Doves

Materials: Doves (print and cut out below). Textas. Pegs and line.



Question: Maybe there are times when you don't feel so peaceful?

When do you not feel very peaceful? (If encouragement is needed .. Maybe sometimes you feel worried or annoyed about something or someone?)

When we feel this way we can pray for peace. Jesus is right with us, and his spirit is inside of us. We can trust him to care for us and give us peace whatever is happening.

(At this point the leader might like to share an example from their life.)

Did you know a dove is a sign of peace?

If you like you can take a dove shape and write or draw to God about peace or where you need peace. You can peg it to the line as a prayer for God to bring you peace today.

Close in prayer for each kid to know God's peace, a special peace that comes right when we need it. The older kids might even like to pray for each other. Eg. The person on their left.

Extra Activity Option – Paper boat

Materials: Paper

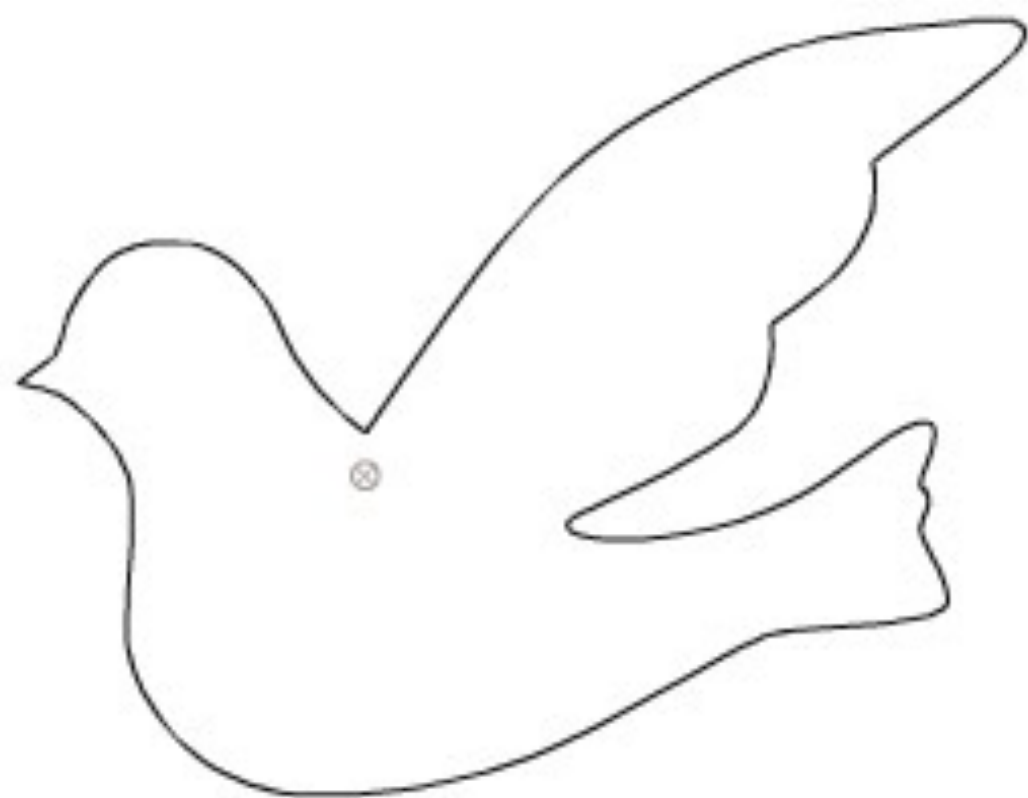
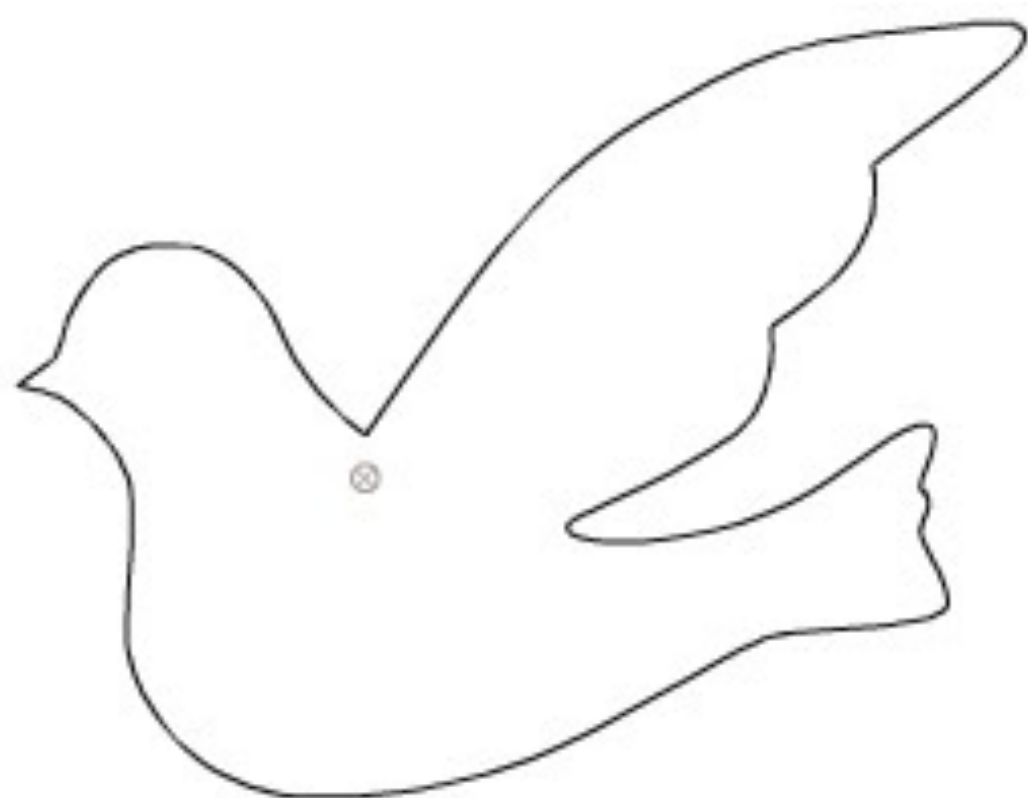
Make boat from this website <http://www.origami-resource-center.com/easy-origami.html>

