

### LESSON 1

## FRUIT OF THE SPIRIT

### LESSON AT A GLANCE

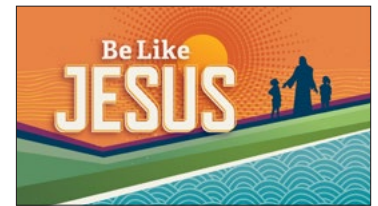
**WONDER TRUTH:** God Helps Us Be Like Jesus

**SCRIPTURE:** Galatians 5

**GOD'S BIG STORY:** Paul writes about the qualities, or spiritual fruit, that develop in us as we follow Jesus and are filled with the Holy Spirit. As the fruit of the Spirit grow in us, we become more like Jesus!

**WORD OF WONDER:** But the fruit the Holy Spirit produces is love, joy and peace. It is being patient, kind and good. It is being faithful and gentle and having control of oneself. —Galatians 5:22–23a

- PRESERVICE
- Elementary Object Lesson: To Float or Not to Float ...
- Preteen STEM Activity: Sink or Float?
- Welcome Question: What is a fruit that grows on a tree or vine?
- Curiosity Questions
- Declaring God's Wonder
- Prayer of Invitation
- Worship: This Little Light, Your Love For Me
- God's Big Story
- Connecting the Wonder Truth
- In Awe of God's Wonder
- Responding in Worship: I Could Sing of Your Love Forever
- Blessing Your Kids



### INVITATION

We invite you to pause, listen, and shift your gaze toward the Father ...

### LESSON AT A GLANCE

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**WORD OF WONDER:** Galatians 5:22–23a

I recently watched a documentary about a religious cult that told people they had to earn their way to heaven through perfect obedience. The burden and fear of falling short was overwhelming for those under these teachings. Have you ever felt pressure to earn God's approval?

If you take a moment to read Galatians 5:16–25, you get a beautiful challenge and a relieving truth. Yes, God wants us to be like Jesus, to live in a way that honors Him, and to do our best to show others who He is. And yet, God doesn't expect us to do it on our own—to work painfully and fearfully to achieve perfection. Instead, God invites us to live by the Holy Spirit, walking with Him as He teaches us and grows His fruit in us. As we're filled with the Spirit, we're set free from slavery to sin, and we're welcomed into love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. We become like Jesus as He shapes us through the power of His Holy Spirit.

In which area of your life do you need to see the fruit of the Spirit's work?

As you prepare to guide kids through this lesson, pray that the Holy Spirit will be working in you and in them, reminding you that He is the One who helps us to be like Jesus through His grace in our lives.

—Denise Morris Snyder

Spiritual Formation Pastor

Contributor to Wonder Ink

**DID YOU KNOW?**

**FOUNDATION BUILDING BLOCKS**

**WHO?**

Paul wrote the letter to the Galatians. Before Paul gave his life to Jesus, he believed that Jews—and anyone who wanted to be part of God’s family—had to obey all the Old Testament laws, including rules about food, holy days, and the Sabbath.

**WHAT?**

In Galatians 5, Paul argues that the Holy Spirit, not the Old Testament law, helps us become more like Jesus. By following the Holy Spirit’s guidance and living by the Spirit’s power, we will live in ways that fulfill the laws regardless.

**WHERE?**

Paul wrote Galatians to churches in the Roman province of Galatia, which is in modern-day Turkey.

**WHEN?**

Paul probably wrote the letter to the Galatians around AD 48, a relatively short time after he planted churches there.

**CONNECTING TO GOD’S BIG STORY:**

During the Old Testament, God gave His people laws, or guidelines, to love Him and live well. But no one could follow the law perfectly on their own. When Jesus came, He fulfilled the law! Now we can follow the Holy Spirit, who helps us grow to be more like Jesus.

## LESSON 1 ELEMENTARY & PRETEEN

### Large Group

Spark curiosity and get kids thinking about the wonder of God.

