

A project pack for children aged 7-11 years

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The Fruit of the Spirit - for Juniors

But the fruit of the spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

Galatians 5:22-23

Unit 1 - Let's be fruit salads!

The purpose of this unit is that the children understand that walking in the spirit means trying to be like Jesus and being like Jesus means being kind and gentle and self-controlled and all the characteristics mentioned in Galatians 5. In the same way that a tree or bush can bear apples or pears or gooseberries we can bear good fruit in our behaviour.

Unit 2 - Gentleness, Goodness and Kindness

In this unit the children can see these three characteristics through the life of the Moabitess Ruth. You will need to save some food containers if you want to do the handicraft.

Unit 3 - Love, Joy and Faithfulness

This unit examines these characteristics by looking at the story of the centurion's servant and that of David and Jonathan.

These characteristics are slightly different from the others in that you can't easily make yourself joyful but it comes as a result of the other attributes. And faithfulness isn't quite the same as being full of faith - rather that if you have faith you will want to be faithful. You probably don't need to make these distinctions to the children but it's as well to be aware in case they ask questions.

You will need some thick card, preferably corrugated if you want to make the Shield of Faith.

Unit 4 - Peace, Patience and Self Control

The final three characteristics are shown through the example of Abigail.

You will need alphabet beads for the reminder bracelet and thick card and ribbon or tape if you want to make the shoes of the Gospel of Peace.

Unit 5 - When Fruit goes Off!

This last unit gives a chance to talk to the children about how bad behaviour affects other people and makes God upset and sad. This can be seen in the examples of very bad behaviour from the Bible - namely Pharoah, Nabal, Adam and Eve, Cain and Ahab.

There is a pairs card game to make and some other activities to help the children remember.

Units 2, 4 and 5 The games in can be printed from the website www.cssu.org.uk

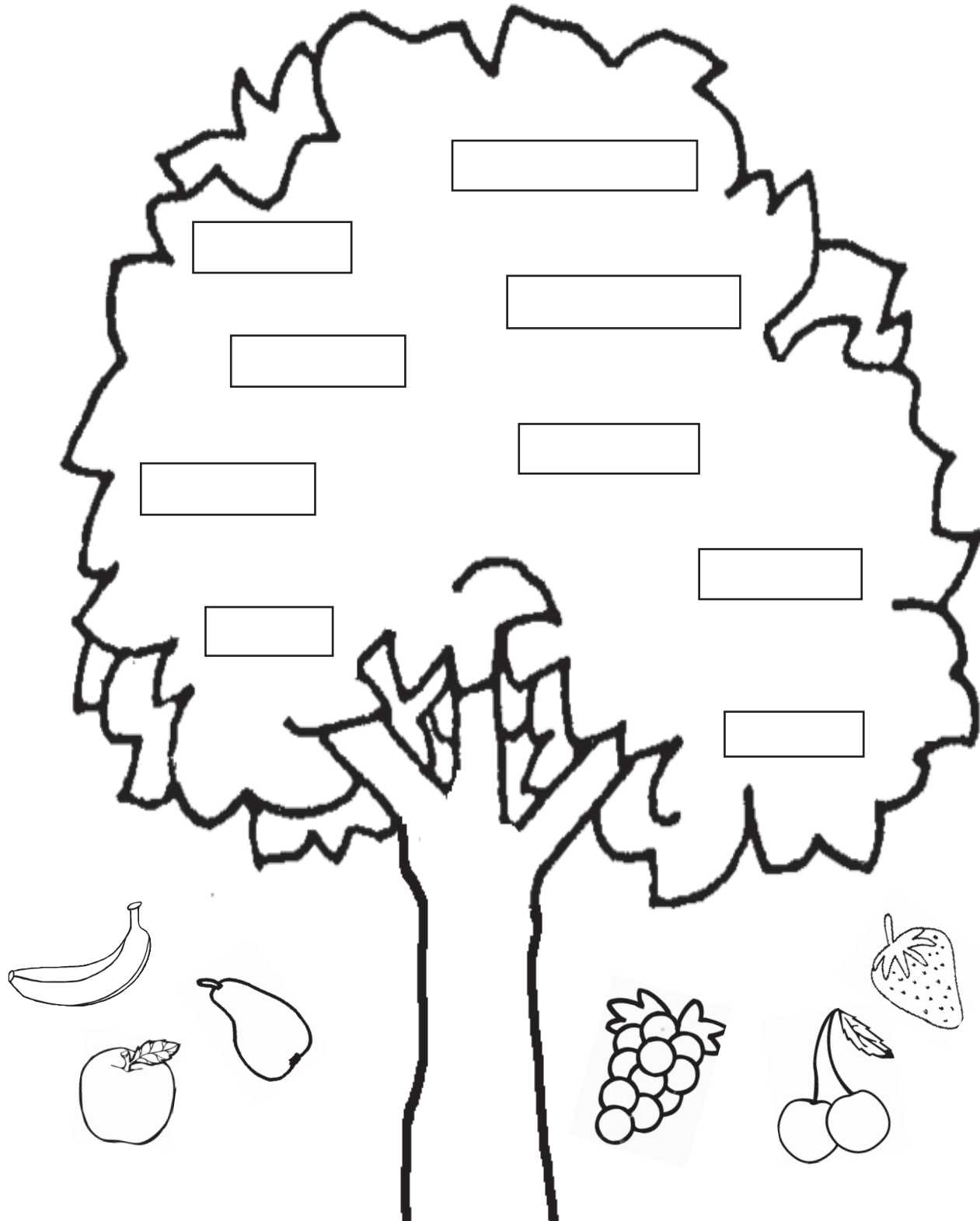
The Fruit of the Spirit for Seniors has a similar format to this one but there are some alternative activities if you want to use them for your older juniors.

Song

There are several versions on Youtube of 'The fruit of the Spirit's not a Coconut' which the children might enjoy.

