

## Lesson 13

# Fruit of the Spirit

Galatians 5:22-23

Memory Verse

But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law

(Galatians 5:22-23)

Teacher's Objective

At the end of the session, the students should be able to:

1. Define in their own words the meaning of each of the nine virtues of the Holy Spirit
2. Locate in their Bible where the fruit of the Spirit is found
3. Describe and give an example of how the Spirit is one
4. Express in their own words how obedience to God allows His Spirit to grow in their life

Materials Needed

See Teaching Activities for specific activities

## Teacher's Bible Study

The Holy Spirit is not a separate being; it has no independent existence as an individual entity or person within the God Family. The Holy Spirit is described in the Bible as: the Spirit of God, the Spirit of the Lord, the Spirit of Jesus Christ, the Spirit of truth, and Comforter, or Advocate. It is the power of God, the mind of God, and the extended means by which God accomplishes His work throughout the universe.

It was through His Spirit that God created the earth (Genesis 1:2). It was through this Spirit that David received his moral strength (Psalm 51:10-13). And by it Elijah and Elisha ordinary men were made into powerful prophets of God (II Kings 2:9,15). It is clear that they were among the relative few in the Old Testament who were blessed with the privilege of having the mind and power of God work or dwell within them.

God uses His Spirit to accomplish all His work. Whether causing prophets to prophesy, kings to reign, craftsmen to create (Exodus 31:3), bodies to be moved (Ezekiel 3:12, 14), or people to keep His laws (Ezekiel 36:26-27), everything God does is through the power of His Spirit.

God is spirit (John 4:24); both members of the Godhead (Elohim), Father and son, are literally composed of spirit; they are wholly made of spiritual essence, in the same fashion as we are made of physical particles. Yet God the Father and Jesus Christ are separate beings: each maintains His own distinct identity and independent existence; and each, therefore, utilizes His own Spirit, though both the Father's Spirit and Christ's Spirit are an integral part of the common Holy Spirit.

This same Spirit which was given to the disciples on the Day of Pentecost is available to all whom God calls. Upon true repentance granted by God and upon true belief in Jesus Christ, one may be baptized and then receive God's Spirit through the laying-on-of-hands ceremony performed by God's ministers. Read Acts 2:38; 8:12-17. God further states that He gives His Holy Spirit only to those who obey Him (Acts 5:32). God's Spirit is efficacious; it creates deep changes within the individual, actually converting or changing the mind of the person. The Holy spirit generates within Christians its very fruit, which is love, joy, peace, longsuffering, gentleness, goodness, faith meekness, temperance (Galatians 5:22-23). It encourages us through trials and empowers us to do the Work of God.

## **Presenting the Bible Story**

Have your students not only memorize the memory verse, but also help them to define in their own words the nine characteristics of the Holy Spirit. It is important that they understand why they are learning this scripture. It is also crucial that they comprehend how this truth relates to them and their everyday lives.

Ask your students what they see when they peel an orange? Is the orange divided up into segments? The fruit of the Spirit could be compared to an orange, in that each segment makes up the orange. All nine virtues make up the fruit of the Holy Spirit, but the fruit is one. We do not want the fruit that sin produces, but we do want the character that the fruit of the Holy Spirit produces.

### **Love**

Despite our sins, God loves us unconditionally. "But God commandeth his love toward us, in that, while we were yet sinners, Christ died for us" (Romans 5:8). God wants the very best for us. We need to want the very best for others. We need to value, forgive, and receive family and friends willingly.

### **Joy**

Is joy the same as happiness? No. Happiness comes and goes. Joy on the other hand is present even during difficult times. Joy is a feeling of well being. We have joy when we obey God, and trust in His promises. We have a clear conscience and delight in God's truth. Even during difficult times, there should be joy knowing that God is with us. "My brethren, count it all joy when ye fall into divers temptations" (James 1:2).

### **Peace**

Peace is a state of inner tranquility. Our heart, mind and soul are at peace when we trust God, and keep our sights on Him. Through prayer we can experience the peace of God. Read Philippians 4:6,7. Jesus has promised peace to every believer. "Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid" (John 14:27).

### **Longsuffering "Patience"**

Longsuffering is also translated "patience." God has patience with sinners. He is giving us plenty of opportunity. God will help us endure pain, trouble, and wrongdoing that other people bring upon us. "Knowing this, that the trying of your faith worketh patience. But let patience have perfect work, that ye may be perfect and entire, wanting nothing" (James 1:3,4).

### **Kindness**

Showing love and respect for others is kindness. God has been kind to us; therefore, show kindness to others. Read Luke 6:35 and Ephesians 4:32. Kindness is a characteristic of God as we read in the following verses: "O praise the LORD, all ye nations: praise him, all ye people. For his merciful kindness is great toward us: and the truth of the LORD endureth] for ever. Praise ye the LORD" (Psalm 117:1,2).

