

A project pack for Children aged 11-14 years

Published by
The Christadelphian Sunday School
Union
17 Sherbourne Road
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Birmingham B27 6AD
UK
www.cssu.org.uk

Published 2004
2nd edition July 2023

The Fruit of the Spirit - for Seniors

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 students 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 types of behaviour mentioned in Galatians 5. In the same way that a tree or bush (in this case a vine) can bear grapes (or pears or gooseberries), we can bear good fruit in our behaviour.

Unit 2 - Gentleness, Goodness and Kindness

In this unit the students can see these three types of behaviour through the life of Naaman's maid and the Moabitess Ruth.

Unit 3 - Love, Joy and Faithfulness

This unit examines these characteristics by looking at some people at the time of Jesus' birth and also 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. The example of Abraham is there to help understand this.

Unit 4 - Peace, Patience and Self Control

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

Unit 5 - When Fruit goes Off!

This last unit gives a chance to talk to the students about the 'works of the flesh' which is contrasted with the fruit of the spirit in Galatians. Talk with them 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 Adam and Eve, Cain, Pharoah, Nabal, and Ahab and Jezebel.

There is a snakes and ladders game to make and some other activities to help the students remember.

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

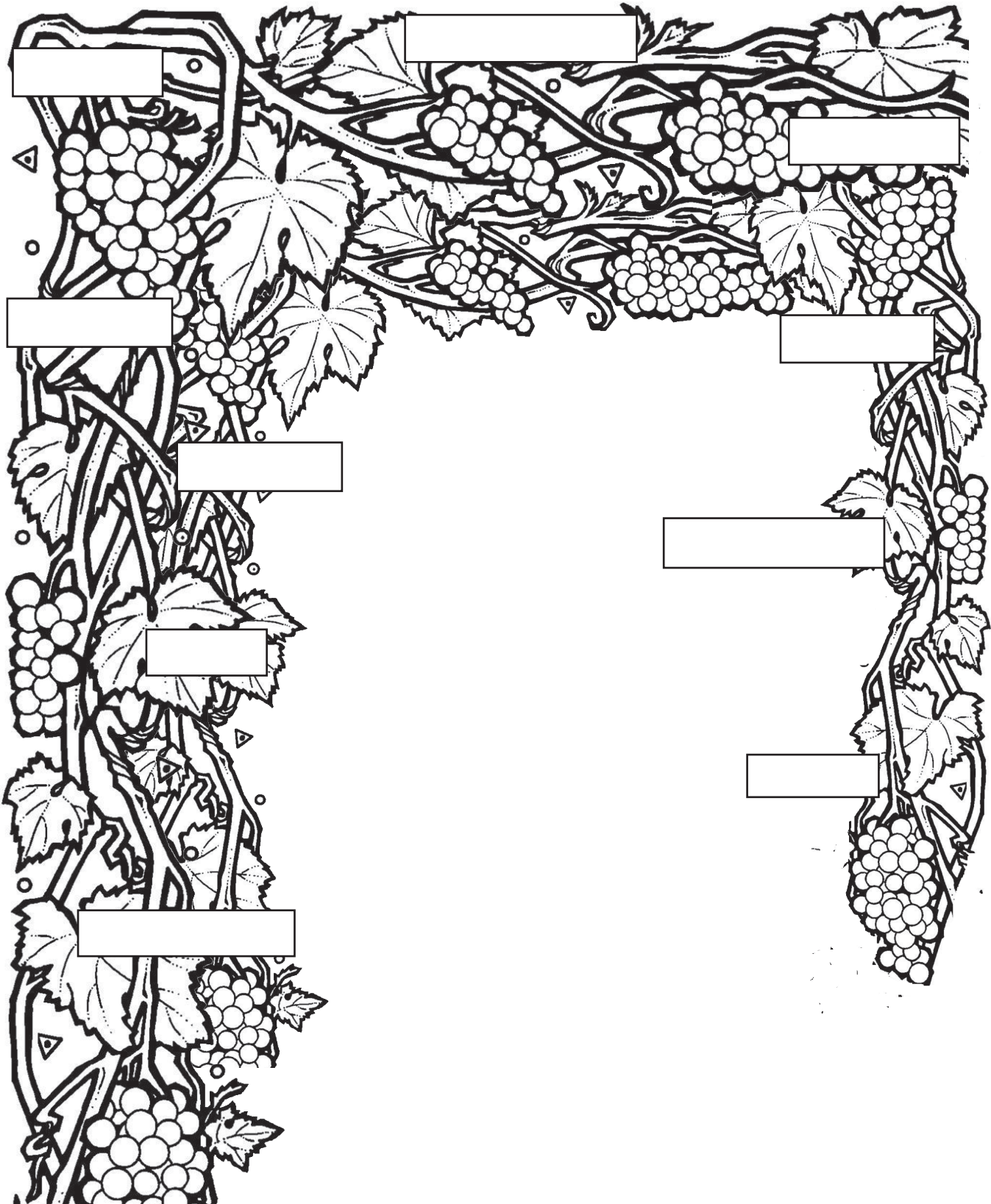
The Fruit of the Spirit for Juniors has a similar format to this one but there are some alternative activities if you want to use them for your younger students.

