

**Hey parents,**

**This week we are discussing Galatians 5, and the fruit of the spirit. A few years ago we came up with a family discipleship event centered around the Fruits of the Spirit. It might require a trip to the grocery store or some creative adapting but I highly encourage you to plan some time this week to talk about Jesus with your kids. If you have already done this activity with your kids, do it again, we can all use a refresher. I have added some more challenging questions for older kids.**

**Materials needed:**

**Wooden Kabob sticks**

**Strawberries (whole or halved)**

**Clementine (peeled and sectioned-leave one whole))**

**Kiwi (chunked-leave peel on)**

**Red grapes (whole)**

**Pineapple (into chunks)**

**Banana (cut into chunks)**

**Green Grapes (whole)**

**Apples (Quartered)**

**Dragon fruit**

**Bubble wrap (or any other temptation--candy, your phone..etc.)**

**Some time set aside**

**Before you start:**

**Take some time to gather the materials. On Sunday these are set up as stations you walk around the room. You can do whatever works best, but spending 5-10 minutes prepping will allow the whole activity to go more smoothly. Find a place where distractions are minimal. Turn off the TV. Maybe take it outside. Whatever works. Remember the point of this activity is to spend time talking with your kids about spiritual things, not correctly building a fruit Kabob. Not much eternal value in that. :) Take part in answering the questions. Kids learn from you! Whatever your "temptation" is keep it with you wherever you go. Tell your kids not to touch it. Don't pop any bubbles yet...**

## Love

*Love is wanting the best for others before yourself.*

Look up [1 John 3:16](#) and talk about what it means together.

Read [Colossians 3:14-15](#)

How can you "put on love" to show someone love today or this week?

Can you think of a time recently when you missed an opportunity to show love?  
Add the strawberry to your stick and when you see the red heart-shaped fruit, think of Love-the fruit of the spirit



## Joy

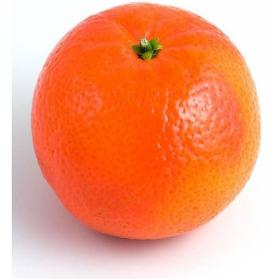
*Joy is a good feeling that comes from God we can have all the time even when we are going through bad or hard times.*

Read [Acts 16:22-25](#)

Who showed joy in these verses? Why do you think Paul and Silas were able to sing and praise God after they were beaten and thrown in prison?

Who do you know that has joy even in hard times? How does it make you feel when you are around someone who is joyful?

Add the clementine to your stick and remember how tough the outside skin of a clementine can be but how sweet it is inside. We can have joy inside even when our lives are tough.



## Kindness

*Kindness is treating others as you would like to be treated*

Read [Ephesians 4:32](#)

Can you think of a time when someone showed you kindness when you didn't show kindness to them? What does being kind look like in everyday life?

Add some kiwi to your stick. Kiwis are soft and fuzzy, Think of kindness when you eat kiwi.



## Peace

*Peace is trusting God when you don't know the future and peace is also no more fighting.*

**Read Philippians 4:7**

God gives us peace when we trust him to take care of our worries and when we ask him to Guard our hearts.

What is something that worries you or you are afraid of that you can pray for God's peace? Pray together

**Read Hebrews 12:14**

What does "make every effort" mean? Is there someone in your life you need to make peace with? Make a plan right now!

Add the red grape to your stick. The skin of a red grape is smooth and round. When you see a red grape think of how you can "smooth" things over and be a peacemaker



## Patience

*Patience is waiting without whining, without worrying, and without getting frustrated.*

**Read Romans 8:25**

What is something you are having a hard time being patient about or someone who makes you feel impatient? Ask God right now to give you opportunities to show patience.

Add a piece of pineapple to your stick. It takes a lot of patience to cut up a pineapple, but in the end is worth it!



## Gentleness

*Gentleness is showing kindness and caring towards others.*

**Read Proverbs 15:1**

We can be gentle with our actions and with our words. Play charades in your group, showing gentleness with your actions (suggestions: rocking a baby, petting a cat, giving gentle hugs, Gently putting away books on a shelf)

Practice having conversations where you use not gentle words, then practice them again using gentle words.

You have to be really gentle with a banana or it will bruise or squish. Practice gentleness by adding it to your stick.



## Goodness

*Goodness is thinking, and acting and doing what is right, making the right choice.*

**Read Psalm 37:3a** "Trust in the Lord and do good."

Why is it so hard to make the right choice? When we trust God, it is easier to do what is good.

Green Grapes are so good! Add one to your stick and remember Goodness when you see a green grape!



## Faithfulness

*Faithfulness is doing what you said and finishing what you started. God is always faithful.*

[Read Deuteronomy 7:9.](#)

How does God show his faithfulness to us, and how do we show our faithfulness to God? Who else do you know who is faithful to you?

Apples are hard and crunchy, and sometimes it is hard to finish what we started and to be faithful. But God is always faithful. He never lets us down and he always keeps his promises. When you see an apple think about God's faithfulness. Add one to your stick.



## Self Control

*Self-control is doing what God says is right, and not doing what God says is wrong.*

[Read Philippians 4:13](#)

Self control does not come from "trying harder to be good" it comes when we ask Jesus to be our strength and for him to be in charge of our bodies and our minds.

Do you still have your bubble wrap? Look at it? Do you want to pop it? It is still time to wait. Talk about how hard it is to have self-control. What are some things you can do to make it less tempting? How can you use those ideas in other situations? Don't pop that Bubble wrap yet!

Sometimes we are surrounded by all kinds of temptations and it can feel like a dragon breathing down our necks. When you add dragon fruit to your kabob, ask God to help you grow in self-control.





Check out these fruit trees. While you eat your kabobs.

Do they have a lot of fruit or a little fruit? We want to be dripping with fruit. When we grow in Jesus--read his word, spend time talking with him. We are like trees and we produce the fruits of the spirit.

Now kids can pop the bubble wrap or enjoy their "temptation". Have your kids share a takeaway from the lesson. What are they going to do or ask Jesus for? Ask them how, you, their parents can pray for them. End in prayer.