### LESSON AT A GLANCE

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### As kids arrive...

20 minutes before service begins, leaders are in place ready to welcome kids.

Display series theme loop. Play high-energy music in the background.

LG Leader walks around the room on mic and greets kids by name as they enter the room. Be intentional about introducing yourself to new parents and kids.

**SLIDE: SERIES THEME LOOP**

**VIDEO: COUNTDOWN** (2min OR 30sec) Start a countdown to begin game 10 minutes prior to service start)

### OPTION 1 Object Lesson: To Float or Not to Float ...

**SUPPLIES:** whole oranges (2, 1 peeled and 1 unpeeled), large clear bowls or vases (2), water, mandarin oranges (optional, 1 per kid), napkins (optional, 1 per kid)

**Allergy Caution:** This activity includes possible food allergens!

Ahead of time, peel one orange. Leave the other orange unpeeled. Fill the two bowls or vases with water and set them on opposite ends of the room.

Display the **To Float or Not to Float Slide** and gather the kids. Hold up both oranges for the kids to see. **Which orange do you think will float when we drop it into water? When I say, “Go,” you’ll move to this side of the room if you think the orange without a peel will float.** Hold up the peeled orange and point to the bowl or vase filled with water at one end of the room. **If you think the orange with a peel will float, you’ll move to this side of the room.** Hold up the unpeeled orange and point to the bowl or vase on the other end of the room. **If you think both oranges will float, you’ll stand in the center of the room.** Demonstrate by standing in the center of the room. **If you don’t think either of the oranges will float, you’ll sit on the floor in the center of the room.** If you’re able, sit down in the center of the room to demonstrate. **Any questions?** If needed, remind kids where to go based on their predictions. **Ready, set, go!**



Give kids time to move. **Alright, let's test your predictions.** Bring the peeled orange to the group that thinks the orange without a peel will float. Invite one of the kids to drop it gently into the bowl or vase of water, being careful not to splash water, while everyone watches. It will sink to the bottom. Next, bring the unpeeled orange to the group of kids who think it'll float. Invite one of the kids to drop it gently into the bowl or vase of water, being careful not to splash water, while everyone watches. It should float!

**Wow! We have our answer. The orange with its peel still on floated while the orange without a peel sunk to the bottom! Why do you think that happened?** Allow kids to share their ideas. **Great thinking! The reason the orange with the peel floated has to do with density. The peel has pockets of air in it, and air is light, so it floats. In the same way, no matter how hard you try to float in water after you have just exhaled the air out of your lungs, you'll slowly sink. But if you try to float after taking and holding a big breath, your lungs will be full of air, and you'll float!**

If you have mandarin oranges for each kid, serve them now for kids to enjoy as you introduce the Wonder Truth.

**We can try to become like Jesus on our own, but no matter how hard we try, we'll always fail at some point. The only way we can truly become like Jesus is by letting God do the work inside of us. Display the Fruit Wonder Truth Slide. We're going to discover today that the fruit of the Spirit is the work that God does inside of us. When we follow God and walk with Him, His Holy Spirit is all around us and in us, and we'll rise to the top just like the orange with the peel. With God's help, we'll become more like Jesus. Today's Wonder Truth is **GOD HELPS US BE LIKE JESUS.****



## OPTION 2 STEM Activity: Sink or Float?

**SUPPLIES:** various objects to drop into water (several dozen; large tray; shatter-proof bowls or containers (1 per 3–5 kids; water; pencils (1 per kid; towels, tarp, or disposable tablecloths (optional  
**RESOURCES:** Sink or Float? Sheet (1 per kid) **\*\*BY REQUEST**

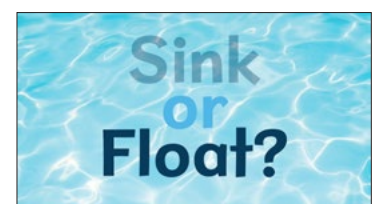
Ahead of time, print a copy of the Sink or Float? Sheet for each kid. Gather several dozen various objects that kids can drop into water; some should sink, and some should float (you can have multiples of the same items). Here are some ideas: paper clips, filled disposable water bottles, empty disposable water bottles, pencils, disposable cups, coins, toy cars, plastic toys/figures, craft sticks, beads, etc. Set the items out on a large tray. Fill bowls or containers of water for every 3–5 kids and spread them out for small groups to gather around. Consider placing towels, tarps, or disposable tablecloths under each bowl.