### **Goodness**

Children know and understand the difference between being good and being bad. When you are good, you are doing what is right. Can we be perfectly good? No we cannot. Why? Because Jesus said, "Why callest thou me good? there is none good but one, that is, God" (Mark 10:18).

To be loyal, stable and dependable is to be faithful. We have faith that God will meet our daily needs, and He will be with us in times of trouble.

## Gentleness

Treating others with dignity is treating them with gentleness. God accepts us and others for who we are. We are of value to God. He appreciates each and every one of us. We need to learn to appreciate others as individuals. Jesus did not ignore little children. Jesus did not reject sinners. We need to strive to treat others as Jesus would. Let your gentleness be known unto all men. The Lord is at hand (Philippians 4:5).

## Self control

Do you let your feelings and thoughts control your actions? Or, do you exercise control of your actions? Read I Corinthians 9:24-27. Paul learned that in order to be effective as a minister of God, he has to exercise self-control. To explain this virtue, use examples of siblings and friends becoming easily angered and not showing self-control.

# Teaching Activities

## Art and Activities

### Younger Children

Copy the Art Activity page for each student. Students may color their pictures using crayons or felt-tip markers. Cut the picture along the heavy outside boarder, glue to a piece of colorful poster board, and cut half an inch larger than the picture. Glue a clothespin to the back of the picture so the picture stands up. Show your students how the picture may set on a desk or table in their rooms to remind them to be kind and forgiving.

There is an activity page for each of the virtues of the Holy Spirit. You may want to make copies of these pages and have the children make an activity book out of them. These activity pages go from easy to difficult. You will need to determine which of the pages are best for your students.

### Older Children

Same as for young children.

Explore with  
your students the  
following questions

As with the younger children, you may want to make these activity pages into a book. You will need to determine which pages are appropriate for your group.

# Explore the Subject

1. True love comes from God. Read I John 4:7-16. Explain verses 7-8.

2. Is joy happiness? Explain.

3. Read Isaiah 26:3. How does this verse explain peace?

4. It is difficult sometimes to be patient and continually forgive people who do the same wrong over and over. However, Jesus said we must forgive if we are to be forgiven. Read Matthew 18:34-35 and explain.

5. What ways have you benefited from the kindness of others?

Always close  
your class  
with prayer

6. Psalm 107 tells of the goodness of God. Read and discuss.

7. The apostle Paul was in the ministry for many years. He endured many trials. Read II Corinthians 11:23-29. Was he faithful?

8. Does God desire we show our gentleness? Read Philippians 4:5.

9. How would you describe self control?

## Respond and Reinforce

1. When we obey God, we will exhibit the fruit of His Spirit. What are the nine characteristics of the Holy Spirit?

2. Read Romans 8: 9,14. The presence of the Holy Spirit defines the true Christian.

## Activity Page

### The Fruit of the Spirit

Galatians 5:22-23

In Galatians 5:22-23 the apostle Paul wrote to the Christians at Galatia about the fruit of the Spirit. The nine characteristics of the fruit of the Spirit are listed below.

Unscramble them and write the correct word on each line.

THEN WRITE THE NAME OF EACH CHARACTERISTIC BELOW.

EOLV \_\_\_\_\_

\_\_\_\_\_

SENGESTNEL \_\_\_\_\_

\_\_\_\_\_

YOJ \_\_\_\_\_

\_\_\_\_\_

GLNOIGRSEFUF \_\_\_\_\_

\_\_\_\_\_

SNESOGOD \_\_\_\_\_

\_\_\_\_\_

SMESENEK \_\_\_\_\_

\_\_\_\_\_

THIAF \_\_\_\_\_

\_\_\_\_\_

EMETECNARP \_\_\_\_\_

\_\_\_\_\_

ACEEP \_\_\_\_\_

\_\_\_\_\_



## Activity Page

### Match the Fruit of the Spirit to the Definition

Galatians 5:22-23

Match the following words with the correct definition  
(the first one is done for you):

Love	Self-mastery
Joy	A quietness of heart, mind, and soul that is seen as inner tranquility
Peace	Considerate of the needs of others
Longsuffering	Inner serenity and gladness that comes from a clear con- science
Kindness	Being trustworthy, depend- able, and loyal
Goodness	Strong affection
Faithfulness	Enduring when provoked
Gentleness	Treating others with love and respect.
Self-control	