Unit 1 - Let's be Fruit Salads

Jesus wants us to be kind loving people. Like a tree bearing a lot of lovely fruit. Draw lots of different fruits on the tree (at least 9) You can copy the fruit shown or draw others of your own choice. Then in the boxes write the qualities the apostle Paul talks about in the verse from Galatians.


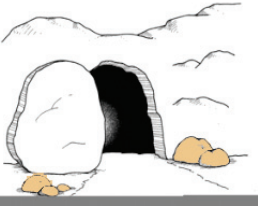



But the fruit of the spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

Galatians 5:22-23

Unit 1 - Let's be Fruit Salads

Jesus showed all these characteristics. Can you think of some miracles he did which show us? Draw or write in the boxes ones that match. Some are done. Below are some verses that might help if you can't think of any.

<p>Self-control</p> 	<p>Joy</p>	<p>Peace</p>
<p>Patience</p>	<p>Kindness</p>	<p>Faithfulness</p>
<p>Love</p> 	 <p>Gentleness</p>	<p>Goodness</p>

Matthew 3:16-17

Matthew 8:1-4

Matthew 15:35-38

Mark 4:36-39

Mark 14:35-36

Mark 14:53-65 (especially v 61)

Unit 1 - Let's be Fruit Salads

Make a fruit salad



Ingredients

banana
lemon
strawberry
cherry
orange
honeydew melon
apple
apricot
clementine
damson
date
fig
lime
grapefruit
grapes
guava
kiwi
lime
lychee
mango
mandarin
nectarine
orange
papaya
persimmon
peach
pomegranate
pineapple
passion fruit
pear
quince
star fruit
tangerine
ugli fruit

What to do

1. Carefully choose the fruit you want in your fruit salad. You will probably be limited by what you can get hold of and what you like. Think of what tastes go nicely together.
2. Wash your hands.
3. Peel the fruit that needs peeling.
4. Use a chopping board and cut the fruit into bite-sized pieces. Carefully mix them together in your bowl.
5. Enjoy.

Here are some which you might prefer not to have in your fruit salad.

avocado
aubergine
butternut squash
crab apple
cucumber
courgette
olive
pumpkin
rose hips
tomato

Yes, they are actually all fruit.

Unit 1 - Let's be Fruit Salads

Draw arrows from each picture to a characteristic that is being demonstrated. Some pictures will have more than one arrow. As you link them, think about whether you do some of the things. If you don't or if you find one of them hard, put a ring round that characteristic and think about how you could do better.



love



joy



peace



patience

kindness



goodness



faithfulness

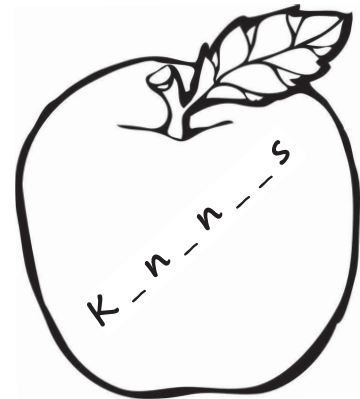
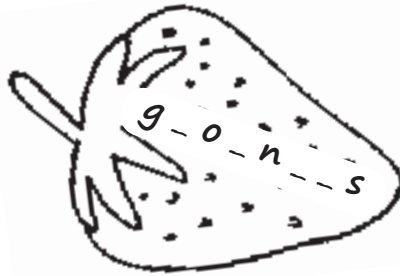
gentleness

self-control



Unit 2 -

Fill in the gaps in the words in the fruit to make the three characteristics we're looking at in this section. Then complete the Unit title above.



We're going to look at the story of **Ruth the Moabites**.

Remind yourself of the story by reading the book of Ruth in the Bible or talking about it in your group or with your teacher. Think about how Ruth showed gentleness, goodness and kindness to Naomi.

Crack the code and find out what Ruth said to Naomi.

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

But the fruit of the spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.
Galatians 5:22-23

Make a present to say thank you to someone for being a kind gentle person just like Ruth. Ruth may have used baskets to store the grain she had gleaned from Boaz' field, so we could make small 'baskets' to put something nice in as a present.

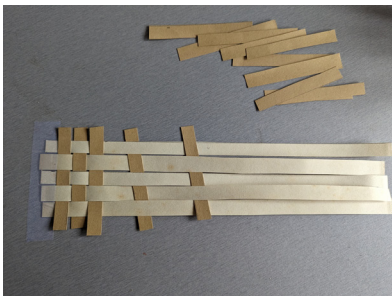
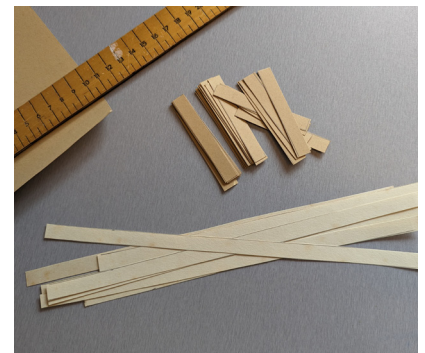
You will need:

- An empty food container.
- Coloured paper - at least 2 colours or brown wrapping paper if you want to make you tub look more like a basket.
- Sellotape • Scissors • Ruler
- Gift of your choice depending on the size of your tub - small sweets, homemade flowers, fruit?

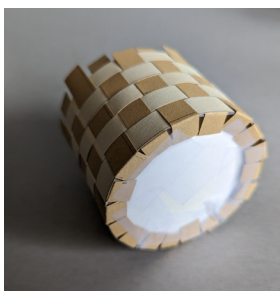
Here's what to do:



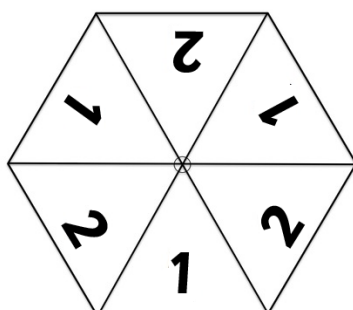
1. Measure the height and the circumference (distance round) of your tub and add 2 cm to each measurement. Cut two pieces of paper of different colours, having these two measurements. Cut one piece into short strips and the other into long strips.
2. Cut off the base of the tub with about 1 cm still attached. You only need the base.