Display the Sink or Float? Slide and gather the kids. Help kids form small groups of 3–5 (there should be the same number of groups as there are bowls filled with water). Invite each small group to gather around a bowl and ask them not to touch anything yet. Hand out a Sink or Float? Sheet and a pencil to each kid. Ask them to write their names on their sheets.

Object	My Hypothesis	Results
1. _____	sink or float	sink or float
2. _____	sink or float	sink or float
3. _____	sink or float	sink or float
4. _____	sink or float	sink or float
5. _____	sink or float	sink or float

My Name: \_\_\_\_\_

Wonder Ink LESSON 1 BOWL OR PLATE? EGGST DUTTEN



Today we're going to do a science experiment to discover what sinks and what floats. There are many different objects on this tray. Point to the tray filled with various objects. Your group's job will be to choose five objects, to predict whether each object will sink or float, and then to drop each object one at a time into your bowl of water to discover whether it sinks or floats. As you go, you'll record your hypotheses, which are your scientific predictions, and your results.

Demonstrate the activity by testing one object as a large group. **First, let's test one object together. You don't need to record this one on your sheets. What object should we test?** Allow the kids to choose one object to test as a large group. Write the name of the object on the object 1 line on a Sink or Float? Sheet and hold the sheet up for kids to see. **OK. Let's make a hypothesis. Do you think this object will sink or float?** Allow kids to share their predictions and circle "sink" or "float" in the second column of your sheet based on their ideas. Hold up the sheet for kids to see. **Great! Now, let's test our hypothesis!** Bring the object over to a bowl of water and invite one kid to drop it carefully into the bowl, without splashing any of the water. Circle "sink" or "float" in the results column based on what happens and hold up the sheet for the kids to see.

**Great job! Now your groups will work together to test five objects. Start by deciding on five objects and bringing them to your station. Then write the name of each object on your sheets and make a hypothesis for each one. It's OK if your hypothesis is different from others in your group. Then test each object one at a time. Remove each object from the water before testing the next one. Any questions?** Answer kids' questions. Then give them time to do the experiment. Travel from group to group, helping kids as needed. When all the groups have finished, invite kids to help with cleanup.

Gather everyone together to discuss the results:

- **What did your group discover?**
- **Were you surprised by any of your results? Why?**
- **Why do you think certain objects sink and certain ones float?**

**Great thinking! Whether something floats isn't just about how heavy it is—it's about how packed together it is. If something has lots of empty space or air inside it, it's less dense, which means it won't sink as easily. When an object is less dense than water, it will float! In the same way, no matter how hard you try to float in water after you have just exhaled the air out of your lungs, you'll slowly sink. But if you try to float after taking and holding a big breath, your lungs will be full of air, and you'll float!**

**We can try to become like Jesus on our own, but no matter how hard we try, we'll always fail at some point. The only way we can truly become like Jesus is by letting God do the work inside of us. Display the Fruit Wonder Truth Slide. We're going to discover today that the fruit of the Spirit is the work that God does inside of us. When we follow God and walk with Him, His Holy Spirit is all around us and in us, and we'll rise to the top just like the objects that have lots of air in them. With God's help, we'll become more like Jesus. Today's Wonder Truth is **GOD HELPS US BE LIKE JESUS.****



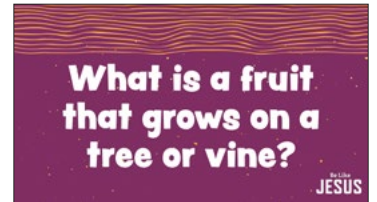
**Make It Inclusive:** If some kids struggle to write, modify the activity so that each group has just one Sink or Float? Sheet. Invite groups to choose one volunteer to be their scribe, or writer, who records the objects, hypotheses, and results for the whole group.

