

LESSON 1

FRUIT OF THE SPIRIT

LESSON AT A GLANCE

WONDER TRUTH: God Gives Us Joy

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 grows in us, we become more like Jesus!

WORD OF WONDER: But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. —Galatians 5:22–23a (ISV)

Activity: Where Fruit Grows

Activity: Just Like Me

Worship

God's Big Story

Snack

Word of Wonder

Prayer and Blessing Activity:

Fruit Scavenger Hunt

Activity: Where Fruit Grows

SUPPLIES: fruit stickers or stamps (1 sheet per kid)

RESOURCES: [Trees and Vines Sheets](#) (1 per kid)

Ahead of time, print one copy per kid of the Trees and Vines Sheets. Set out fruit stickers or stamps.

Invite kids to add stickers or stamps to the vines and trees on their sheets. Talk with the kids about where fruit grows and what different fruits are like. **Fruit grows on trees, bushes, vines, and in the ground. Have you seen fruit grow? What kind of fruit is big? What kind of fruit is small? What kind of fruit has peels?** Pause after each question to allow the kids to respond. Invite the kids to also share their favorite fruits.



When fruit grows on a tree or on a vine, we see it. We're going to learn today about fruit that doesn't grow on trees, and we can't eat it! It's something we do when we follow Jesus. We're going to hear how we can be more like Jesus. Then others will see what He is like because God helps us to be like Jesus.

Activity: Just Like Me

When Jesus lived on earth, He showed us so many wonderful things about Himself. He's loving, kind, patient, and gentle. We're going to learn today about how the Holy Spirit comes to live in us and help us be like Jesus. Let's learn some ways we can be like Jesus.

In this activity, you do the actions I do. Watch and listen to me and do the actions just as I do! Can you show love just like me? Hug yourself. Invite kids to do the same.

Can you show joy just like me? Jump up and down and cheer. Invite kids to do the same. If they can't jump, they can simply clap and say, "Yay!"

Can you show peace just like me? Freeze in place. Invite kids to do the same.

Can you show patience like me? Sit on the floor crisscross and wait patiently for about 20 seconds. Invite the kids to do the same.

Can you show kindness just like me? Put your hands out with palms up like handing someone a gift. Invite kids to do the same.

Can you show goodness like me? Give a thumbs-up. Invite kids to do the same.

Can you show faith just like me? Make praying hands. Invite kids to do the same.

Can you show gentleness just like me? Slowly pat yourself on the head. Invite kids to do the same.

Can you show self-control just like me? Put your hand over your mouth. Invite kids to do the same.

What a great job you all did! We'll learn today how the Holy Spirit helps us with these things when we trust in Jesus. We'll learn how the Holy Spirit grows fruit, or good things, inside us.

Our Wonder Truth today is: GOD GIVES US JOY.

Encourage kids to do the following motions while you repeat the Wonder Truth. Older toddlers can say the words with you as they do the motions.

GOD—Point up.

GIVES US—Spread your arms out, pointing at everyone in the room with both hands.

JOY—Jump up and down waving your arms.

Worship

Today we'll learn about the fruit of the Spirit that's in the Bible. This kind of fruit is all the good things that we show others after we choose to follow God. That's because the Holy Spirit helps us become like Jesus. Let's sing about the fruit to thank God for how He works in us!

Play songs from the Little Learners playlist and encourage the kids to sing and dance as they praise God.

God's Big Story

SUPPLIES: Bible

Wonder Ink RESOURCES: [Fruit of the Spirit God's Big Story Video](#) Bible Story Picture (optional)

Our God's big story today is a great story from the Bible written by a person named Paul.

Encourage the kids to say, "Paul." **Let's find out from the Bible what Paul said!**

Show the kids the God's Big Story Video, read the story from the Bible, or use the script provided. You can also print the Bible Story Picture to give kids a visual depiction as you tell the story.

In God's big story, a man named Paul wrote a letter (pretend to write a letter on your hand) **to churches in a place called Galatia. Paul wanted people in the churches in Galatia to know more about Jesus and to be like Him.**

Paul told the people that when we sin, or do those wrong things, it is the opposite of the good life God wants for us. But Paul said if we trust God, His Spirit will help us do the right things and become more and more like Jesus. Make a happy face.