3. Place the long strips on a worktop side by side and sellotape the ends to it to keep them in place covering not more than 1 cm.
4. Weave the short strips through the long ones leaving 1 cm sticking out at both edges. Unstick from the worktop.
5. Sellotape the spare cm bits in on one

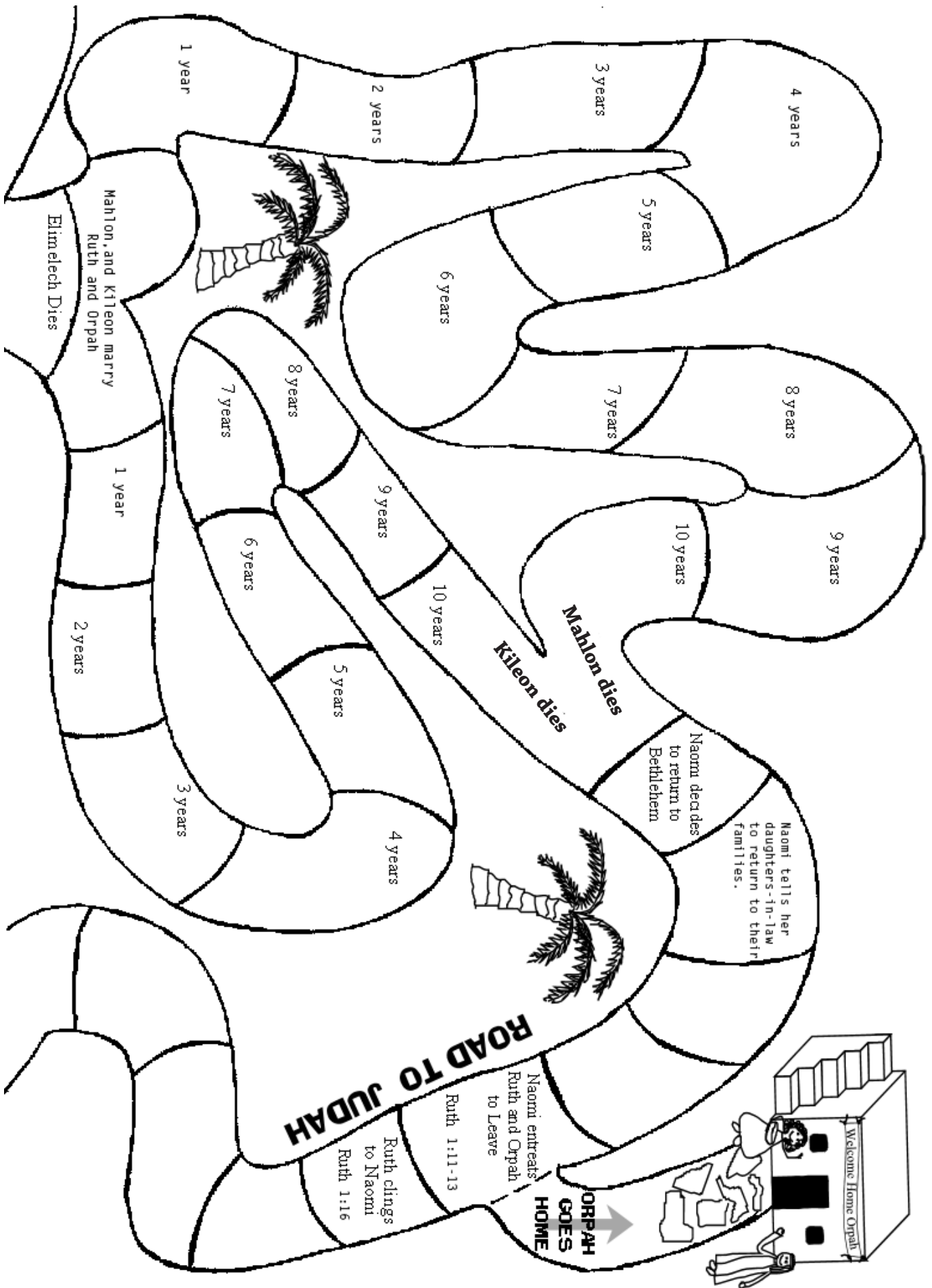


- long side to make it neat on the other side. Do the same for the short edges.
6. On the other long edge, sellotape the weaving on the back but leave the spare cm bits free. Fold the spare bits in but don't sellotape them.
7. Wrap the weaving round your tub base sellotaping the spare bits underneath as you go.
8. Sellotape the join and fix a handle if you wish.
9. Fill it with your gift.

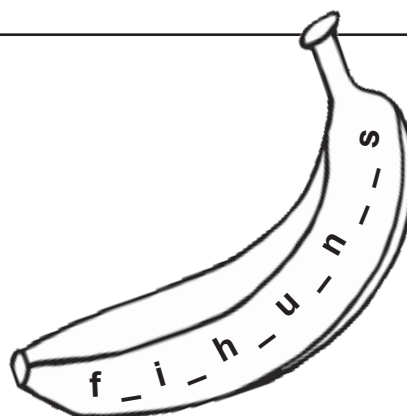


The last 2 pages in this unit have a story trail, following Ruth's life. Print out the pages from the website (cssu.org.uk) or cut out the pages (after finishing with what is on the reverse) and stick them together onto a board to make one big trail before you play. You may need to trim one of the pages. Make a spinner using the template and a cocktail stick or use 'odd' or 'even' numbers on a dice. Use counters or buttons or small circles of card with the characters initial on it to represent all the major characters of the story. Move them all along together until you find 'squares' that say someone dies then remove their counter from the board. Start with Boaz's counter in his field as he will join the story there!