The seniors might like these more complex options:

<http://category.origami-kids.com/paperboat.htm>

Write this verse on the side:

I am leaving you with a gift – Peace of mind and heart. So don't be troubled or afraid. John 14:27



Fruit of the Spirit Lesson 3

Patience

Intro

Set up: print out memory verse. <http://sincerelysarad.com/wp-content/uploads/2014/07/Fruit-of-the-Spirit3.jpg>

We are learning about the fruit of the Spirit. The good things that the Holy Spirit grows in us when we love God. Can anyone remember any of the good things that grow in us?

(Show poster below and read through together.)

One of those fruit is patience and that is what we are thinking about today!

Discussion Question

Question: What is patience? *Being able to wait/Not getting upset when things aren't going your way.*

Question: When do you struggle to be patient? Or when are you good at being patient?

Leaders might need to give personal example to get the discussion going.

Question: Why does God want to grow patience in us? *Because it makes us much better at coping with life, it makes us and all around us happier. God is patient with us and we are to be patient with others. God can help us do this.*

Story and Snack – Simeon and Anna

Materials: Favourite version of story or use puppets

<http://sundayschoolzone.com/activity/simeon-and-anna-puppets/view/>

and simplify this version of the story <http://betterbibleteachers.com/2015/01/anna-simeon-meet-jesus-sunday-school-lesson/>

Prayer

Let's pray that we will have patience like Simeon and Anna. What would be a good whole body action for patience as we pray?

Lord fill us with your Spirit, may the fruit of your spirit grow in us. We ask especially for your patience today. We ask that you will give us patience in those places that we have talked about – so we can be more loving, like you. Amen.