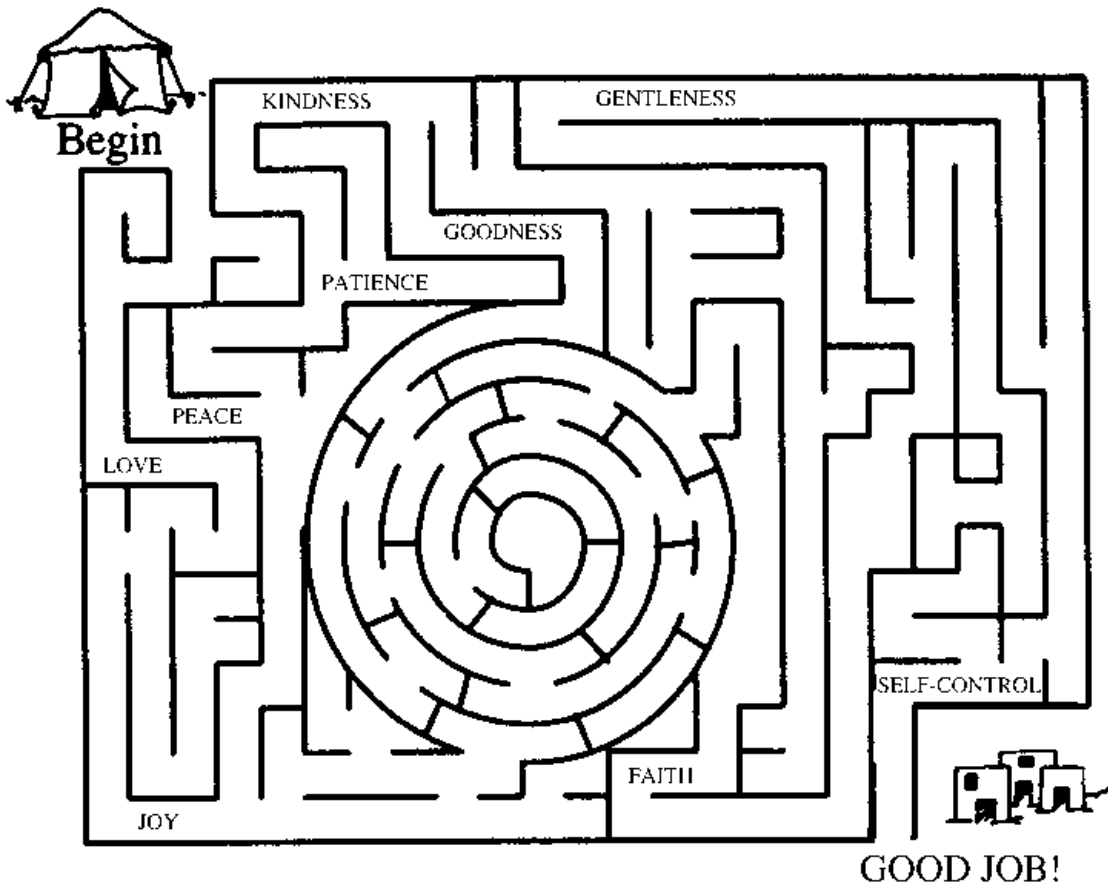
## Activity Page

### Fruit of the Spirit Maze

Galatians 5:22-23

Find your way through the maze below by following the list given in Galatians 5:22-23.

Do the words in order. DO NOT cross any lines.



But the fruit of the Spirit is love,  
joy, peace, patience, kindness,  
goodness, faith, gentleness,  
self-control: against  
such there is no law

Galatians 5:22 23

# Activity Page

## Love

### I Corinthians 13

Paul wrote a letter to the Christians at Corinth. In this letter, he told them that love is an important quality to have in one's life. The word "charity" means love. Hidden in the puzzle below are words from the love chapter (I Corinthians 13).

S	U	F	F	E	R	E	T	H	C	Y	M	B	A	L
E	V	N	U	H	T	E	R	U	D	N	E	S	S	S
I	T	B	D	N	I	K	N	O	W	L	E	D	G	E
C	C	J	E	E	E	G	P	P	I	I	O	I	G	S
E	E	S	S	A	R	B	R	E	R	O	F	U	N	E
H	F	A	I	L	R	S	V	E	G	T	P	I	I	U
P	R	O	F	I	T	E	T	H	A	H	A	H	L	G
O	E	S	D	D	T	S	T	A	I	T	T	B	K	N
R	P	L	E	H	Y	E	E	H	N	E	E	E	N	O
P	H	E	N	M	T	V	T	U	I	D	S	S	I	T
U	F	G	R	N	I	U	O	V	Q	I	A	T	T	C
F	J	N	U	L	R	M	N	T	U	B	E	O	H	H
F	V	A	B	T	A	E	J	V	I	A	C	W	O	I
E	V	E	V	A	H	E	B	H	T	I	A	F	P	L
D	J	E	M	A	C	E	B	J	Y	V	F	X	E	D

Abideth	Brass	Envieth	Goods	Mysteries	Tongues
Angels	Burned	Evil	Greatest	Perfect	Truth
Beareth	Cease	Face	Hope	Profiteth	Understand
Became	Charity	Fail	Iniquity	Prophecies	Vaunteth
Behave	Child	Faith	Kind	Puffed	
Believeth	Cymbal	Feed	Knowledge	Suffereth	
Bestow	Endureth	Gift	Mountains	Tinkling	



# Activity Page

## Joy

Psalm 33:21

When you have a clear conscience, you will have an inner gladness and delight.