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 draw fruit of your choice or more grapes. Then in the boxes write the qualities the apostle Paul talks about in the verse from Galatians. (We have chosen a vine tree because Jesus called himself the true vine and he is the best example of someone with all the qualities of the fruit of the spirit.



Unit 1 - Let's be Fruit Salads.

Jesus showed all these types of behaviour. Hunt through the Gospels in a modern translation of the Bible looking at the headings. Choose some things Jesus did that demonstrated each of the aspects below and write or draw one in each of the boxes. Most of the things Jesus did will fit into more than one box so try to pick the most appropriate. Don't forget the crucifixion.

While you are doing this you might notice some people that were around Jesus who were inspired to be like him. Talk about this while you are hunting.

Love	Joy	Peace
Patience	Kindness	Goodness
Faithfulness	Gentleness	Self Control

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

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

We've seen that Jesus' whole life was one of love, peace, patience, self control, gentleness, goodness, kindness, joy and faithfulness. Wouldn't it be nice to be like him?

Here is an acting game to get us into the way of trying to bear good fruit.



Prepare a set of cards with one of the spirit types of behaviour written on each one. (They don't have to have a picture on them.) Shuffle them and place them face down. Take it in turns for one person to be the actor. The rest of the group gives them an everyday action they have to perform, for example making a cup of tea, getting lost in a car park or putting on socks. The actor has to take the top card and perform that action doing it showing the fruit of the spirit he has turned up. The rest of the group has to guess which fruit they are trying to portray. So a cup of tea could be made very gently; the lost person has to find their way using self control and socks could be put on patiently.

You could try the game again but doing the opposite of what is written on the card - ie. not being loving or patient. Which did you find easier to act and guess? If you found the bad ways easier you might like to talk about why this is.

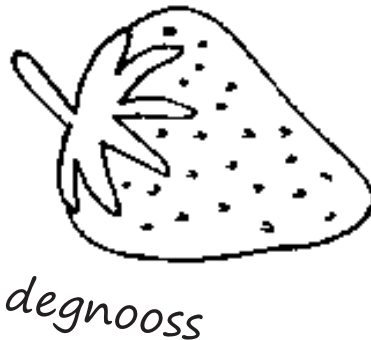
Have fun!

Unit 2 -

Unscramble the words in the fruit and complete the Unit heading.

The three types of behaviour we are looking at in this unit can seem very similar. Talk about them and see if anyone could have one without the others.

Use the spaces in the fruits (or below the strawberry) to write down your own definition of what the words mean or give some examples, from the Bible or your own life.

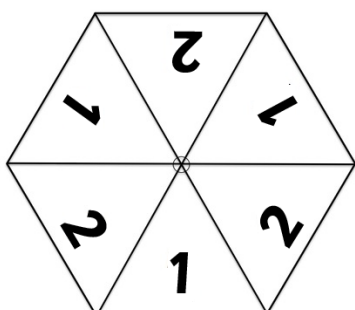


We're going to look at the story of **Ruth the Moabites**. (2 Kings 5)

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.

The last 2 pages in the 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!