We can't make these changes on our own. Shake your head. **We need the Holy Spirit. As you trust in God, the Holy Spirit will grow good things—or fruit—in your life. It's like not apples and oranges that we can eat though! It is the good things that help us be like Jesus.**

Here's the fruit that can grow in your life with the Holy Spirit's help. Say each word slowly and invite the kids to repeat each word.

- Love
- Joy
- Peace
- Patience
- Kindness
- Goodness
- Faithfulness
- Gentleness
- Self-control

Let's talk about what each of those words means.

The Holy Spirit helps us love God and others.

Joy is deep happiness, instead of wanting things only for ourselves.

Peace is when we get along with others and have a deep calmness in our hearts that everything is OK.

Patience means we can wait calmly until the time is right.

Kindness is treating others nicely, instead of being mean.

Gentleness is when we aren't hurtful to others.

Goodness is doing what's right.

Faithfulness means trusting in God and believing in Him.

Self-control is when we stop ourselves from doing something we should not do. So we do the right thing instead. This is how God wants us to live!

Great job! Jesus showed these things to people when He lived on earth. He loved others. He was patient and gentle. Jesus was also joyful and kind. When we trust in Jesus, the Holy Spirit comes to live in us and makes us like Jesus, and the fruit of the Spirit grows in our lives.

Snack

Instruct kids to sit in the floor. Pass out snacks and say a prayer together.

Invite kids to repeat after you:

Thank you for the world so sweet. kids repeat

Thank you for the food we eat. kids repeat

Thank you for the birds that sing. kids repeat

Thank you God for everything. kids repeat

Amen

Word of Wonder

SUPPLIES: Bible

WORD OF WONDER

The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

—Galatians 5:22–23a (ISV)

Our Word of Wonder for the Be Like Jesus series is Galatians 5:22–23a. Let's practice saying the Word of Wonder together.

Encourage the kids to do the motions and say the verse with you.

- **THE FRUIT OF THE SPIRIT IS**—Draw a large “S” into the air.
- **LOVE**,—Pat your hands on your heart.
- **JOY**,—Put your arms up as if celebrating.
- **PEACE**,—Place palms together by cheek and ear to indicate “sleep.”
- **PATIENCE**,—Point to a pretend watch on your wrist.
- **KINDNESS**,—Pretend to give someone a hug.
- **GOODNESS**,—Make a thumbs-up.
- **FAITHFULNESS**,—Make two fists and start with the right fist on top, hitting the left fist, then switch and pound the left fist on top of the right.
- **GENTLENESS**,—Pretend to gently rock a baby.
- **AND SELF-CONTROL**.—Point to yourself with your thumbs.
- **GALATIANS 5:22–23a**—Hold your hands together as if opening a book.

Wonder Truth

Let's practice saying our Wonder Truth again!

GOD—Point up.

GIVES US—Spread your arms out, pointing at everyone in the room with both hands.

JOY—Jump up and down waving your arms.

Prayer and Blessing

After the kids finish their activity, pray with them, thanking God for making us like Him.

Let's talk to God. God, thank You for giving us Your Holy Spirit to help us become more like Jesus. Thank You for the fruit of the Spirit that happens when we follow You. Help us become more and more like You every day. In Jesus' name, Amen.

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 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!

Activity: Fruit Scavenger Hunt

SUPPLIES: basket, scissors (prep only), laminator (optional)

RESOURCES: Fruit Cards (1 set/ LL SG)

Ahead of time, print the Fruit Cards, cut apart, then hide them around the room. You can laminate the shapes to make the cards sturdier.

We're going to hunt for fruit to fill a fruit basket! When I say, "Go," you can look around to find as many fruit shapes as you can. When you find a piece, put it in the basket. Place the basket in the middle of the room.



Encourage kids to find as many fruit shapes as they can. Help younger kids if they are struggling. You may have to give hints if kids can't find some. When the time is up or when the kids have found all the fruit, have them come together.

Good job putting the fruit shapes into the basket! Let's read together what you found. Pick up the shapes one by one and tell the kids what each fruit is. **We can remember that the Holy Spirit grows this fruit in our lives to help us be like Jesus.**