Joy is not happiness. Happiness comes and goes. Joy can be present in your life even when things are not going well. When you obey God and trust in His promises, you will have joy.

Unscramble the words below and then place them in their proper order to complete the sentence.

M I H	7	_____
A H S L L	4	_____
E A V H	1 0	_____
R F O	1	_____
E B E S C U A	8	_____
A E M N	1 5	_____
R O U	2	_____
J E C E R O I	5	_____
N I	1 2	_____
R T H A E	1 3	_____
N I	6	_____
E W	9	_____
D T T E R S U	1 1	_____
S H I	1 3	_____
Y O L H	1 4	_____

PUT THE UNSCRAMBLD WORDS IN ORDER BELOW:

1	2	3	4	5	6	7	8	9	10
11					12	13	14	15	

## Activity Page

### Peace

Peace means being calm and quiet. When you are at peace, you are free from struggles in your mind and heart. Only God and Jesus Christ can give you peace. We have to accept God's care. Below are scriptures that tell you how to find peace. Using your Bible, match the scripture with the correct verse. A clue to the meaning of the verse is written under the verse.

- |   |  |
|---|--|
| <input type="checkbox"/> "Now the Lord of peace Himself give you <i>peace</i> always by all means. The Lord be with you all."   | <b>A. Colossians 3:15</b><br><i>Peace should rule your heart and mind</i>      |
| <input type="checkbox"/> "The Lord will give strength unto His people; the Lord will bless His people with <i>peace</i> ."  | <b>B. II Thessalonians 3:16</b><br><i>The Lord gives you peace</i>             |
| <input type="checkbox"/> "Thou wilt keep him in perfect <i>peace</i> , whose mind is stayed on thee: because he trusteth thee."   | <b>C. Matthew 5:9</b><br><i>Peacemakers are called the children of God</i>     |
| <input type="checkbox"/> "Blessed are the <i>peacemakers</i> : for they shall be called the children of God."   | <b>D. Isaiah 48:22</b><br><i>No peace for the wicked</i>                       |
| <input type="checkbox"/> "And the <i>peace</i> of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus."   | <b>E. Psalms 29:11</b><br><i>The Lord promises peace</i>                       |
| <input type="checkbox"/> "For unto us a child is born, unto us a son is given: and the government shall be upon His shoulder: and His name shall be called Wonderful, Counsellor, The mighty God, The everlasting Father, The Prince of <i>Peace</i> ." | <b>F. Isaiah 9:6</b><br><i>Jesus is the Prince of Peace</i>                    |
| <input type="checkbox"/> "There is no peace, saith the Lord, unto the wicked."  | <b>G. Philippians 4:7</b><br><i>Prayer replaces anxieties with God's peace</i> |
| <input type="checkbox"/> "Therefore being justified by faith, we have <i>peace</i> with God through our Lord Jesus Christ."   | <b>H. Romans 5:1</b><br><i>Salvation brings peace with God</i>                 |
| <input type="checkbox"/> "And let the <i>peace</i> of God rule in your hearts, to the which also ye are called in one body; and be ye thankful."  | <b>I. Isaiah 26:3</b><br><i>Peace comes when you keep your mind on God</i>     |

## Activity Page

### Patience

Job 38:39; 39:30

Longsuffering means patience. We learn patience when we go through hard times.

Even when wrong things happen to us, we should endure without becoming angry.

Job was a patient man that endured suffering. During Job's suffering, God asked Job some questions. There are twelve animals described in these verses—six beasts, five birds, and an insect. They all exhibit the awesome genius of God.

Fill in the blanks below, using verses from Job 38:39; 39:30.

1. Wilt thou hunt the prey for the

\_\_\_\_\_?

Color the lion:

2. Who provideth for the \_\_\_\_\_

his food?

3. Knowest thou the time when the wild

\_\_\_\_\_ of the rock bring forth?

4. Will the \_\_\_\_\_ be willing

to serve thee, or abide by thy crib?

5. Gavest thou the goodly wings unto the

\_\_\_\_\_? or wings and feathers

unto the \_\_\_\_\_?