Junior Activity – Patience Garden

Materials: Precut flower shapes and straws. Instructions here: <http://mykidcraft.com/party-straws/>



Question: Does anyone help in the garden at home? Anyone have any food growing? We can learn a lot about patience in the garden. We have to wait for the plants to grow before we get to eat them, or enjoy their flowers. We are going to make a plant now, to remind us to ask God for patience each day and whenever we need it.

Alternative Junior or Senior Activity – Patience Garden



Materials: *paper, scissors, clear tape, wire.*

Instructions:

- 1- Cut out 6 circles using colorful pieces of paper. (My circles were about 3 inches in diameter, but you may make whatever size you'd like. The circles do not need to be perfect.)
- 2 – Take your piece of stem wire and using your fingers, bend a circle (about 4 inches in diameter) at one end for the base. Make the wire flat against the bottom through the middle of the circle.
- 3 – Then bend it straight up at the middle to make the stem of the flower stand upright.
- 4 – Fold 5 of the paper circles in half, then cut a narrow notch into the side of each fold.
- 5 – Take the remaining paper circle, and attach it to the top of the wire stem with one piece of clear tape. This will be the center of the flower.
- 6 – Now align the notch of each folded circle and simply slide them one by one onto the center circle. Do any last little bends on the base so the flower will stand up firmly. Done!

Activity from:

<http://madebyjoel.com/2011/04/mothers-day-craft-standing-paper-flowers.html>

Question: Does anyone help in the garden at home? Anyone have any food growing? We can learn a lot about patience in the garden. We have to wait for the plants to grow before we get to eat them, or enjoy their flowers. We are going to make a plant now, to remind us to ask God for patience each day and whenever we need it.

Or Juniors Colouring sheet.

Printouts of colouring sheet about gardening. <https://au.pinterest.com/paulaprevoo/lente-kleurplaten/> with verse “Be patient with everyone.” 1 Thessalonians 5:14

Alternative Activity for Seniors – Card Tower Competition

Materials: Packs of playing cards.

Invite the kids to a competition to make the tallest card tower!

Basic instructions here. <http://www.wikihow.com/Build-a-Tower-of-Cards>

Fruit of the Spirit - Week 4

Kindness

Introduction

Set up: Print out memory verse below.

Today we are learning again about the Fruit of the Spirit. The good things God grows in us when we love him. Today we are looking particularly at kindness.

Ask if anyone can remember the memory verse or recall any of the fruits of the Spirit.

Optional opening Activity - Charades

Acting out something that is kind to do for someone. You could give kids ideas if they are stuck. Eg. Gardening, wrapping a present for someone, cooking a cake, painting a picture.

Opening Questions

When has someone shown kindness to you lately? When has someone been friendly, generous or considerate to you?

How did it make you feel?

Why does God want kindness to grow in us?

He loves each person and wants us to show kindness and for us have kindness shown to us.

Kindness makes a person know they are loved and respected.

Bible Story and snack - The Good Samaritan.

Materials: Favourite version of story or download of story.

<https://www.youtube.com/watch?v=MF5DKVEQ7EA>

Jesus told a story of someone who showed great kindness .

Lets watch/read the story now.

Prayer

Lord fill us with your Spirit, may the fruit of your spirit grow in us. God grow kindness in us, may we show kindness at home, at school, at our friends, whatever we are doing. May we show people that they are loved.

Junior Activity – Kindness Cards

Materials: Paper, textas, stickers or things to glue on

Or make rainbow pop up cards <https://au.pinterest.com/pin/457889487095311165/>

The kids make cards to give to people as an act of kindness during the week. Encourage the kids to think about someone who could do with some kindness this week. They might like to share about this.

Senior Activity – Make a meal together

Materials: crackers, a fruit & a veg to cut up for dipping, dip to 'make', plates, knives.

Kids show kindness to each other by preparing a meal together for each other. Encourage the kids to think about someone who could do with some kindness this week. They might like to share about this.