Unit 2 - Gentleness, Goodness & Kindness



Unit 3 -



Fill in the gaps in the words in the fruit to make the three characteristics we're looking at in this section. Then finish the Unit title.

Love

Talk about some things or people you love.

Talk about some people who love you.

Now think about someone in the Bible who loves you.

Joy

Talk about some times when you are full of joy.

Talk about some things in the Bible that make you joyful.

Faithfulness

Talk about how a dog is faithful to its owner. It's because it trusts the person. Another way of saying 'trust' is 'to have faith in'.

This story of **The centurion's servant** is in Luke 7:2-10. Think about Love, Joy and Faithfulness as you read the story and then find the upper case words in the wordsearch.

A CENTURION had a SERVANT who was very ILL so he sent some men to Jesus, who said, 'This man deserves to have you heal his servant, because he LOVES our nation and has built our synagogue.' So JESUS went with them. He was not far from the house when the centurion sent friends to say to him 'I do not DESERVE to have you come under my roof. I am not WORTHY to come to you. You can COMMAND and my servant will be healed. Jesus was AMAZED at him, and he said, 'I tell you, I have not found such great FAITH even in Israel.'

When the men who had been sent returned to the house they FOUND the servant CURED.

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

Unit 3 - Faithfulness, Love & Joy

Spread a little love and Joy!

Show someone you care by making some cakes as a gift. Take them round yourself and spend some time with the person you are giving them to. Old people who are on their own all day often feel very loved and joyful when someone makes time for them.

You will need:

110g softened butter
110g golden caster sugar
2 eggs
110g self-raising flour
1 tsp baking powder
1 tsp vanilla essence
Food colouring
200g icing sugar
5 tsp cold water
Sprinkles or 100s & 1000s



Method:

(Have someone with you if you need help with a hot oven.)

1. Preheat the oven to 180C/350F/Gas 4.
2. Whisk the softened butter, sugar, eggs, flour, baking powder and vanilla essence until the mixture is light in colour and fluffy. Use an electric whisk if you have one.
3. Put 12 paper cases onto a bun tin and divide the mixture between them, filling the cases about half to two thirds full.
4. Bake for about 20 minutes until the fairy cakes are risen and lightly golden. Lift the cakes (still in their paper cases) out of the tins and leave them to cool on a wire rack.
5. Mix the icing sugar with the water. It needs to be a stiff mix so the icing does not run off the cakes.
6. Mix in a few drops of colour.
7. Put some sprinkles in a shallow dish.
8. When cool cover the cakes with icing.
9. Hold each cake upside down in the sprinkles then transfer to the serving plate.



But the fruit of the spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

Galatians 5:22-23

Unit 3 - Faithfulness, Love & Joy

David and Jonathan.

David and Jonathan were friends so they must have had joy together even though there isn't much **joy** in these chapters.

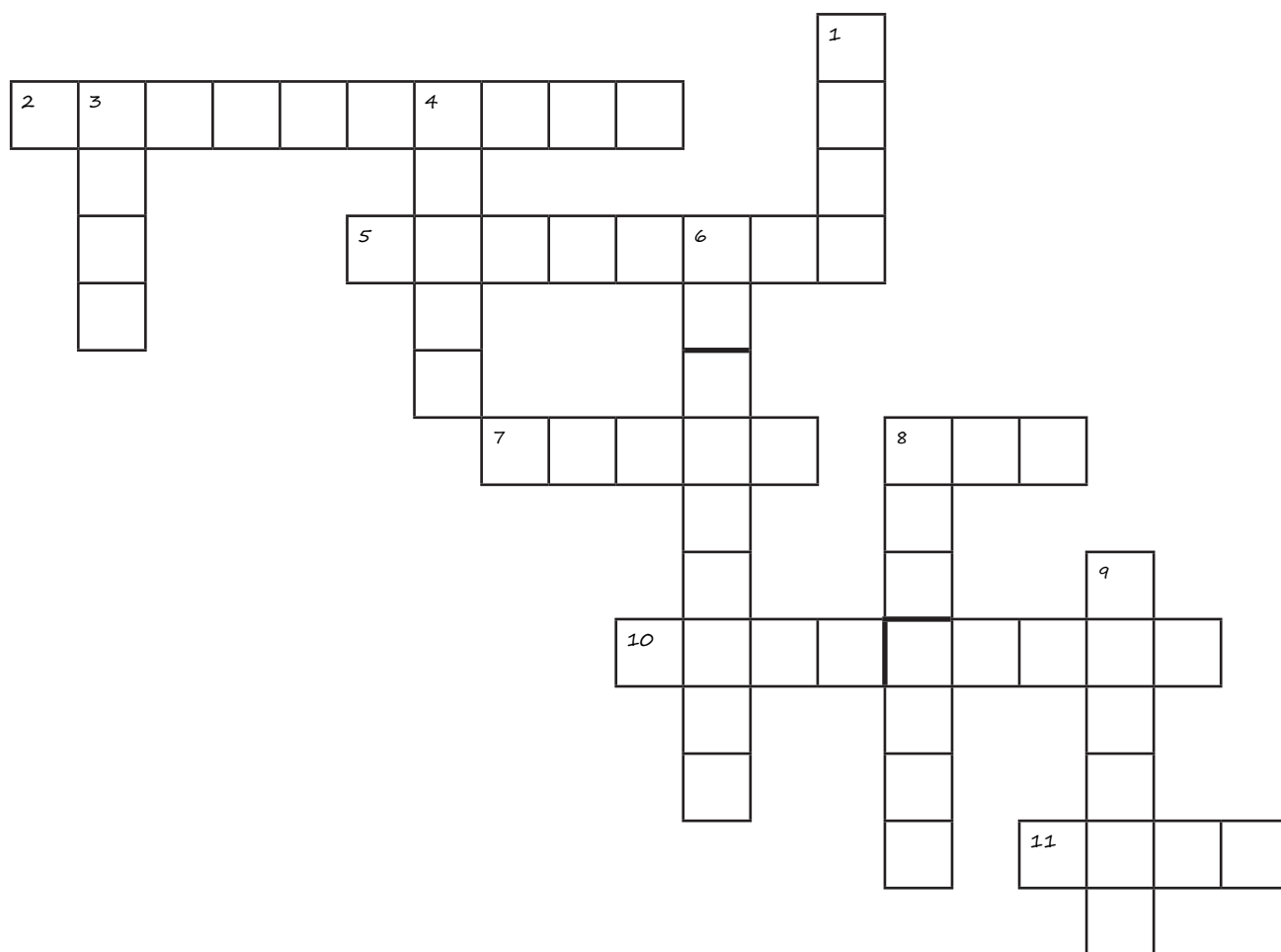
You can think about **love** and **faithfulness** as you hunt through the verses in 1 Samuel to find the answers to these crossword questions. (the NIV works best)