6. Hast thou given the \_\_\_\_\_ strength?

7. Canst thou make him afraid as a \_\_\_\_\_?

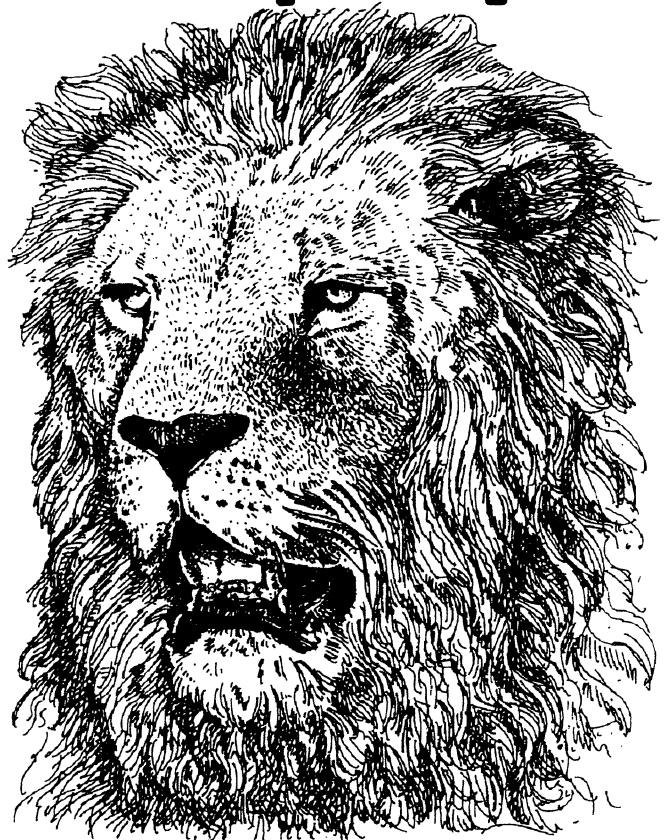
8. Doth the \_\_\_\_\_ fly by thy wisdom, and

stretch her wings toward the south?

9. Doth the \_\_\_\_\_ mount up at thy

command, and make her nest on high?

**He is before all things, & in  
him all things hold together.**



**C o l o s s i a n s 1 : 1 7**

## Activity Page

### Kindness

Ephesians 4:32

Treating others with love and respect is showing kindness. God has shown kindness to us when He forgives us of our sins. We please and obey God when we forgive others.



*"And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you"*

Ephesians 4:32

## Activity Page

### Goodness

Matthew 5:44

Jesus taught that we are to do good to those who hate us. It is easy to love and do good to those who love you in return. It is far more difficult to love those that hate and persecute you.

Find the words from Matthew 5:55 in the puzzle below:

E	S	U	L	M	U	W	Q	Y	Z	W	Y	T	R	I
D	N	A	E	O	E	D	H	E	J	L	O	Z	S	Y
H	O	H	Y	Y	V	H	N	I	L	D	U	M	S	O
E	T	A	H	U	O	E	T	U	C	E	S	R	E	P
W	R	O	F	Z	M	U	F	U	N	H	F	F	L	G
P	Q	A	U	I	G	E	R	G	O	T	U	B	B	Z
O	T	X	E	R	T	S	M	Y	H	Y	O	B	M	W
Z	G	S	N	I	E	M	Q	A	O	Z	F	Y	K	D
V	R	R	P	O	Y	U	T	U	N	I	H	K	T	Y
K	K	S	L	I	V	Y	Y	I	S	D	J	S	Q	J
N	E	G	P	Y	J	U	U	W	X	R	F	Z	X	I
D	D	N	I	B	C	H	I	W	M	A	X	D	R	U
F	O	M	X	E	L	W	W	T	H	U	J	R	B	Z
A	E	O	A	J	T	M	B	D	F	F	Q	E	R	I
S	A	I	G	K	S	T	I	K	I	G	I	Q	L	G