Recipe ideas: <http://www.realsimple.com/food-recipes/recipe-collections-favorites/quick-easy/greek-yogurt-recipes/sweet-raspberry-dip>

<http://www.familyfreshmeals.com/2014/08/easy-greek-yogurt-dips-3-ways.html>

Game Ideas for all ages

<http://www.playworks.org/playbook/games/shipwreck>

<http://www.playworks.org/playbook/games/ants-log>

Fruit of the Spirit – Week 5

Goodness

Introduction

Today we are learning again about the Fruit of the Spirit. The good things God grows in us when we love him. Today we are looking particularly at goodness.

Ask if anyone can remember the memory verse or recall any of the fruits of the Spirit.

Optional opening Game – Balloon Up

Kids and leaders form a circle and hold hands.

One leader throws a balloon into the circle. The group tries to keep the balloon from touching the ground without letting each others' hands go for as long as possible.

Leader can set time or kick goals with the group, or add more balloons.

Remember: Do not let go or let the balloon touch the ground. If you do, the whole group starts over!

Opening Questions (Take a couple of kids answers from different ages.)

What does it mean when someone asks you to 'be good' to someone or something?

What are some good things God does?

How do we know when we have done something bad?

Goodness is loving and caring for everything God has made. Caring for people and creation.

When we invite God into our hearts, God's spirit in us helps us to be good like He is.

Jesus knows that we aren't perfect and that's ok.

Story and Snack – Jesus the good shepherd

Materials: Favourite version of story or download

<https://www.youtube.com/watch?v=9LEu0mAjORO> or second story here:

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

There is a story in the bible that Jesus told to show us that God is good and he cares for us. God is like a good parent who always cares for all he has made.

Prayer

Holy Spirit we pray for goodness to grow in us, we pray that you will help us to hate doing wrong. Help us to more loving and caring for everything you have made, each day. Amen.

Junior and Senior Activity – Goodness Hand Collage

Materials: Coloured tissue paper, clear contact, permanent markers.

Kids make a stained glass craft of their own hand and write on it the verse (or part there of)

Don't just pretend to love others. Really love them. Hate what is wrong. Hold tightly to what is good. Romans 12:9

We are going to make a collage to remind us to stay away from doing bad and to hold on to doing good. When we invite God into our hearts, God's spirit in us helps us to be good like He is.



Details of how to make craft here:

<http://readitagainmom.blogspot.com.au/2011/11/thanksgiving-stained-glass-craft.html>

Extra Activity – Colouring Sheet

Materials: Printouts of this colouring sheet. Texas.

<http://cdn.www.ministry-to-children.com/wp-content/uploads/2011/03/goodness.pdf>

Fruit of the Spirit – Week 6 Faithfulness

Introduction

Today we are learning again about the Fruit of the Spirit. The good things God grows in us when we love him. Today we are looking particularly at faithfulness.

Let's see if we can say together the verse about the fruit of the spirit..

This verse tells us that when we live God's way, he brings gifts into our lives, much like fruit grows in an orchard..

²² ..the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness, and self-control. Galatians 5:22-23

What does it mean to be faithful?

To Stick with someone or something and be good to them.

How is God faithful?

God loves us and never leaves us. He sticks with us no matter what happens. He wants us to be faithful to him too.

Has anyone stuck by you even when you were having a hard time?

Optional opening game - Circle Untangle

Everyone stands in a big circle and then grabs onto two different peoples hands (not the people standing on either side of them).

Once everyone is holding onto two other peoples hands then the aim is to work together to untangle the circle.

Depending on how many people you have this can take a long time or can be completed very quickly.

Junior story and snack – Jesus Heals the paralytic

Materials: Favourite version of the story or download

<https://www.youtube.com/watch?v=8cmppSIQUX4>

There is a story in the bible about some friends who were faithful to each other. Let's watch/listen to it now.

Senior story and snack – Ruth and Naomi

Materials: Favourite version of this story or download

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

In the old testament there is story about faithfulness. Jesus looks after us and loves it when we look after each other like these friends in the story.

Let's watch/Listen to it now.

Discussion Questions:

How was, God, faithful to, Ruth, and, Naomi?

By knowing their needs and looking after them.

How was Ruth faithful to Naomi?

