



**Date:** \_\_\_\_\_  
**Series:** Holy Spirit Blaze  
Summer Year 1, Lesson 5

# The Holy Spirit Produces Fruit

**Take Home Point:** \*The Holy Spirit produces fruit in our lives. \*Repeat this phrase throughout the lesson.

**Bible Event:** Galatians 5:16-25

**Key Verses:** Galatians 5:22-23a, "But the spiritual nature produces love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control."

**We will help kids know:**

- We live with two natures—our sinful nature and our spiritual nature. Our spiritual nature is that which is filled with the Holy Spirit.
- We should give the Holy Spirit control in our lives so that we demonstrate the Holy Spirit's fruit.
- The fruit of the Spirit are qualities that he produces like love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.




**We will help kids feel:**

- Inspired to show the fruit of the Spirit in their lives.
- Confident that God is working in their lives.

**We will help kids do:**

- Identify a person they know who best demonstrates the life of a Christian.
- Identify a fruit of the Spirit they would like.
- Make an art project reminding them of one of the fruits of the Spirit for which they are praying.

# THIS LESSON'S ROADMAP

DESTINATION	PAGE #	DISCOVERIES ON YOUR JOURNEY	SUPPLIES NEEDED
<b>Small Group Warm-Up</b> 	3	While tasting the different flavors of Skittles®, kids discuss the different fruits of the Spirit.	<ul style="list-style-type: none"> <li>• Skittles® candy or other fruit- flavored snack</li> </ul>
<b>Large Group</b> 	4  6  7	<b>Overview</b>  <b>Game:</b> “Fruit Challenge Sponge Throw”—Kids have a contest to determine the different flavor of fruit candy, emphasizing there are different fruits of the Spirit.  <b>Teaching point:</b> Helps the children understand that the power to be like Jesus comes from the Holy Spirit.	<ul style="list-style-type: none"> <li>• coach’s outfit: a baseball cap, whistle and a t-shirt or jersey with—HOLY SPIRIT BLAZE on it</li> <li>• two wet sponges</li> <li>• two sea sponges (one wet, one dry)</li> <li>• Skittles®</li> <li>• small bucket of water</li> </ul>
<b>Small Group Application</b> 	4	Kids pray for the fruit of the Spirit they would like to acquire and make an art project they can display or take home.	<ul style="list-style-type: none"> <li>• “Lord, give me the fruit of the Spirit” sheet for each student (p. 9) <i>With option B, these are printed on cardstock.</i></li> <li>• newsprint or poster board (option A)</li> <li>• paint and brushes or markers, etc.</li> </ul>

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# Small Group Warm-Up: 15 minutes



**Purpose: Get pointed in the right direction!** Build relationships and help guests feel at ease. Do the learning readiness activity that will point your group in the right direction for the lesson.

## Summertime Options

**Regular Shepherd Option:** Do the Warm-Up activity as a small group. If you like, you can still divide into triads within your small group. This helps each child participate more.

**Easier Summer Option:** Instead of having kids in small groups with an assigned shepherd, the kids can meet all together and divide themselves into triads (groups of three). This allows for larger ratios between students and shepherds. Shepherds will monitor the kids' activity as needed by roaming from group to group. The questions and directions for all the kids and their groups are by the large group presenter. If this is used, go to the introduction of large group to introduce the main character used in this series.

*Supplies: Skittles® candy or other fruit flavored snack*

**Think of a strong Christian that you know. How does he or she best demonstrate what it means to be a Christian?**

Have each student share the name of the person they are thinking of, and then talk about why they chose that person.

Read Galatians 5:22-23a listing the qualities known as the fruit of the Spirit. (*Note that the NIV uses the title "fruit of the Spirit" and God's Word translation describes it as "the spiritual nature."*)

**When you look at this list of the fruit of the Spirit, what one quality best describes what you have seen in the person who is a great Christian example to you?**

After discussion, pass out a small amount of Skittles® to the group for a snack. Continue speaking.