But  
Say  
Unto  
You  
Love

Your  
Enemies  
Bless  
Them  
That

Curse  
You  
Do  
Good  
To

Them  
That  
Hate  
You  
Pray

For  
Them  
Which  
Despitefully  
Use

You  
And  
Persecute  
You

## Activity Page

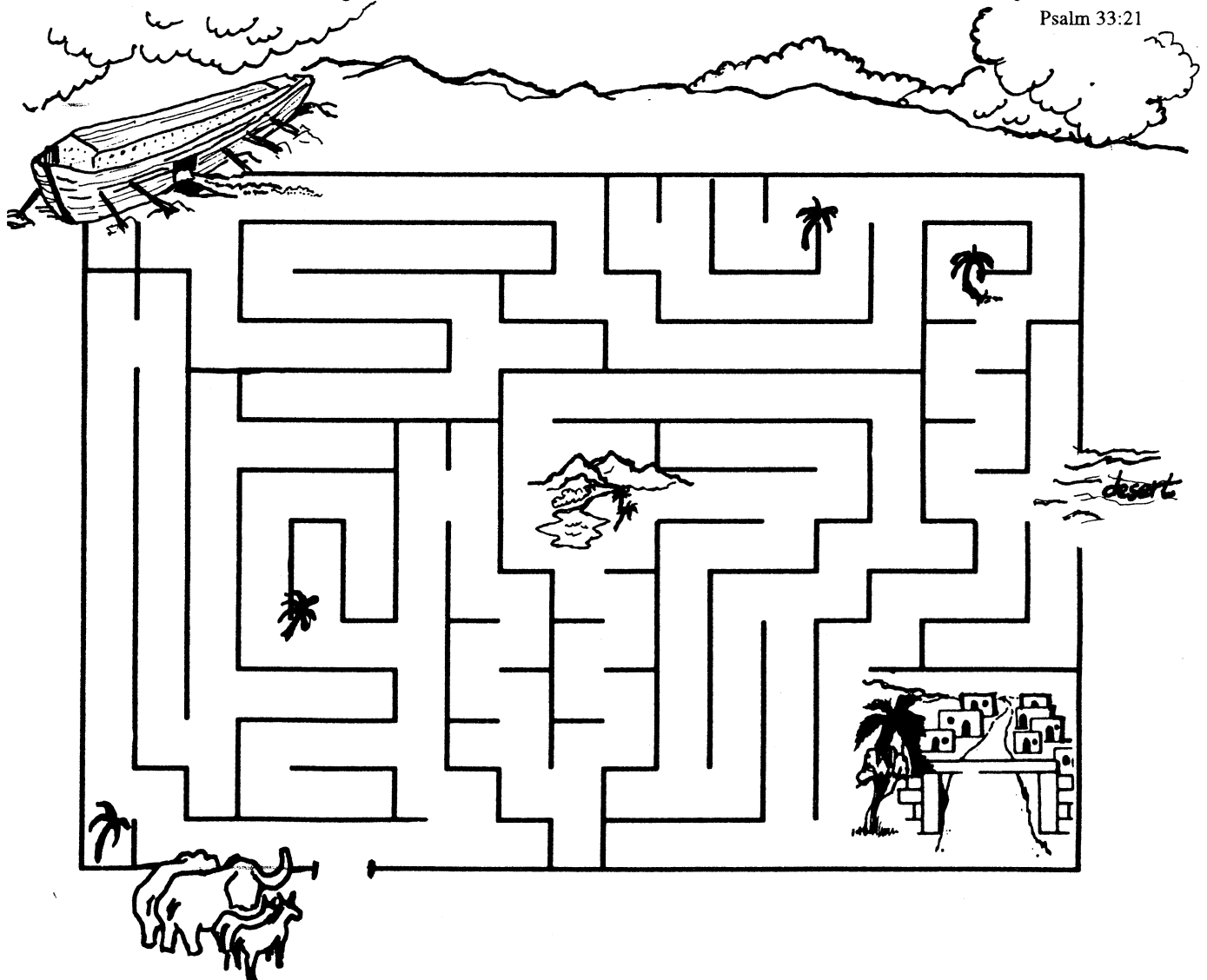
### Faith

Genesis 6:14; 7:24

God observed how wicked the people on earth had become. He was angry and grieved with them. Noah was the only man on earth that was righteous. God warned Noah that He would destroy the earth. God instructed Noah to build an ark. Noah obeyed God, and had faith that God would protect him and his family. God commanded Noah to enter into the ark with his family, and to take certain animals with them. When Noah had done as God commanded, God shut the door of the ark, sealing the people and the animals within. God sent a flood that destroyed every living thing on earth. Have faith that God will protect you and your family. Be obedient to God, and pray to Him. Help the animals find their way to Noah and the ark through the maze.

**“For our heart shall rejoice in Him, because we have trusted in His holy name”**

Psalm 33:21



## Activity Page

### Gentleness

Gentleness is treating others with genuine kindness, consideration, and respect. You do this because you appreciate their worth and want to act toward others as you would want to be treated yourself.

Another word for gentleness is *meekness*. Christians should show gentleness with others.

Look up the scriptures below, and WRITE IN YOUR OWN WORDS what the scripture means to you. The first one has been done for you as an example.