Ruth stuck with Naomi.

Was, God, ever not with, Ruth, and, Naomi?

God was with Ruth and Naomi the whole time, even when they didn't know it. In the same way God is always with you!

Ruth's story tells us about how God is faithful to us and looks after us how we are to be faithful to each other and look out for each other.

Sometimes it is hard to stick with God, sometimes it is hard to be a good friend.

We can invite God's spirit to fill us each day and God's spirit in us helps us to be faithful and stick with good things – like he does.

Prayer

Holy Spirit we pray for faithfulness to grow in us, we pray that you will help us to stick with You and those we love. Help us to stick out doing good, even when it is hard. Thankyou that you always stick with us and look after us. Amen.

Optional Prayer Extra

Prayer Activity – Balloons

Materials: Balloon for each child.

When we ask for it, Holy Spirit fill us like water or air into a balloon.

Close your eyes and take some deep breaths as you think about the Holy Spirit filling you.

What pictures or colours or feelings come to you?

We are going to blow up the balloons now to remind us to ask the Spirit to fill us each day.

Junior Activity – Musical Mats

Materials: Music and mats/towels or cushions.

When the music stops you jump on a mat! No losers.

Alternative Junior Activity - Origami Faithful Dog

Materials: Paper, markers, scissors. *Instructions here:*

<http://www.origami-fun.com/origami-talking-dog.html>

Dogs are animals that are very faithful. They stick with their owners and are very loving to them. Let's make these to help us remember to be faithful and stick with God and doing good.

Write on the inside 'Faithfulness is sticking together'

Seniors Activity – Stick together Relay

Preparation:

Before class blow up balloons and mark off a start line with skipping rope at one end of area. Place a chair or chairs at the other end of the space.

How to Play:

1. In class divide your children up into teams of two.
2. Give each set of children a balloon.
3. Tell your children that they should try to get the balloon down to the other end of the room around a chair and back to the start line, without using their hands, arms, mouths, or feet except to pick up and place the balloon between them at the beginning of the game.
5. Tell your children that they can decide where they want to place the balloon, but they must do it as a team and remember to "Stick Together" just like Naomi and Ruth did in the Bible lesson. Children may want to place the balloon between their arms, on their hips, between their shoulders, etc.
6. If the balloon falls to the floor on their journey, they must pick it up, and return to the start line before continuing the race.

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Fruit of the Spirit – Week 7 Gentleness

Introduction

Today we are learning again about the Fruit of the Spirit. The good things God grows in us when we love him. Today we are looking particularly at gentleness.

Let's see if we can say together the verse about the fruit of the spirit..

This verse tells us that when we live God's way, he brings gifts into our lives, much like fruit grows in an orchard..

²² ..the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness, and self-control. Galatians 5:22-23

Opening Questions

What does it mean to be gentle to someone?

To treat them well and kindly. To not be forceful. To listen.

When might people be forceful and not listen to others?

The bible talks about gentleness being 'power under control. Like a powerful horse who has so much strength that has been tamed.

Junior Story and snack – Zaccheus

Materials: Favourite book of this story or use paper & crayons for idea below.

When we invite God into our hearts, God's spirit in us helps us to be gentle and not be always trying to get our own way. Even though Jesus was God, he didn't get all bossy, he really tried to understand people and be gentle with them.

The story of Zaccheus is about a man who was doing the wrong thing, he was lying to people and taking their money. Jesus could have yelled at him but when Jesus saw him he instead said "Zacchaeus, come down. I am coming to your house today. Soon we see a changed Zacchaeus, because Jesus was gentle with him.

Invite the kids to draw a different part of the story each, then read out the final story while displaying their pictures.

Images – you can double up on any of these

A city

Zaccheus

A crowd of people

Zaccheus in tree

Jesus looking up into tree

A party at Zaccheus house

Grumbly faces

Coins
Zaccheus happy face
A Family

Luke 19:1-11

Easy-to-Read Version (ERV)

Zacchaeus

19 Jesus was going through the city of Jericho. ² In Jericho there was a man named Zacchaeus. He was a wealthy, very important tax collector. ³ He wanted to see who Jesus was. There were many others who wanted to see Jesus too. Zacchaeus was too short to see above the people. ⁴ So he ran to a place where he knew Jesus would come. Then he climbed a sycamore tree so he could see him.