## Welcome Question

**SUPPLIES:** paper, coloring utensils, poster board OR , whiteboard, dry-erase markers (if needed)

**SLIDE: WELCOME QUESTION**

**At service start time,** draw kids' attention to the Welcome Question. Invite kids to write answers on the poster board or whiteboard. **Freshly picked fruit is the best! If the tree or vine that the fruit is growing on is healthy and connected to the roots, it will produce a lot of delicious fruit. If it gets cut down or dies, it won't produce delicious fruit. Today we're going to learn about how we can produce a different kind of fruit when we're connected to God. But first, it's time for small group.**



**Leader Tip:** Consider bringing fresh fruit for kids to sample as they discuss the Welcome Question. Just be aware of any food allergies among your kids and volunteers.

## Small Group

Introduce small group time. While kids are in small group, consider sitting in the groups for a few minutes each. Engage and interact as is appropriate.

## Countdown

After about 15 minutes of small group, give a 5 minute warning and begin the countdown.

**VIDEO: COUNTDOWN**

**"Hey everyone! Welcome to our Large Group Worship time! My name is \_\_\_\_\_ and I'm excited to take this time to worship God, review what we just read, and talk about ways we can respond to what we are learning about God! We are going to pray as we prepare our hearts to worship God!"**

## Declaring God's Wonder

Display the [Fruit Declaration Slide](#).

Read each line boldly and invite kids to repeat after you.

**Thank You, God, that You are good!** (Kids repeat.)

**You made me on purpose, for a purpose.** (Kids repeat.)

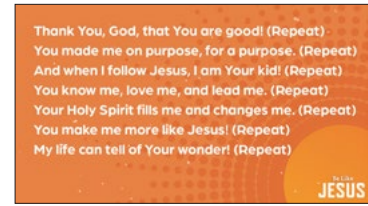
**And when I follow Jesus, I am Your kid!** (Kids repeat.)

**You know me, love me, and lead me.** (Kids repeat.)

**Your Holy Spirit fills me and changes me.** (Kids repeat.)

**You make me more like Jesus!** (Kids repeat.)

**My life can tell of Your wonder!** (Kids repeat.)



## Prayer of Invitation

Lead kids in a prayer of invitation before entering into worship and God's big story: **God, thank You for each kid here today. Thanks for giving us Your Word to teach us more about You and how we can become more like You. May Your Holy Spirit open our hearts and minds to hear from You now. In Jesus' name, Amen.**

## Worship

**God gives the Holy Spirit—His powerful, wise, and loving presence—to everyone who follows Jesus! Today we'll hear about how God helps us be like Jesus through the Holy Spirit in us. Let's praise God through music!**

Play songs [T his Little Light](#), [Your Love For Me](#) and encourage the kids to sing and dance as they praise God.

## God's Big Story

Display the [Fruit Title Slide](#) and gather the kids together. Let them know today's portion of God's big story comes from the book of Galatians.

**Today we are learning how the Holy Spirit changes us from the inside out. As you watch, think about which fruit of the Spirit you see and how the Holy Spirit helps you become more like Jesus every day.**

Watch the [God's Big Story Video](#).