1 Samuel 18.

- v1 How did Jonathan love David? (6 Down)
- v3 What did they make because they loved each other? (5 across)
- v 4 What did Jonathan give David? Five things (1down, 3 down, 4 down, 7 across, 8 across,)

1 Samuel 20

- v 9 What was Jonathan going to do if he heard Saul meant to harm David? (10 across)
- v41 What did David do 3 times? (8 down)
- v 41 Then what did they do? Two things (9 down, 11 across)
- v 42 What did they swear? (2 across)

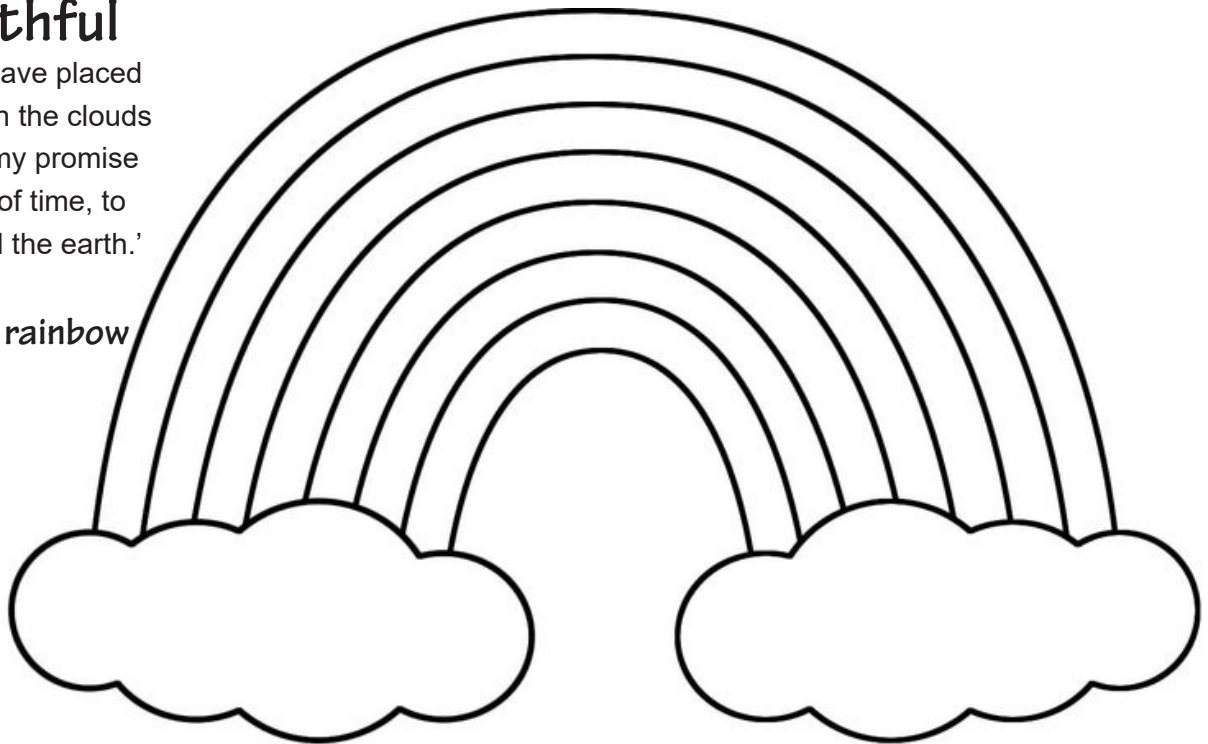


Unit 3 - Faithfulness, Love & Joy

God is **faithful**

. He said. 'I have placed my rainbow in the clouds as a sign of my promise until the end of time, to you and to all the earth.'

Colour the rainbow



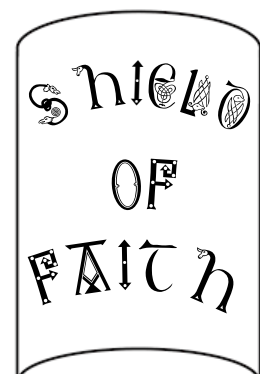
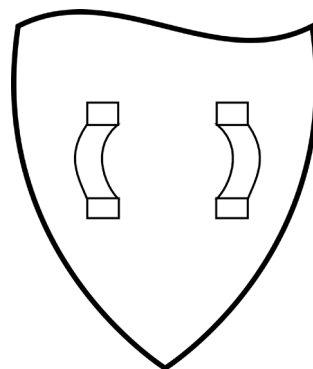
In Ephesians 6:13-18 the apostle Paul talks about **Faith** as though it is a shield that a Roman soldier would use to defend himself.