⁵ When Jesus came to where Zacchaeus was, he looked up and saw him in the tree. Jesus said, "Zacchaeus, hurry! Come down! I must stay at your house today."

⁶ Zacchaeus hurried and came down. He was happy to have Jesus in his house. ⁷ Everyone saw this. They began to complain, "Look at the kind of man Jesus is staying with. Zacchaeus is a sinner!"

⁸ Zacchaeus said to the Lord, "I want to do good. I will give half of my money to the poor. If I have cheated anyone, I will pay them back four times more."

⁹ Jesus said, "Today is the day for this family to be saved from sin. Yes, even this tax collector is one of God's chosen people." ¹⁰ The Son of Man came to find lost people and save them."

Senior Story and snack – Jesus and the woman caught in adultery.

Download story below:

<https://www.youtube.com/watch?v=ynByKDPjAtc> or
<https://www.youtube.com/watch?v=V1PkoPDbZJQ>

Intro to story:

When we invite God into our hearts, God's spirit in us helps us to be gentle and not be always trying to get our own way. Even though Jesus was God, he didn't get all bossy, he really tried to understand people and be gentle with them.

This story is about a young lady who was caught doing something bad. She was caught living with someone who wasn't her husband. In those days it was tradition to kill her by throwing rocks at her for doing something like that, Jesus could have judged her very harshly. But Jesus treats her gently, and this is so new and so wonderful to her and all who saw it.

Junior Activity – Feather Head Bands

Instructions here: <http://www.cool-kids-craft-ideas.com/indian-headband-craft.html>

Ask kids to pick a feather and hold it as they ask the Holy Spirit to help them to be gentle. Make headbands to remind them to ask God to help them be gentle and not forceful with each other.

You could decorate the headband with drawings and this verse:

"Let your gentleness be known to everyone. The Lord is near." Philippians 4:5

Extra/alternative Activity Juniors – Tower of Blocks Race

Materials: Box of blocks. Measuring Tape.

Teams or individuals take it in turns or compete at the same time to create the tallest tower in a given amount of time. Eg. 30 seconds.

Senior Activity – Ductape Feather Bookmark

Instructions here: <http://handmadecuties.blogspot.com.au/2012/03/diy-duct-tape-feather-bookmark.html>

As the kids make these feathers, ask them to ask the Holy Spirit about where they can be more gentle in their lives at this time.

Extra/Alternative Senior Activity – Spaghetti Towers

Materials: Packets of spaghetti and marshmallows.

Give each team about 50g of pasta and 25g marshmallows.

Divide into teams of 2 or 3.

Teams compete at the same time to create the tallest tower in a given amount of time. Eg 10 mins.

Fruit of the Spirit – Week 8

Self Control

Introduction

Today we are learning again about the Fruit of the Spirit. The good things God grows in us when we love him.

There are 9 Fruits. Can anyone remember all of them?

²² ..the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness, and self-control. Galatians 5:22-23

Today we are looking at self control.

Discussion Questions

Q: What does it mean to have self control? To be the boss of our selves. To be the boss of what we do and say and making good choices.

It is good to have all different kinds of feelings. We should get angry and sad at some things. We should feel scared and laugh and feel excited. Sometimes expressing our feelings at the wrong time or in the wrong way can get us into trouble.

Q: When can acting on our feelings get us into trouble? Can anyone tell us a story of when that has happened to you?

Q: What can we do to help us have self control and be the boss of ourselves? Stop and take some deep breaths. Pray. Talk to someone

Q: What does your body feel like when you could be about to lose control? How about when you are getting really angry? Jealous? upset? (Do you get a red face? Do you get a lump in your throat? Do you get a hot chest?)