# LESSON 1 FRUIT OF THE SPIRIT

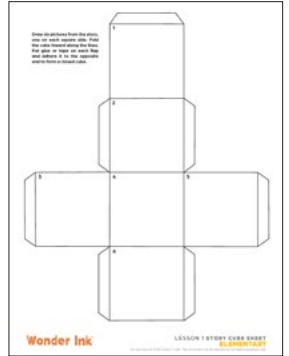
## EXPERIENCE IT! SCRIPT

**SUPPLIES:** coloring utensils, kid-safe scissors, glue or tape, clipboards (optional, 1 per kid), timer (optional)

**RESOURCES:** Story Cube Sheet (1 per kid)

Ahead of time, print a copy of the Story Cube Sheet for each kid, plus one to prepare as a sample. Prepare one story cube to show the kids an example of six different drawings, one on each side of the cube. Your drawings can be simple (symbols work!). The six drawings are as follows:

1. The Holy Spirit (can be represented by a flame, wind, or dove)
2. Paul
3. An ancient letter (can be a scroll, feather quill, etc.)
4. Religious leaders/false teachers
5. Evil things the flesh leads to, such as jealousy and greed (can be represented by rotten fruit)
6. Fruit of the Spirit (can be represented by healthy fruit)



If you don't have time to create a sample story cube that includes drawings, simply cut out a cube, fold it inward along the lines, and adhere the flaps to their opposite ends using glue or tape to form a seamless cube. Seeing a sample blank cube will still help kids visualize the end product. If you have clipboards, attach one Story Cube Sheet to each board (one per kid).

Gather the kids together and give a Story Cube Sheet to each kid. **Each of you gets to help with today's story by creating illustrations.** Show kids the sample story cube. **When we're finished, you'll have a finished story cube that will help you remember God's big story! I'm going to pause at six different points in our story and give you time to draw a picture or symbol that represents that part of the story.**

To keep the story moving, consider giving kids one minute to draw each picture. Use a timer, and when a minute is up, encourage kids to put down their coloring utensils, direct their eyes to you, and listen to the next part of the story. If there is extra time at the end, give kids a chance to finish any incomplete drawings.

**After Jesus went up to heaven, He sent the Holy Spirit—God's powerful, wise, and loving presence—to His disciples. The Holy Spirit gave the disciples strength and boldness to share the love and good news of Jesus with others, and more and more people began to follow Him! Let's draw a picture or symbol to represent the Holy Spirit in box 1 on our story cubes.** Help kids find box 1 on their sheets. If they aren't sure what to draw, suggest a simple flame, wind, or a dove, because the Bible uses these as word pictures to represent the Holy Spirit. After about one minute, continue with the story.

**During this time, there was a man named Paul who disliked and even hurt followers of Jesus. One day, Jesus spoke to Paul, and Paul chose to trust and follow Him! God changed Paul's life, and the man who had been an enemy of Jesus' followers started traveling and telling others about Jesus! Let's draw a picture of Paul in box 2.** Encourage kids to draw a simple picture of Paul—stick figures are OK! Continue the story after about one minute.

**Paul started churches in many of the places he visited. When he left, Paul wrote letters to the churches to help them grow in their faith and become more and more like Jesus. Let's draw a picture of a very old letter in box 3.** Kids can draw pictures of an ancient letter that Paul may have written. They might draw an old scroll or a feather quill. After about one minute, continue the story.

**One of the areas where Paul started churches was called Galatia. After Paul left Galatia, other religious leaders came to those churches and told them they had to perfectly follow all the rules in the Jewish law. That meant the people couldn't make any mistakes. The problem with this teaching is that no one can become like Jesus by just trying hard to follow rules. Let's draw a picture of these religious leaders who taught false things in box 4.** Remind kids that stick figures are OK and give them about one minute to draw.

**There is a part of every person that wants to sin, to do wrong things that hurt their relationship with God. Paul calls this part of every person the "flesh." Paul wasn't saying that our bodies are bad, just that the "flesh" is a part of us that doesn't want to do things God's way.**

**Fortunately, God doesn't leave Jesus-followers on their own to try to be like Jesus in their own strength. Paul explains that God helps us be like Jesus. God gives the Holy Spirit to everyone who trusts in Jesus. The Spirit is God, and He guides us in how to live and act. The things the Spirit tells us are often the opposite of what our flesh tells us. The flesh isn't able to fulfill God's law—to live up to all the guidelines for living a good, godly life—because what the flesh wants is so often wrong. The flesh leads to all kinds of evil, like hatred, jealousy, selfishness, greed, and worshipping things other than God. Let's draw symbols of these evil things in box 5.** Encourage kids to draw rotten fruit as symbols of these things, if they choose. After about a minute, continue with the story.