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

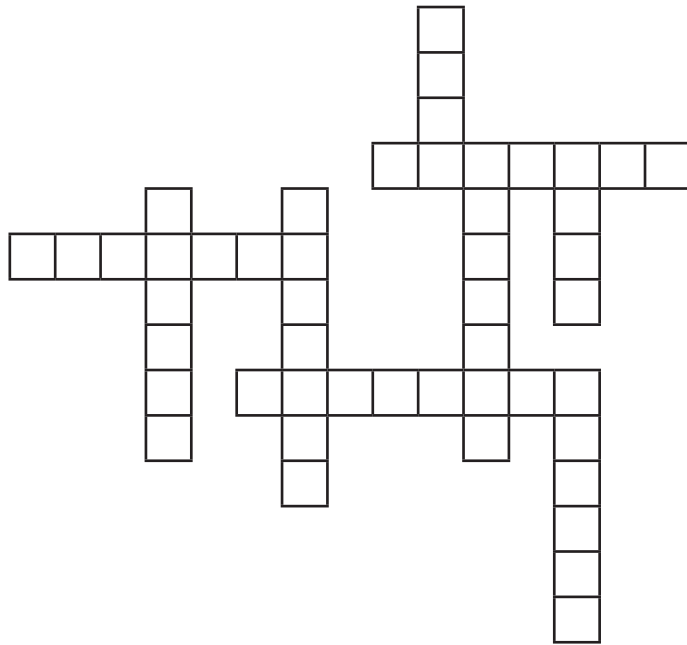
Galatians 5:22-23

Unit 2 - Gentleness, Goodness & Kindness

Remind yourself about **Naaman's maid**.

She was stolen away from her family, friends, home and all she knew' and put to work in a foreign land with strange people. Yet despite this she had great compassion for the family she was a servant for. Instead of being angry and bitter about her life, she returns violence with kindness, goodness and gentleness. She helps her master Naaman to find a cure for his leprosy.

Read 2 Kings 5 to remind you of the story of Naaman and do the crossword and wordsearch.



Naaman's maid

Read verses 2-3 and fill in the missing words below.

Bands of Arameans had taken - - - - -
a young girl from Israel and she

- - - - - Naaman's wife.

She said to her - - - - - 'If - - - - - my

- - - - - would see the - - - - - who

is in - - - - - , he would - - - - - him of his

- - - - -.'

Now fit the words into the crossword puzzle.
(hint - start with the longest word)

Everybody else

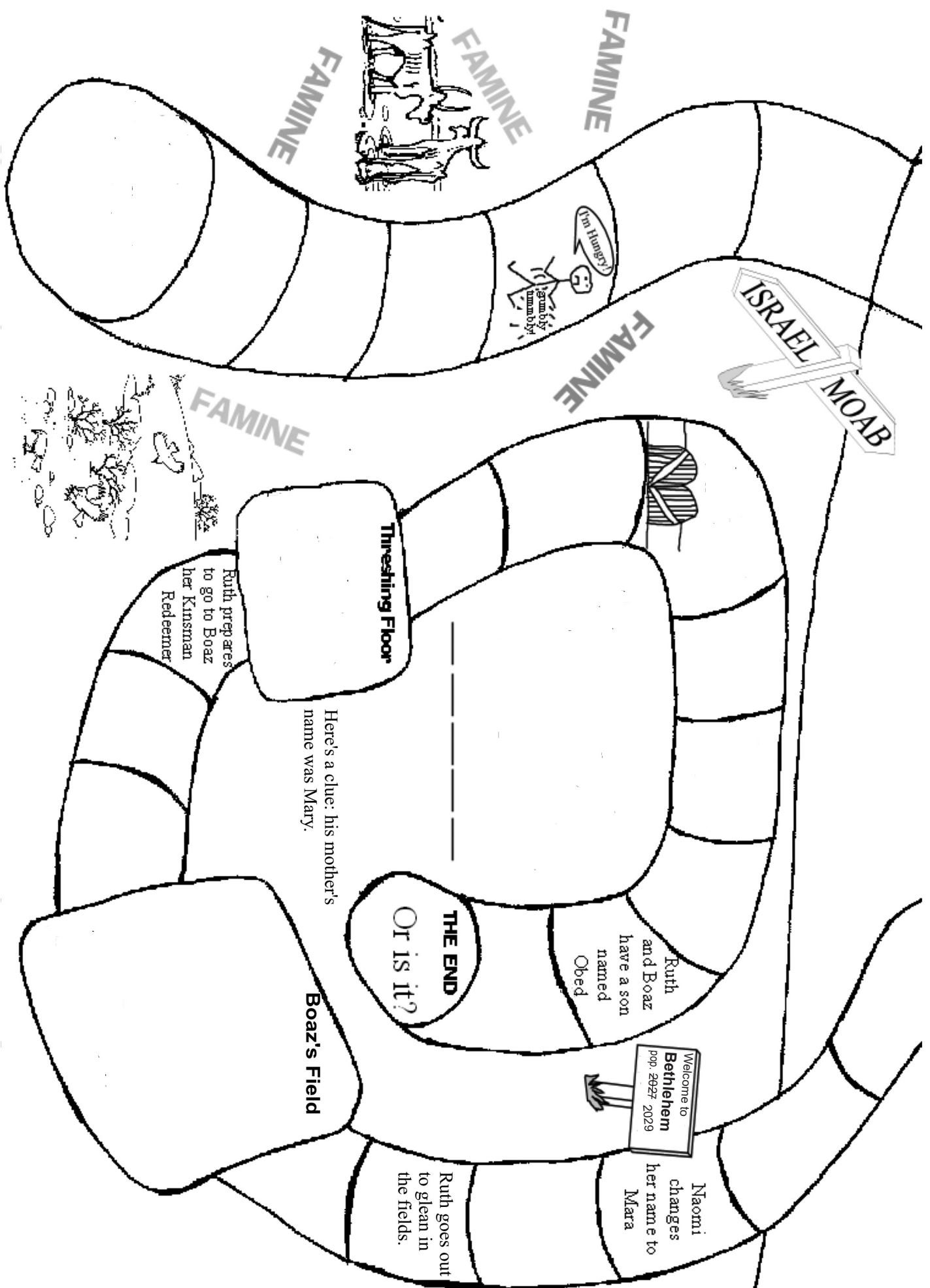
Find these words in the wordsearch and then decide who were like this in the rest of the story. Write the names in the table next to the characteristic.