Therefore put on the full armour of God, the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, **take up the shield of faith**... .. Take the helmet of salvation and the sword of the spirit, which is the word of God. (NIV)

Make a Shield of Faith

Find a flat sheet of card that can preferably be curved slightly - the bigger the better. Cut the shape you want. You could find some pictures of shields to help you choose - circle, square or one of the the shapes illustrated.

Glue or tape two strips of card to make loops at the back to fit your arm through. Then paint or decorate the front with a design of your choosing. Remember to include the word Faith somewhere in the design to remind you that this is the shield of faith.



Unit 4 - Peace, Patience & Self-Control

In Ephesians 6:13 -18 the apostle Paul talks about **the Gospel of Peace** as though it is like sandals that a Roman soldier wears.

Therefore put on the full armour of God, the belt of truth buckled around your waist, with the breastplate of righteousness in place, **and with your feet fitted with the readiness that comes from the gospel of peace.** In addition to all this, take up the shield of faith... .. Take the helmet of salvation and the sword of the spirit, which is the word of God. (NIV)

Make some sandals like a Roman soldier would wear to remind you about the passage above. Find some pictures of the sort of shoes Roman soldiers wore.

You will need some thick card from a large box (corrugated is good) and about 110 cm of ribbon or tape preferably a brownish colour.

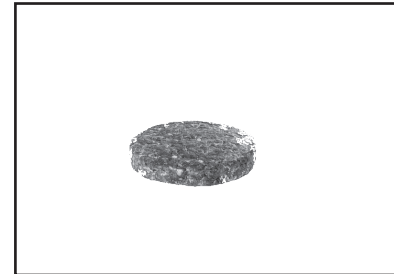
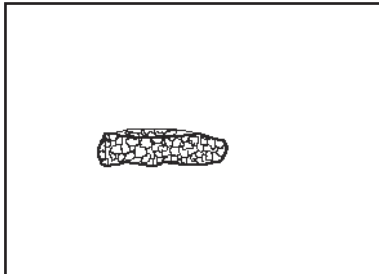
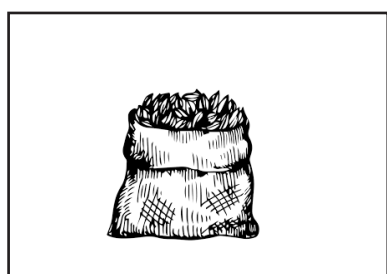
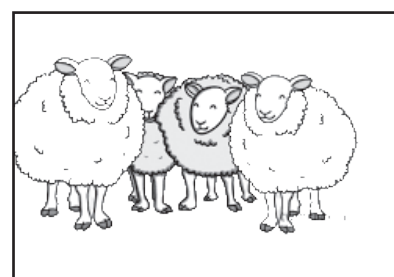
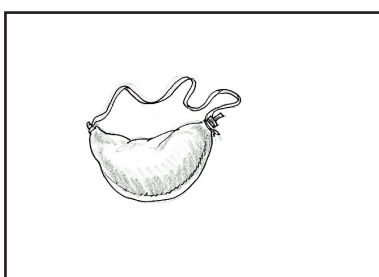
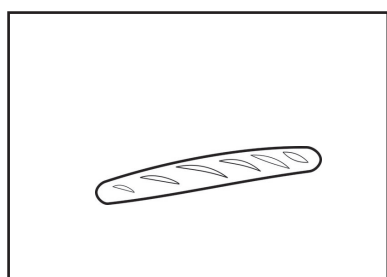
Draw round your feet or your shoes on the card and cut them out to make 2 soles. You might need someone to help you.

Cut your ribbon in half - one for each foot - and decide how you want to wrap it around your foot. You could have one bit for your toes and another for your heel and ankle. You could either stick the ribbon under the sole with glue or strong sticky tape or thread it through holes which you would have to pierce in the cardboard.

Decorate the top of the soles remembering to show that you are shod with the Gospel of Peace.



What did Abigail take as a present? 1 Samuel 25:18. Finish drawing the pictures - if you can!



But the fruit of the spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

Galatians 5:22-23

Unit 4 - Peace, Patience & Self Control

Abigail's Game

Start
Help Abigail deliver provisions to David and his men.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26

If you land on Grumpy Nabal move back a square and miss a turn.

If you land on the patient and self-controlled Abigail have an extra throw of the dice.

Finish
Well done you have helped King David and his men.

Unit 4 - Peace, Patience & Self Control

Abigail's Game



King David



Nabal



Abigail

How to play.

This is just for a little fun! See who can get to the end of the game first and be the one to help King David as Abigail did.

For this game you will need a dice and a set of the counters from along the edge of this sheet.

If you are the grumpy Nabal character, then you can ignore the 'Nabal' squares and just stay where you. But if you land on an Abigail Square then you must be patient and give your next turn to someone of your choice.

All other characters just throw the dice and move around the board and do as the instructions say.

Have fun and remember to be patient and self-controlled while you wait your turn!



David's Soldier



Abigail's Maid



Nabal's Shepherd



Make a Reminder Bracelet

Make a bracelet to remind you of the qualities you need to learn to show in your life. You could use the beads to make a bookmark, key fob, necklace or hair bobble too.

You will need:

Alphabet beads

Thin cord / thread / narrow ribbon in bright colours

A needle with a large eye but small enough to go through the beads.

What to do:

1. Decide which fruit of the spirit you most need to practise!
2. Collect the letters needed for your chosen characteristic.
3. Thread them onto the cord / ribbon.
4. Tie a knot at each end of the word to stop the letters moving.
5. Cut the cord to fit your wrist allowing enough to tie or design your own fastening eg. using another bead and a loop.
6. Wear the bracelet to remind yourself how to behave.



Unit 5 - When Fruit goes Off!

If we try to be like Jesus we will be loving and patient and self controlled and joyful and all the other things we've been thinking about. But sometimes we forget and do things the wrong way. Try to think what the opposites are to the fruit of the spirit. There are some words to choose from in the bag of bad behaviour.

love
 joy
 peace
 patience
 kindness
 faithfulness
 goodness
 gentleness
 self-control



Put a ring round any of these characteristics that you think you might have yourself.