1. Psalm 18:35    God's gentleness makes us great

\_\_\_\_\_

2. Matthew 11:28-30 \_\_\_\_\_

\_\_\_\_\_

3. Matthew 19:13-15 \_\_\_\_\_

\_\_\_\_\_

4. Galatians 6:1 \_\_\_\_\_

\_\_\_\_\_

5. Ephesians 4:1-3 \_\_\_\_\_

\_\_\_\_\_

6. Philippians 4:5 \_\_\_\_\_

\_\_\_\_\_

7. I Timothy 6:11 \_\_\_\_\_

\_\_\_\_\_

8. II Timothy 2:24,25 \_\_\_\_\_

\_\_\_\_\_

9. Titus 1:1,2 \_\_\_\_\_

\_\_\_\_\_

10. I Thessalonians 2:7 \_\_\_\_\_

\_\_\_\_\_



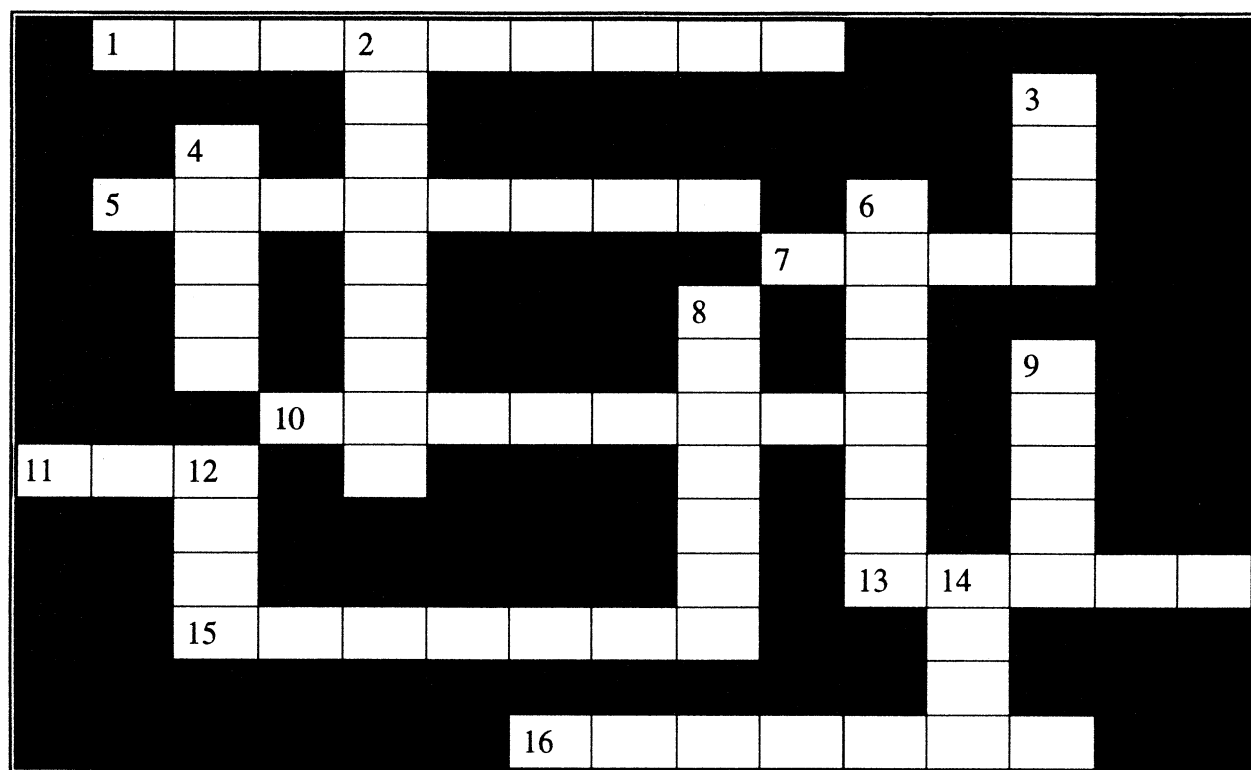


## Art Activity

### Obey and Please God

#### Galatians 5:13-26

The apostle Paul wrote a letter to the Christians in Galatia, warning them against going back into the slavery of sin. The letter is the book of Galatians found in the New Testament. Paul tells Christians to trust in Jesus. When you obey and trust in Jesus, you please God. As you obey God, the fruit of His Spirit will be revealed in your life. Read Galatians 5:13-26.



#### Across

1. Another word for vanity.
5. "Those who \_\_\_\_\_ such things will not inherit the Kingdom of God."
7. God is \_\_\_\_\_.
11. Paul said, "If you are led by the Spirit, you are not under the \_\_\_\_\_."
13. Idolatry, sorcery, and hatred are all works of the \_\_\_\_\_.
15. We look forward to the \_\_\_\_\_ of God.
16. Paul wrote, "Brethren, you have been called unto \_\_\_\_\_."

