

Today we are going to talk about fruit. Do you like fruit? What is your favorite fruit? I'm not sure about you, but summertime is my favorite time for fruit! There are watermelons, cantaloupe, strawberries, blueberries and so many more! All fruit is different. It tastes different, it looks different and it feels different in your mouth (sometimes fruit is crunchy, sometimes soft, sometimes juicy, etc.)

The Bible talks about fruit but it's a different kind of fruit, it's called the Fruit of the Spirit. The Fruit of the Spirit is a little like real fruit because each is special and different in their own ways! The Fruits of the Spirit are love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

God wants us to try to be good and have the Fruit of the Spirit in us. What does that mean "in us?" It means we can try to have love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. It is hard to do it on our own, we need the Spirit to help us with each of these things. We get the Spirit from God.

Let's look closer at what each of the Fruits of the Spirit mean:

Love: Think of someone that loves you no matter what. You can make mistakes and they still love you. God loves us too, no matter what! He can help us love others the way we should.

Joy: It is being extremely happy; it's being happy inside even when things aren't going great. God can always give us the kind of happiness that makes us joyful, even when things seem tough, he will bring us joy!

Peace: When we think of peace, we usually think of no more fighting or war. That is right, but the peace of the spirit is a bit different. This is the peace we get when we get to know God (by reading the Bible, praying, asking questions, etc). If we have this peace, we will feel a calmness inside.

Patience: Have you ever been told to have patience? The patience God is talking about is for the normal things we need to have it for, like waiting for dinner to be done or waiting our turn in line. But it also means to be patient for answers to prayer that might take a long time. Have you every prayed and it felt like it took forever to get answers? Be patient- God will always answer us!

Kindness: What does it mean to be kind? Help others, be nice to others (this means ALL the time, even when they aren't there!), be kind to our animals, and to ourselves! When God gives us this gift, its more than just being kind to others. He might help us be kind to someone who really needs it and we're not even aware of it. For example, maybe you feel like you should write a letter or call a grandparent. God might be urging you to do that because they are having a bad day and that's exactly what they need to cheer them up. Sometimes your

kind deed to someone else is all they need to remember that someone special loves them.

Goodness: Having the gift of goodness means God can depend on me to be honest and turn away from bad things. We also need to try to act this way towards others through our actions so they can see the fruit in us.

Faithfulness: Being faithful is keeping your promises, being a loyal friend even when times get tough, being trustworthy and doing the things you said you would do. Praying every day, talking to God and worship is also part of being faithful!

Gentleness: No matter what situation comes up we are supposed to be gentle. That doesn't mean we shouldn't stick up for ourselves, if someone is doing something you know is wrong you should still tell an adult or tell them to stop. Just do it in a gentle way like Jesus would do it. This can mean not yelling, not name calling, and not getting angry.

Self-control: It means to be in control of what we say and do. Without self-control we can't do the things we should. To be able to live the way God wants we have to be in control of the things we do. Just like when a brother or sister bugs you so much you just want to hit them, we know that we have to control ourselves and not hit them. We know we just can't do whatever we feel like sometimes because its not right.

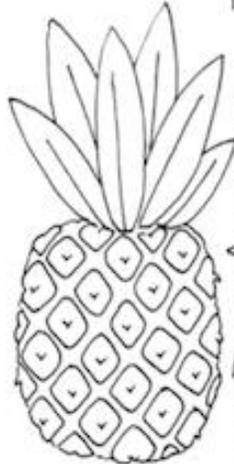
Remember that with all these gifts we need help from God to be able to use them the best way. So as you eat your fruit this summer (and anytime) remember these fruits. Think about what each one means and as you go about your day, ask God to help you use these Fruits every day!

There are 2 coloring pages if you would like to print and color them, one is more challenging!

I hope your summer is off to a great start!

Megan

LOVE JOY



the
Fruit
of the
Spirit



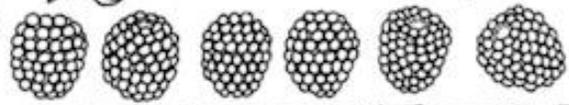
Peace

Patience

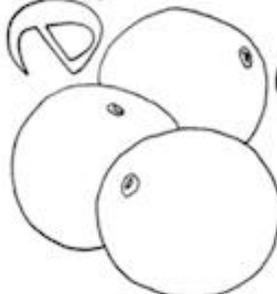
Kindness



Goodness



FAITHFULNESS



gentleness



SELF-CONTROL



THE FRUIT OF THE SPIRIT