**But when the Holy Spirit is inside us and guiding us, the Spirit works in us to make us more and more like Jesus. The Spirit in us is like a gardener who plants and waters seeds that grow into beautiful plants. The fruit that the Spirit grows in us is the kind of character that the law demands—the character qualities of Jesus.**

**The Spirit produces good fruit in us, like love for God and for others. The Spirit fills us with joy and gratefulness for God's gifts instead of selfishness and greed. The Spirit leads us toward peace in our lives and in relationships with others, rather than hatred. The Spirit helps us to be patient, kind, and gentle with one another, instead of giving in to anger when things don't go our way. Finally, the Spirit develops self-control in us—the ability to be aware of our actions and the strength to hold back from doing things that will harm our relationship with God and others. We call these things the fruit of the Spirit. Let's draw symbols for the fruit of the Spirit in box 6.** Invite kids to draw symbols of the fruit of the Spirit. They might draw healthy fruit or something else—it's up to them! Continue with the story after about one minute.

**God has given us the Holy Spirit for many reasons, but one of the most important is to make us more and more like Jesus in what we want and how we act. Through His Spirit inside us, God helps us be like Jesus.**

**Great job drawing in your six boxes! Let's put them all together to make a story cube so you can remember that God helps us be like Jesus through the fruit of the Spirit!** Allow kids time to write their names on their cubes, then cut, fold, and glue or tape them together. Encourage kids to take their cubes home and use them to retell the story to their families.

**Make It Inclusive:** Have blank paper available for kids who would prefer to simply draw full-page drawings of each part of the story. When they're finished, help them staple their pages together to make a picture book. Also have adaptive tools, such as pencil grips and jumbo crayons or pencils, available for kids with fine motor skill challenges.

## Connecting the Wonder Truth

Display the Fruit Wonder Truth Slide. **Our Wonder Truth today is GOD HELPS US BE LIKE JESUS. Where did you see our Wonder Truth in action in the story?** Allow kids to answer freely.

**During the Old Testament, God gave His people laws, or guidelines, to love Him and be a part of His family. But no one could follow the law**

**perfectly on their own. When Jesus came, He fulfilled the law! Now when we follow Jesus, we're part of God's family! And instead of trying hard on our own, we can follow the Holy Spirit, who helps us grow to be more like Jesus.**



## In Awe of God's Wonder

Spend a few moments allowing kids to think about the wonder of God's story.

**Listen carefully as I read Paul's list of the fruit of the Spirit God produces in us. Pay attention to words you really like or words you don't understand.** Read the list slowly: **love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.** Give kids time to reflect on the words.

Consider asking these follow-up questions to help kids think deeply about the good fruit God produces in us: **Which fruit of the Spirit is your favorite? Why? What do you picture when you hear each one? Are there any you don't understand?**

## Responding in Worship

### SLIDE: RESPONDING IN WORSHIP

Talk about ways we can respond to what we are learning with next steps such as tithing, prayer, asking questions, and worship. Encourage kids to ask their SG leaders any questions they were wondering during the lesson.

\*\*\*Introduce this next song and invite kids to respond and participate in worship. See the "Worship Posture Tutorial" on the RBKids Resource Page.



WORSHIP VIDEO: [I Could Sing of Your Love Forever](#)

## Blessing Your Kids

Encourage the kids to hold their hands out in front of them, with palms up, as if their hands are open to receive something. Tell them to listen and receive the blessing as you speak it over them.

**Blessing:** May you become more and more like Jesus today, tomorrow, and every day as you follow Him, walk with Him, and allow the Holy Spirit to grow the fruit of the Spirit in you!