(angry is there twice because two people showed this)

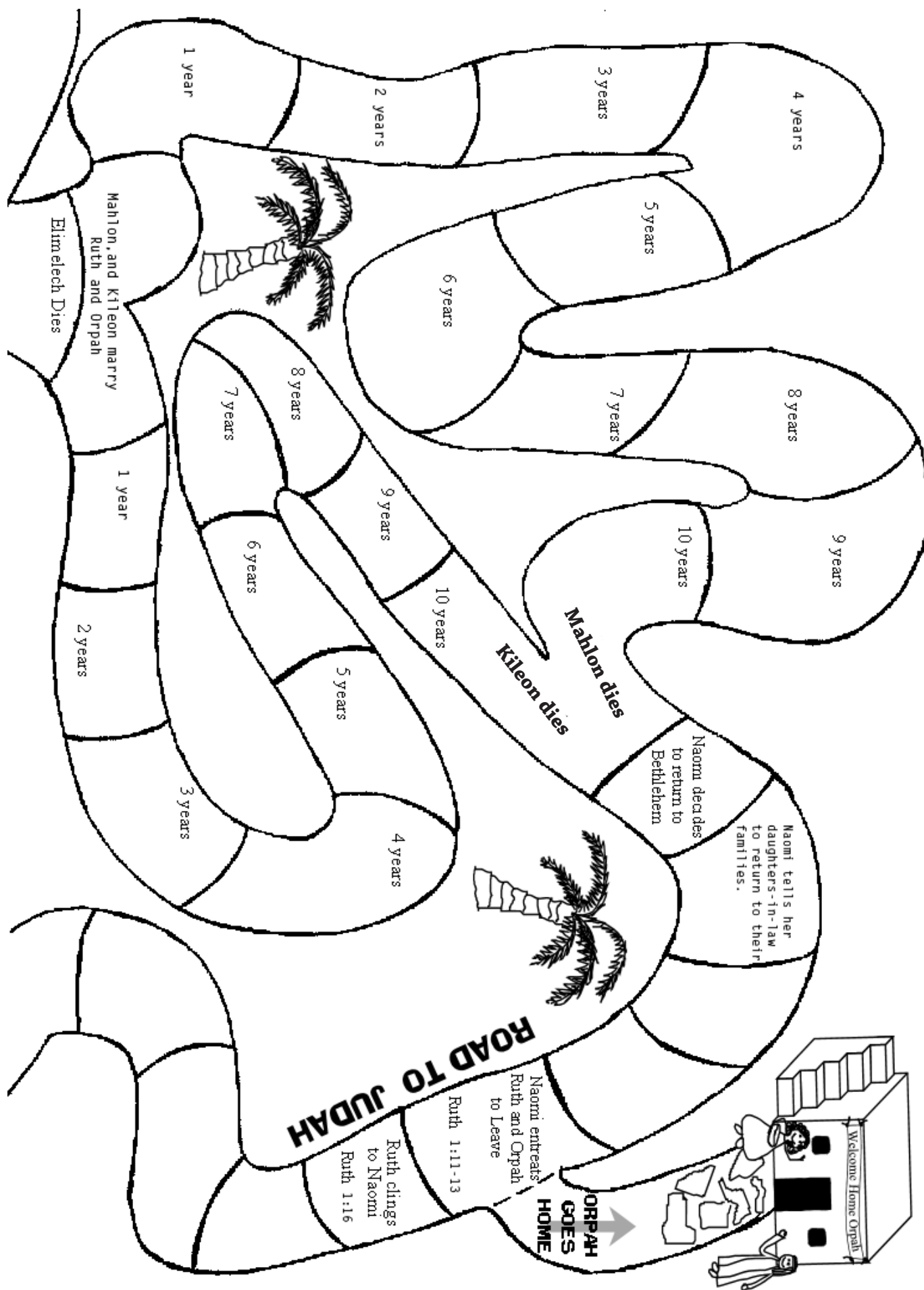
untruthful	
thoughtful	
greedy	
angry	
angry	
thankful	
proud	
kind	

