

Fruit of the Spirit

Human relationships; Emotions

God is Pure and Holy

Spiritual Awareness: Holiness is showing the fruit of the Spirit

As we grow in holiness we display more and more of the fruits of the Spirit in our lives. Love, joy, peace, patience, goodness, kindness, gentleness, faithfulness and self-control are signs of life of purity. Displaying these fruits is a matter of putting God first, surrendering our lives to Him so that He may refine us.

Our response to 'God is Pure and Holy'

Because God is Pure and Holy I will...

- Obey Him.
- Try to do the things He wants me to do.
- Ask God to forgive me when I sin.
- Ask Him to make me clean inside.
- Admit when I make mistakes.
- Remember the fruits of the Spirit and try to show them in my life.
- Have respect for other people.
- Put God first in my life.

Supporting devotional resources

- *Kanga Joe & Co - Eight animal stories that teach about the fruits of the Spirit; available as a unit of study, or on audio-cassette. (Beacon Media)*
- *Jesus First, a guide to character development (Beacon Media: Values Education)*
- *Themes for Christian Studies 3, (Pure) - As God forgives us, so we should forgive others.*
- *Themes for Christian Studies 4, (Pure) – Walking in the light*
- *Themes for Christian Studies 5, (Love) - God wants us to love others*
- *Themes for Christian Studies 5, (Life) - God is the joy of life*
- *Themes for Christian Studies 5, (Peace) - Trouble outside, peace inside*
- *Themes for Christian Studies all levels - God is patient*

Biblical references

General reference to fruit:

Galatians 5:22-23 - The fruit of the Spirit

Matt. 7:15-20 - A tree is known by its fruit.

John 15:5 - Jesus said, "I am the vine and you are the branches. Whoever remains in my and I in him, will bear much fruit; for you can do nothing without me."

Specific references to fruit:

Mark 12:30-31 - **Love** your neighbour as yourself.

Acts 3 - The lame man healed, walking and leaping with **joy**.

Matthew 6:26 - Do not worry. (Have **peace**)
Ezra 4-6; Nehemiah 1-6 - **Patience** in rebuilding Jerusalem
2 Samuel 4 & 9 - **Kindness** to the lame prince, Mephibosheth
Luke 10: 25-37 - The Good Samaritan is a story of **kindness** and **gentleness**
Ephesians 5:8-11 - Show **goodness**, by living as children of the light
Jonah - Being **faithful** is obeying the Lord.
1 Samuel 17; 1 Samuel 26 - King Saul lacked **self-control**. His jealousy caused him to lose his temper.
Ephesians 6 - Put on the armour of God so that we may do the things God wants us to do. (**goodness**)
1 John 1:7 Walk in the light as He is in the light. (**goodness**)
1 Cor 3:4 – Love is **patient** and **kind**.

Key Questions

What are the fruits of the Spirit?
How do I get them?
Why should I have them in my life?
How can the fruits of the Spirit help me to get on better with other people?
How did Jesus show the fruits of the Spirit?
What are emotions?
Which emotions make us feel good and which ones make us feel bad?
What should we do when we feel angry? upset?

Outcomes

Students will

Knowledge

- gain an understanding of the fruit of the Spirit, (Galatians 5:22)
- understand the meaning of positive and negative emotions

Skills

- improve social skills by practicing the fruits of the Spirit
- know how to control negative emotions

Values

- treat others with kindness, love, patience, gentleness
- be faithful to friends and those who care for you
- practice goodness, patience, self-control
- help others to be joyful

Activities

- Identify fruits of the Spirit.
- Study definitions for each of the fruits -
 - **Love** - loving with the same kind of love that God has for us; loving God and treating others the way you would like to be treated yourself.
 - **Joy** - the happiness that God gives; sharing God's happiness with others.
 - **Peace** - a calm feeling inside, knowing that God is looking after you; letting God take all your worries.

- **Patience** - learning to wait; not getting angry when things are not going as we'd like; sticking to a job and not giving up.
 - **kindness** - treating others with special care; thinking about how other people feel; doing special things for others.
 - **gentleness** - showing kindness and understanding; not being 'pushy'; considering the feelings of others.
 - **faithfulness** – being loyal; doing your duty; being a good friend
 - **goodness** - obeying God's word and doing the right thing.
 - **self-control** - not losing your temper; knowing when to stop; saying 'no' when you feel like doing the wrong thing.
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- Identify emotions and discuss appropriate ways of expressing emotions
 - Discuss ways of helping others who may be feeling sad.
 - Discuss ways of sharing positive emotions with others.
 - Discuss reasons why the fruits of the Spirit can help us to get on better with our family and friends.
 - Make a large fruit tree, with different fruits. Write the nine fruits of the Spirit on the fruits.

Assessment

What have I learned from the study of the fruit of the Spirit...

- about God?
- about doing what God wants me to do?
- about the Bible?

Learning Connections

English:

- Read, or listen to the story for each fruit, from *Kanga Joe (See Beacon Media Values Education)*.
- Read Aesop's fables that teach about the fruit, e.g. *The Hare and the Tortoise*.
- Write and act out plays that demonstrate the fruit of the spirit in family / friendship situations, e.g. **Love** - *Modern Day Good Samaritan, (Themes for Christian Studies 5, Love)*; **Self-control** - *The Drawings, (Themes for Christian Studies 3, Pure)*, *Sharing and Forgiving, (Themes for Christian Studies 2, Peace)*; *Billy Goes Shopping, (Themes for Christian Studies 3, Provider)*

Music:

Songs about the Fruit of the Spirit –see Primary Music on this website

Art:

How do works by different artists make you feel? e.g. peaceful, excited

Draw or paint scenes that reflect particular emotions.

Additional Beacon Media resources

Visual Language Units: *Emotions; Anger*

Kanga Joe and the Fruit of the Spirit – See “Values Education”