

Fantastic Fruit

Galatians 5:22-24 CEV

God's Spirit makes us loving, happy, peaceful, patient, kind, good, faithful, gentle, and self-controlled. There is no law against behaving in any of these ways. And because we belong to Christ Jesus, we have killed our selfish feelings and desires.

Fruit of the Spirit Charades

Using the Fruit of the Spirit attachment, cut out each fruit, and place in a basket face down. Take turns selecting a fruit at random and acting it out to your family.

Bonus Activity

Place adhesive magnets on the back of each of the fruits, and place on your refrigerator as a continual reminder of the good fruit God produces for those who love him.

Memory Verse Challenge

Memorize the highlighted verses. *Who will be first to commit these verses to memory?*

KINDA SECRET
MILITARY FAMILY MISSION

HEROSQUAD

MISSION MANUAL

ISSUED FOR
SPRING MISSION

Activity Instructions

Step 1: As a family, read the Scripture (back) and “From Seed to So Much More” (below).

Step 2: Discuss the Scripture using the Family Discussion Questions (right) to learn how to apply it to your lives.

Step 3: Take the Memory Verse Challenge and complete the family activities (on back) to celebrate and grow your family’s understanding of the fruits of the Spirit.

From Seed to So Much More

What are some attributes of fruit?

They come from a tree or vine.

They’re tasty and good for us.

They’re abundant and many people can enjoy them.

Some fruits take time to get ripe and get increasingly sweet as they mature.

They have seeds that can grow into new plants.

In Paul’s letter to the Galatians, we’re given a list of nine qualities or behaviors that the Holy Spirit produces in us as we live our lives with Jesus as our Lord and Savior. They’re called fruit of the Spirit, because they grow from being connected to Jesus, our vine (see John 15:5).

Jesus is our source of life, and when

we trust him as Lord, he plants good seeds in our life. He nurtures them by his goodness. And soon others can recognize and enjoy the results. The longer we stay connected to Jesus and the more we let the Holy Spirit transform us, the more attractive our lives become.

It is important to remember that a seed does not produce a crop of ripe juicy peaches or grapes overnight. It needs good soil, nourishment, and light. It grows from seed to seedling to mature plant before it is fully developed.

We are no different. Through a healthy diet of God’s Word, prayer, and fellowship with God’s people, watch how he grows and develops the seed of faith he planted into so much more, so others may know Jesus, too.

Family Discussion Questions

Eagle Squad

- What can you do now that you couldn’t do when you were a baby?
- How do you show love and kindness to your friends and family?

JV Squad

- Which of the fruits of the Spirit seem to come more naturally to you? Which can we pray for the Holy Spirit to grow?
- How does thinking of our lives bearing fruit help you to understand how God works in us?

Varsity Squad

- What have you seen God growing in you most?
- How do the fruits of the Spirit impact the lives of others and draw them to the Lord?



Don’t Forget!

Have you checked out our **Digital Resource Library** yet? Just scan the QR code with your phone to access it.

There you will find all of our Hero Squad children’s devotionals and family activities available for download. Check it out today for Bible-based fun on the go!



Fruit of the Spirit

Cut out each fruit and follow activity instructions in your mission manual.