L	U	F	T	H	G	U	O	H	T
U	U	Y	D	E	W	S	N	O	U
F	R	F	D	U	F	E	R	E	E
H	E	A	K	E	O	R	A	S	A
T	I	N	O	N	E	R	E	L	A
U	D	G	A	O	A	R	P	N	E
R	L	R	O	D	O	H	G	R	E
T	O	Y	N	E	O	R	T	C	N
N	S	I	A	A	Y	R	I	E	T
U	K	T	A	E	R	E	T	H	S

Unit 2 - Gentleness, Goodness & Kindness

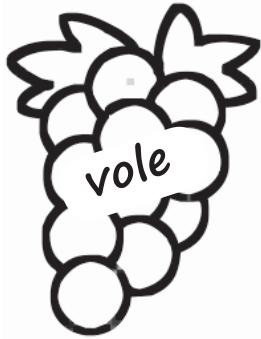


Unit 2 - Gentleness, Goodness & Kindness



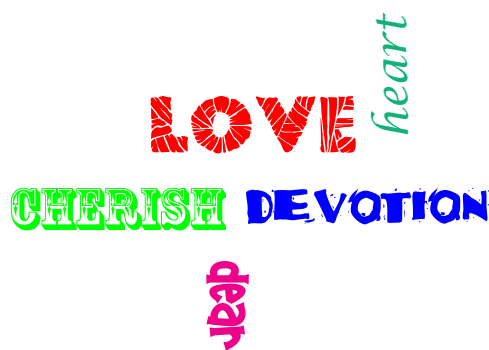
Unit 3 -

Unscramble the words in the fruit and complete the Unit heading.



Love

Make a word cloud. Make a list of words that mean the same as love. You could use an online thesaurus. Don't just think of words that mean love between a boy and a girl. Now make a word cloud out of these words. We've started you off here but if you are feeling creative you could use a larger piece of paper and a computer and more colour.



Joy

This attribute is a bit different to the others because you can't make yourself be joyful in quite the same way as you could make yourself be kind.

Think about what makes you happy and whether you can have joy if people are unkind, hateful, out of control or angry.

What's **Faithfulness** got to do with **Faith**?

The Bible says Abraham was **faithful**. Can you think of another word to explain faithful in the passage below?

You are the Lord, the God who chose Abram and brought him out of Ur of the Chaldeans and gave him the name Abraham. You found his heart faithful before you, and made with him the covenant to give to his offspring the land of the Canaanites. Nehemiah 9:7.