One way to help us have self control is to notice these signs in our body. These feelings are like the orange light on a traffic light. These feelings in our body are a sign to slow down and stop what we are doing. When we have stopped and are taking deep breaths we can ask God to help us have self control and make good choices before we go again.

Junior Story & Snack – Fruits of the Spirit

Materials: Story Book '9 Fruits Alive' by Mindy McDonald. Available at Koorong and word.

Let's read a story about all of the fruit of the spirit.

Senior Story & Snack – A time for Everything

Download one of these clips:

<https://www.youtube.com/watch?v=UWx6-eZe6Bs>

<https://www.youtube.com/watch?v=HCIP85Q-v5g>

In the bible there is a poem that reminds us that there is a time for everything. That all of our feelings have a time when they need to be expressed.

Watch how this church presented Ecclesiastes 3:1-8

Ecclesiastes 3:1-8

New International Version (NIV)

A Time for Everything

3 There is a time for everything,

and a season for every activity under the heavens:

2 a time to be born and a time to die,

a time to plant and a time to uproot,

3 a time to kill and a time to heal,

a time to tear down and a time to build,

4 a time to weep and a time to laugh,

a time to mourn and a time to dance,

5 a time to scatter stones and a time to gather them,

a time to embrace and a time to refrain from embracing,

6 a time to search and a time to give up,

a time to keep and a time to throw away,

7 a time to tear and a time to mend,

a time to be silent and a time to speak,

8 a time to love and a time to hate,

a time for war and a time for peace.

New International Version (NIV)

Junior Activity – Stop and Go signs

Materials: Paper plates with lights and words already on them, markers or pencils.

When we invite God into our hearts, God's spirit in us helps us to have self control and direct our feelings and energy in the right way. We are going to make stop and go signs to help us to remember to slow down and stop when we have those feelings in our body that tell us we could be about to lose control.

Draw a big circle on each side of the plate. Under one circle write 'Stop. Deep breaths. Pray for help.' On the other side 'Go! Make good choices.' Kids colour in the sign red/pink/orange on the 'stop' side and green on the 'go' side.

Play a game by acting out scenarios where a kid might need to stop, breathe, and make good choices. The kids have to say 'stop' and hold up their signs when they see lack of self control. Then 'go' when they think you are ready to make a good choice.

A) At the shops I ask mum for a lolly, and she says no! I feel hot in my chest, I am starting to cry and scream. "It's not fair!" (Do I need to stop?)

I have stopped and taken some deep breaths, I won't scream but I am going to grab the lolly anyway. (Am I ready to go?)

Ok I have taken some more breaths, asked for God's help. I think I can wait until we have a snack at home and help mum put the shopping on the register. (Am I ready to go?)

B) I am making a great lego castle. Then I notice my brother is playing with my favourite lego man. I stomp over to grab the lego from him! (Do I need to stop?)

I have stopped and taken some deep breaths, I will be gentle but I am still going to snatch the toy away. (Am I ready to go?)

Ok I have taken some more breaths, asked for God's help. I guess that I am happy with my castle and I wasn't playing with that lego man anyway. I can just ask him to be gentle with it. (Am I ready to go?)

C) I am sitting on the mat at school listening to my teacher tell a story. The kid beside me is wriggling and talking and my teacher thinks its me and tells me off!

I am so upset, I start to make a fist and feel like giving my friend a punch on the leg! (Am I ready to go?)

I have stopped and taken some deep breaths. Maybe I will just give them a little pinch. (Am I ready to go?)

Ok I have taken some more breaths, asked for God's help. This story is actually pretty interesting. I actually would like to listen to what happens next. I think I will just move away a bit and enjoy the story. (Am I ready to go?)

Prayer:

Thankyou God that you can help us have self-control. Help us to remember this whenever we need it, so we can have the best time. Amen.

Senior Activity – Traffic Light Biscuits.

Instructions here: <http://theboxedparty.wordpress.com/2013/04/29/traffic-light-biscuits/>

When we invite God into our hearts, God's spirit in us helps us to have self control and direct our feelings and energy in the right way. We are going to make traffic light biscuits to help us to remember to slow down and stop when we have those feelings in our body that tell us we could be about to lose control.