Here are some people in the Bible that really showed some bad characteristics. Who were these people and what bad fruit did they have?



Pharaoh Write some words that describe him.

Exodus

7:14,22

8:15,19,32

9:7,12,34-35

10:20,27

11:10

14:5,9



Cain Put a ring round words that show he wasn't nice.

The Lord looked with favour on Abel and his offering, but on Cain and his offering he did not look with favour. So Cain was very angry, and his face was downcast.

Then the Lord said to Cain, 'Why are you angry? Why is your face downcast? If you do what is right, will you not be accepted?' Now Cain said to his brother Abel, 'Let's go out to the field.' While they were in the field, Cain attacked his brother Abel and killed him. Genesis 4:4-8

Unit 5 - When Fruit goes Off!



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Nabal

Look back at Unit 4 and write his bad characteristics.

Adam and Eve and the serpent

The serpent said “You will not certainly die,”

Then the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it.

Write some words that describe Adam and Eve’s behaviour?

Genesis 3:6



and the snake?

Ahab and Jezebel 1 Kings 21:2-15



Read this to see if there are any words to show that Ahab and Jezebel had any good characteristics. Put a ring round them if you do.

Ahab said to Naboth,

‘Let me have your vineyard to use for a vegetable garden.’ But Naboth replied, ‘No.’ So Ahab went home, sullen and angry because Naboth the Jezreelite had said, ‘No’. He lay on his bed sulking and refused to eat.

His wife Jezebel came in and asked him, ‘Why are you so sullen?’ He answered her, ‘Because he said, “I will not give you my vineyard.”’ Jezebel his wife said, ‘I’ll get you the vineyard of Naboth the Jezreelite.’

So she wrote letters in Ahab’s name, ‘Proclaim a day of fasting and seat Naboth in a prominent place among the people. But seat two scoundrels opposite him and have them bring charges that he has cursed both God and the king. Then take him out and stone him to death.’

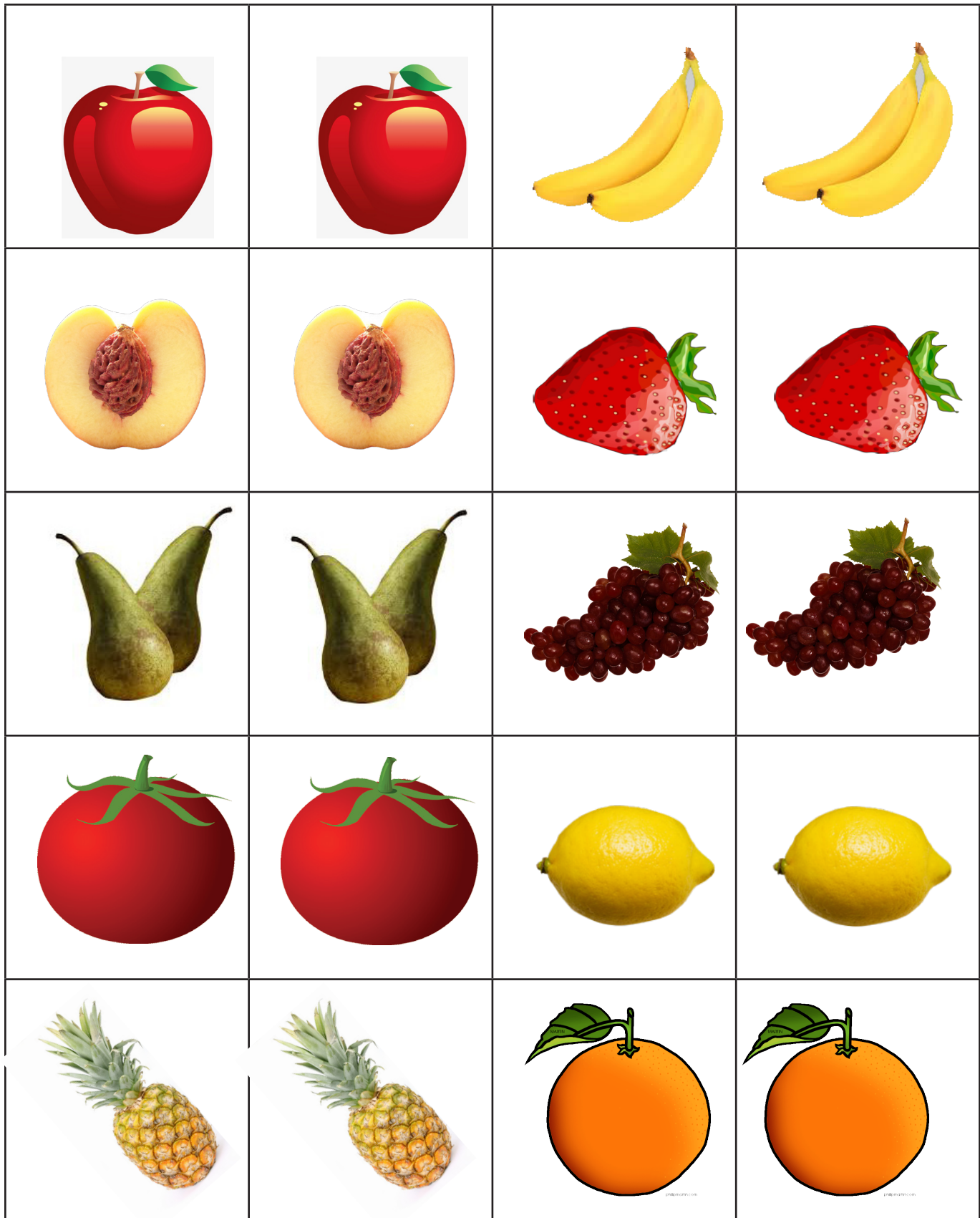
Then two scoundrels came and sat opposite him and brought charges against Naboth before the people, saying, ‘Naboth has cursed both God and the king.’ So they took him outside the city and stoned him to death. Then they sent word to Jezebel: ‘Naboth has been stoned to death.’