#### Down

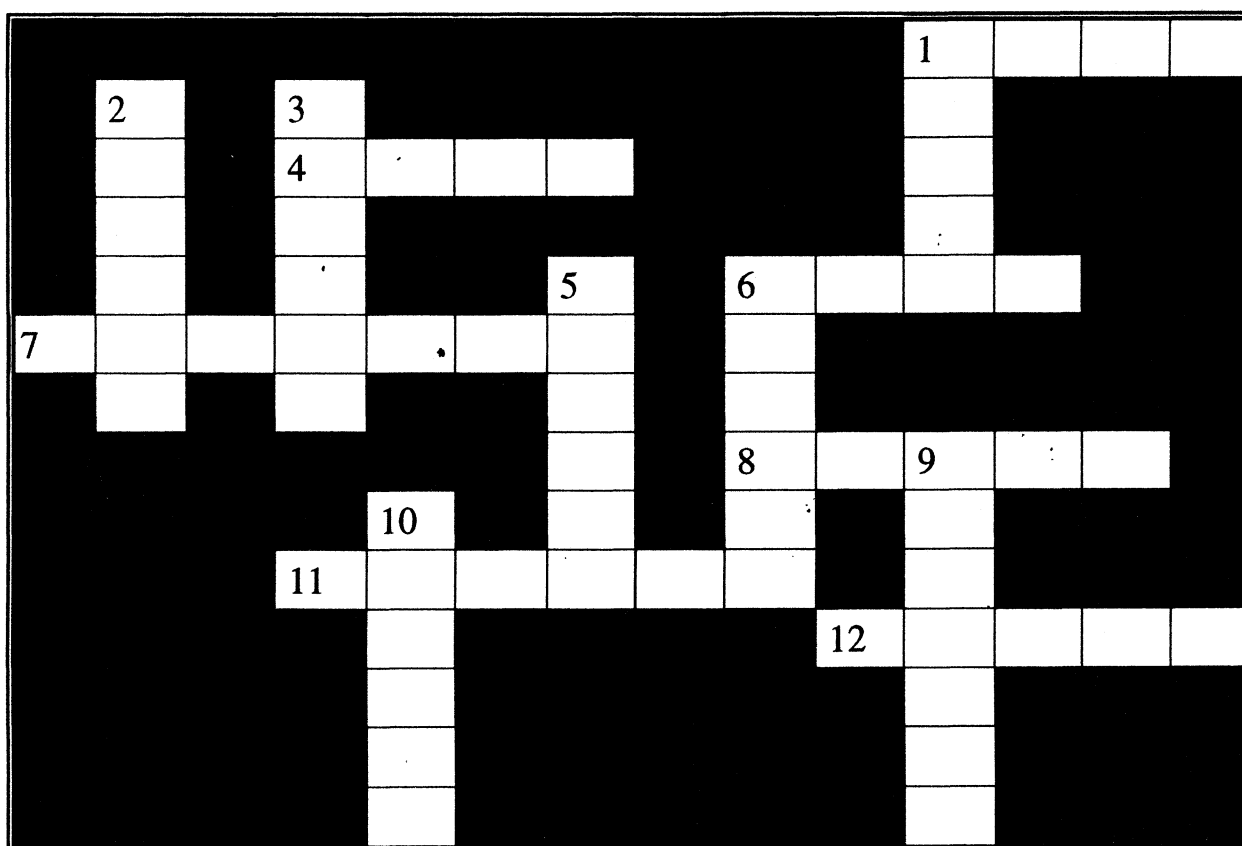
2. "Those who are Christ's have \_\_\_\_\_ the flesh."
3. All \_\_\_\_\_ qualities are the fruit of the Spirit.
4. Love, joy, gentleness are \_\_\_\_\_ of the Spirit.
6. "Thou shalt love your neighbor as \_\_\_\_\_."
8. The opposite of slavery.
9. \_\_\_\_\_ one another through love.
12. If you "\_\_\_\_\_ in the Spirit you will not fulfill the lust of the flesh."
14. To feel an intense desire.

## Art Activity

### Fruit of the Spirit

All those found in the puzzle below exhibited the fruit of the Spirit in their lives. They allowed God's Spirit to work through them rather than relying on their own strength.

Answer the questions below to work the crossword puzzle.



#### Across

1. He wrote a letter to the Christians in Galatia.
4. She was a great prophetess.
6. He was a priest and teacher of the Law.
7. As king, he repaired the Temple.
8. He is the Son of God.
11. The mother of Samuel.
12. He went to Nineveh.

#### Down

1. His name means "rock."
2. His mother was Hannah.
3. He told King Nebuchadnezzar the meaning of his dreams.
5. He was a Nazarite.
6. He told Ahab that God was sending a drought.
9. The son of King David and Bathsheba.
10. He killed Goliath.