**Just like the different fruit tastes of Skittles® are pleasant to eat, when God's Holy Spirit lives inside you, he produces qualities that are pleasant. \*The Holy Spirit produces fruit in our lives.**

**Today we will discover how we can turn more control over to the Holy Spirit in our lives and live with his power working through us instead of living as slaves to our old sinful nature.**

# Large Group Overview: 20-30 minutes



**Purpose:** *Help kids observe what the Bible says. Present the Bible event in creative fashion. Help kids begin to interpret what it means.*

**Game:** “Fruit Challenge Sponge Throw”—Kids have a contest to determine the different flavor of fruit candy, emphasizing there are different fruit of the Spirit.

**Teaching Point:** The teaching point will help the children understand that the power to be like Jesus comes from the Holy Spirit.

# Small Group Application: 20-25 minutes



**Purpose:** *Help kids map out the meaning of the Bible event in their lives. Use the questions to stimulate discussion, but don't feel tied to them. Allow the Holy Spirit to guide you. Include personal examples from your own faith journey. The example of Christ at work in your life will leave lasting impressions of how Christ can work in the children's lives.*

*Use your Bibles! Children need to learn how to look up references and follow along when scripture is read aloud. Allow for quality time of prayer at the close of the lesson.*

## Observation Questions: What happened?/ Interpretation Questions: What does this mean?

*Answer the following application questions either in small group or with the presenter asking the questions to triads.*

Have kids refer to Galatians 5:19-24 in their Bibles.

**The Bible says we grow character fruit. The kind of fruit grown depends on the type of tree. If we do what our sin nature wants, we grow bad fruit. If we do what God wants, we grow good fruit.**

**Name some of the bad fruit produced from our corrupt nature as found in Galatians 5:19-21.** (*Illicit sex, perversion, promiscuity, idolatry, drug use, hatred, rivalry, jealousy, angry outbursts, selfish ambition, conflict, factions, envy, drunkenness, wild partying, etc.*)

**What happens to people who do these kinds of things without repentance?** (*Galatians 5:21. They will not inherit the kingdom of God.*)

**Name the fruit of the Spirit as found in Galatians 5:22-23. See how many you can name without looking.** (*Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.*)

**According to Galatians 5:24, who demonstrates these characteristics?** (*Those who belong to Christ Jesus.*)

## **Application Questions: What does this mean to me?**

**How do we produce this fruit in our lives?** (*We read the Bible to learn what kind of person we should be, love and obey God, pray for the Holy Spirit to produce this fruit in us.*)

### Application Activities:

*Supplies needed: "Lord, give me the fruit of the Spirit" sheet for each student, newsprint or poster board (optional), paint and brushes or markers, etc.*

Pass out the "Lord, give me the fruit of the Spirit" sheet to each kid. Ask:

**Which of the spiritual fruits listed in Galatians do you want the Holy Spirit to produce more of in you?**

### Option A: Group project

The closing art activity can be done as an entire group, such as eight students making a mural out of newsprint, or three students using poster board or small sections of newsprint.

Have each student use paint and brushes or markers to write the fruit of the Spirit that they would like more of in their life. Title this mural or poster board with "Lord, give us the fruits of your Spirit:"

*This mural, or these group posters, may decorate your classroom for a period of time.*

### Option B

Have kids decorate the "Lord, give me the fruit of the Spirit" printed on cardstock using paint and brushes or markers. Then let them take the project home.

**Which nature produces spiritual fruit according to the key verse from Galatians 5:22-23a, "But the spiritual nature produces love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control"? (Our spiritual nature.)**

**Today we learned that *\*the Holy Spirit produces fruit in our lives.***

### Closing Prayer:

Kids gather in small groups or triads to pray for which spiritual fruit they want the Holy Spirit to develop in their lives.

# **Large Group Presentation: 20-30 minutes**

## **The Holy Spirit Produces Fruit**

*The character for this series is dressed in a coach's outfit including a baseball cap and whistle. Across the presenter's t-shirt or jersey is the team's name—HOLY SPIRIT BLAZE. This could be as simple as taping the words to the t-shirt or as elaborate as painting them on. The coach is a visual reminder of the Holy Spirit as one who teaches and coaches us. His/her name is Coach Philip/Phyllis Widaspirit. (Saying the first and last name together will sound like "fill up with the Spirit" or "fill us with the Spirit.")*

*Supplies: one dry sea sponge, two wet sponges, Skittles<sup>®</sup>, small bucket of water*

### **Opening Game: Fruit Challenge Sponge Throw**

The entire large group is divided into two teams such as boys against girls. Each team will send up one contestant at a time that is willing to possibly get hit with a wet sponge. Explain the rules as follows.