Go through the traffic light colours together and repeat the instructions so they learn them.

Make the top light orange – Listen to my body. Slow down.

The middle light – Red – Stop. Deep breaths. Pray for self control.

Bottom light – Green – Go! Make good choices.

Prayer:

Thankyou God that you can help us have self-control. Help us to remember this whenever we need it, so we can have the best time. Amen.

Extra games:

Seniors: Hint, Hint

- In this game, which is also known as Taboo, one student is given a word and must get another student to say that word. In order to get the other student to say the word, the first student may use any phrase or sentence that doesn't include the word itself. For example, acceptable hints for "cat" might include "kitty," "little tiger," "kitten" or "feline". The game can be played in pairs for points, or with one student giving hints to a group of students, with the student to first guess correctly becoming the new leader. It can be surprising to adults how hard it is for a child to not blurt out the forbidden word as she becomes frustrated with her partner's progress.

Read more: http://www.ehow.com/list_6063750_games-teach-self_control-kids.html#ixzz2Wdqp2GON

Giggle Game

One kid is "it." The other kids can do anything they want to make this kid laugh without saying anything mean or touching them. The person who is "it" is out when they laugh.

Juniors: Stop and go dancing or singing.

Use your stop and go sign with singing songs or dancing to music or playing musical instruments/drumming the floor with their hands.

Fruit of the Spirit – Week 9

Fruit of the Spirit Celebration

Introduction

Set up: Print out poster <http://cdn.tristro.net/catalog/878/full/t38708-fruit-spirit-ft-16p.jpg>

This is our last week learning about the Fruits of the Spirit - the good things God grows in us when we love him! Let's read them all out together!

But what happens when we live God's way?

He brings gifts into our lives, much the same way that fruit appears in an orchard—things like.. (Point to the fruits on the poster.)

What wonderful things grow in us when we stay close to God and love him!

Song & Snack

Download clip <https://www.youtube.com/watch?v=JdkUb2YVWj8>

Watch what this Sunday school did with the Go Fish song about the Fruit of the Spirit!

Fun Snack idea – Fruit Salad cones! (Egg and nut free for seniors) (Gluten free for juniors)



Prayer Activity

Materials: Paper (you can cut them into fruit shapes for fun) and markers.

We are going to pray for these fruits to grow in us.

Perhaps you would like to draw about one of these fruits that you would really like God to grow in you this week.

Hand out paper and markers and allow some time for this.

Spirit we ask that you will grow these fruit of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self control in our lives. They are great things that we know will make us and all those we love very happy! Thankyou for the way you grow us! Amen

Game/Activity Ideas:

Larger Group Game – Fruit Salad

Sit the kids in a circle on chairs or cushions. Pick four or five fruit names and give each child one of them. eg. Apples, oranges, bananas, peaches, grapes. Then choose one person to go into the centre of the circle and take away their seat.

Call out one of the fruits, and all the children with that name have to swap places. The kid in the middle tries to sit in one of the empty seats so that you end up with a different person in the middle.

If you call 'fruit salad' everyone has to swap places.

Fruit of the Spirit Bingo

Materials: Print out bingo page below for each kid, markers or fruit loops.

Invite the kids to write/draw the fruit of the spirit in any order into the grid below.

Call out fruits randomly. When a fruit is called they place a fruit loop on the picture.

First to three in a row says 'bingo!'

Junior Activity – Fruit loop rainbows (gluten free)

Details and templates here: <http://www.housingaforest.com/fruit-loop-rainbow-craft/>

Small Group Senior Activity - Banana Art

Materials: Banana and ball point pen for each kid.

Invite the kids to draw on the bananas. Have a competition or gallery of bananas.



Cooking Senior Activity – Choc Dipped Strawberries

Idea here: <http://allrecipes.com.au/recipe/4761/chocolate-dipped-strawberries.aspx>

Love 

Joy 

Peace 

Patience 

Kindness 

Goodness 

Gentleness 

Faithfulness 

Self-Control 