Unit 5 - When Fruit goes Off!

Fruit pairs game.

Download or copy the pages onto card or onto paper and stick onto card. Cut along the red lines to make a set of 20 cards to play with. Or you could do 2 sets and play with 40 cards.

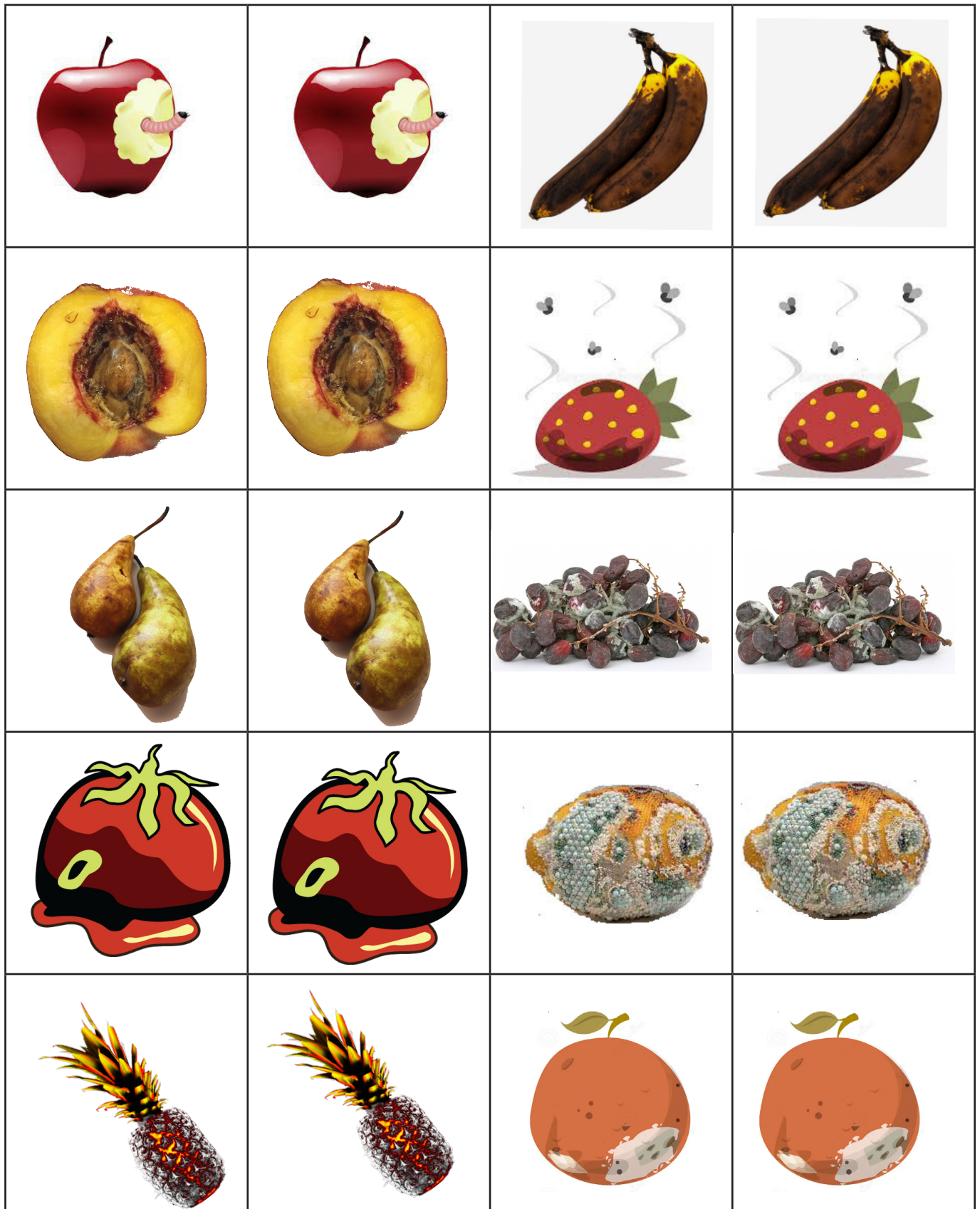
The winner is the player with the most pairs BUT are they all good fruit or bad? Most people are a mixture of good and bad.



Unit 5 - When Fruit goes Off!

How to play

Place all the cards face down spread out on a table. Take it in turns to turn over 2 card to see if they are the same. If they are the player keeps these cards and has another go. If they are not a match the cards are turned back face down in exactly the same place as they were before and the next player has a go. It's important not to move the cards around to help you remember where cards are when you turn over it's pair.



Let's end on a positive note

Can you remember the Fruit of the Spirit in order? Here are some things to help you.

Make a poster or bookmark.

Have fun being creative. Draw or stick on pictures of fruit. Use different styles of lettering or different fonts if you like using computers .



Make a set of cards

Write one characteristic on each card.
Decorate them if you want to.

- Shuffle them and then sort them to get the order right.
- Pick one at random each day to carry with you and remember to work on how you behave.
- Make some more sets and play Snap or Pairs.

Do some gardening.

Plant some seeds and watch them grow. Seeds like beans, sweet peas, radishes, sunflowers and poppies grow quite quickly. Waiting for them to produce fruit will test your patience. Think about how the fruit develops and how the way we behave can change for the better. Gardeners have to remove the weeds from growing plants and we should 'weed out' the bad characteristics in our lives. Remember to water the plants each week!



Sing a song

Look on YouTube for songs. (Or get a grown-up to do it for you.)
The fruit of the Spirit is not a coconut.' and 'The fruit of the spirit is not a banana.' are two good ones to look for.