**These two contestants will represent each of your teams. The first contestant will take the fruit challenge.**

**I will place a Skittle<sup>®</sup> in this person's hand while his/her eyes are closed. That person must eat the candy without looking at the color. If that person can guess the correct color and meet the challenge, then they get to throw a sponge at the other contestant from their team standing 15 feet away. If they miss the fruit challenge and do not guess correctly, the other contestant will throw a wet sponge at the person who missed the fruit challenge.**

Say to the contestant:

**Are you ready? Okay. Close your eyes and hold out your hand. Everyone else will see the color of the Skittle that I place in your hand. Here it is.**

The contestant takes the Skittle<sup>®</sup>, puts it in his/her mouth and tries to identify the color. If identified correctly, that person can throw a wet sponge at the other contestant. If the person fails to guess correctly, a sponge is thrown at him/her.

**That concludes round one. Who would like to be part of round two?**

Take two more contestants. Repeat this process according to how much time you would like to spend with it.

## **Teaching Point: Two different natures.**

Hold up a dry sponge and a wet sponge.

**These two sponges remind us of the two natures inside of us. One is the spiritual nature... (hold up the wet sponge.)...and the other is the sinful nature (hold up the dry sponge). Some Bible translations call it the corrupt nature. Your nature is who you are on the inside. We all have two different natures on the inside.**

### The natures fight against each other.

**The Bible says that these natures are opposed to each other, because they both want us to do opposite things. In Galatians 5:16 and following it says, *“Let me explain further. Live your life as your spiritual nature directs you. Then you will never follow through on what your corrupt nature wants. What your corrupt nature wants is contrary to what your spiritual nature wants, and what your spiritual nature wants is contrary to what your corrupt nature wants. They are opposed to each other.”***

### The effects of the corrupt nature

Hold up the dry sponge.

**Galatians 5:19 says, *“Now, the effects of the corrupt nature are obvious: illicit sex, perversion, promiscuity, idolatry, drug use, hatred, rivalry, jealousy, angry outbursts, selfish ambition, conflict, factions, envy, drunkenness, wild partying, and things like that. I’ve told you in the past and I’m telling you again that people who do things like that will not inherit the kingdom of God.”***

**You see, if you are not a Christian, it is easy to do what your sinful nature wants. For example, we were just playing for fun in the fruit challenge. But maybe you have been in a game where things turned ugly. You wanted to hurt your opponent or say bad things about him/her, or lose control and have angry outbursts. Those kinds of actions come from one’s sinful nature, like this dry sponge. It is hard and brittle.**

### The fruit of the Spirit

**On the other hand, when the Holy Spirit brings you to have faith in Christ and you trust him as your Savior, the Holy Spirit fills you with his presence just like this wet sponge—full of water. No longer is it dry and hard. Now it is soft and filled with God’s presence. Because of that, the actions that God wants us to have are the**

same as the actions Jesus demonstrated. They are called fruit of the Spirit, or our spiritual nature.

The Bible says it this way in Galatians 5:22, *“But the spiritual nature produces love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.”*

### How to have fruit of the Spirit

To have the fruit of the Spirit, we can pray that God’s Holy Spirit would fill us just like this sponge dipped into the water. By faith, we are washed clean of our sin. The water, which is a picture of the Holy Spirit, oozes out.

Squeeze water from sponge into the bucket.

It shows others the same kinds of actions that Jesus did. We can be like Jesus when he showed love, peace, patience, and kindness to others.

Every day we should ask God to fill us with his Spirit so that we produce those kinds of fruit and that God’s presence would flow from us in our lives. *\*It is the Holy Spirit who produces this fruit in our lives.*

### Conclusion

Return to your small groups or triads for application questions and activities.



**“Lord, give me fruit of the Spirit.”**

**FRUIT OF THE SPIRIT**

Galatians 5:22,23a

**Love**

**Joy**

**Peace**

**Patience**

**Kindness**

**Goodness**

**Faithfulness**

**Gentleness**

**Self-control**