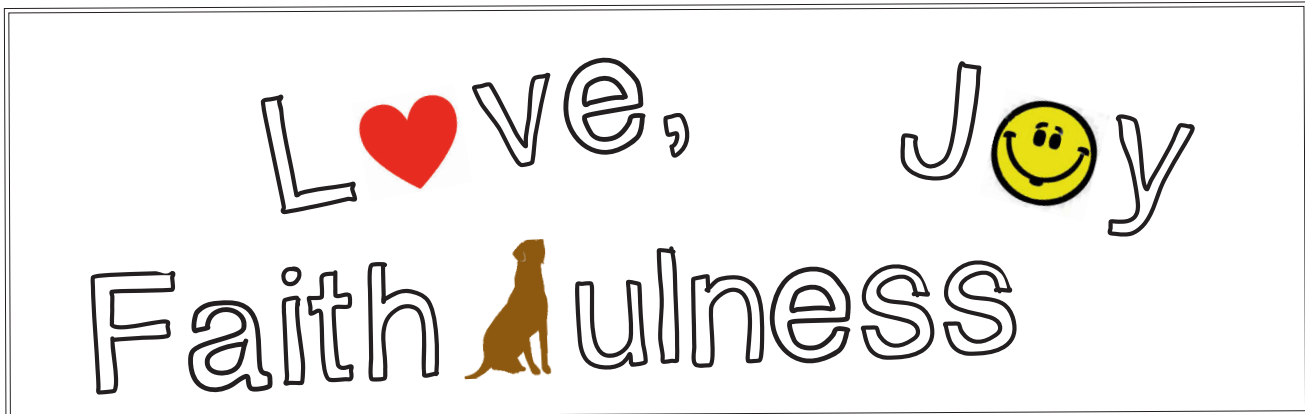
So then, those who are of **faith** are blessed with **faithful** Abraham. Galatians 3:9

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

Choose three different colours (one for each of love joy and faithfulness) and colour in the words.



This passage is from Luke 1:26-38 and is about

Mary

Decide which of the characteristics Mary shows in the words in italics and circle them with your chosen colour for that characteristic.

....God sent the angel Gabriel to Nazareth, a town in Galilee, to a virgin pledged to be married to a man named Joseph. Her name was Mary....He said 'You will conceive and give birth to a son, and you are to call him Jesus...'

'How will this be,' Mary asked the angel, 'since I am a virgin?'

The angel answered, 'The Holy Spirit will come on you, and the power of the Most High will overshadow you.... For no word from God will ever fail.'

'I am the Lord's servant,' Mary answered. 'May your word to me be fulfilled.' Then the angel left her.

And Mary said: *'My soul glorifies the Lord and my spirit rejoices in God my Saviour, for he has been mindful of the humble state of his servant. From now on all generations will call me blessed, for the Mighty One has done great things for me - holy is his name.'*

Now find Luke 2 in your Bible for the rest of the story.

Verses 8-20 are about the **shepherds**. Pick out the verses that tell about how they felt and write that characteristic here in your chosen colour.

Verses 21-32 are about **Simeon** and **Anna**. Read what Simeon said and write his characteristic here in your chosen colour.

Now do the same for Anna.

You can choose more than one if you think it is appropriate.

And **Mary** again. Verses 41- 50 are about when Jesus was twelve. What do the italicised words say about Mary? Circle the words in your chosen colour.

When his parents saw him, they were astonished. His mother said to him, *'Son, why have you treated us like this? Your father and I have been anxiously searching for you...'*

Then he went down to Nazareth with them and was obedient to them. *But his mother treasured all these things in her heart.* And Jesus grew in wisdom and stature, and in favor with God and man.

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:

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.



In Ephesians 6:13 -17 the apostle Paul talks about **Faith** as though it is a shield that a Roman soldier would use to protect 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)

The shield protects the soldier from bad things. On the next page is an experiment to help us understand this.



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 in the wordsearch. (the NIV works best)

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

- 1 Samuel 18.
 v1. How did Jonathan love David?
 v3 What did they make because they loved each other?
 v 4 What did Jonathan give David? Four things.
 1 Samuel 20
 v 9 What was Jonathan going to do if he heard Saul meant to harm David?
 v41 What did David do 3 times?
 v 41 Then what did they do? Two things.
 v 42 What did they swear?

----- An experiment to help us understand protection.

You will need - a rubber glove; a woollen glove; an insulated glove (like a 3M Thinsulate glove) and a bag of frozen peas. (Several sets if there are a lot of you doing it.)

Hold the bag of peas for a moment to feel how cold it is. Put each glove on in turn and hold the peas. Time how long it takes to feel the cold of the peas with each glove. Which material protects your hand from the cold for the longest time?

(If you are interested in science you can find out about how heat in the form of energy is transferred from a warm object to colder one. Materials that are insulators slow up this flow of energy. Your hand is still losing energy but not as fast, so your body can replace it from the food you eat. Aren't our bodies wonderful!)

What sort of things do we need protection from? Negative things in social media? Unhelpful images in films? Friends who say nasty things?


In **faith** we can pray 'Lead us not into temptaion' like Jesus asked us to.

Unit 4 -

Unscramble the words in the fruit and complete the Unit heading.



What do they mean?

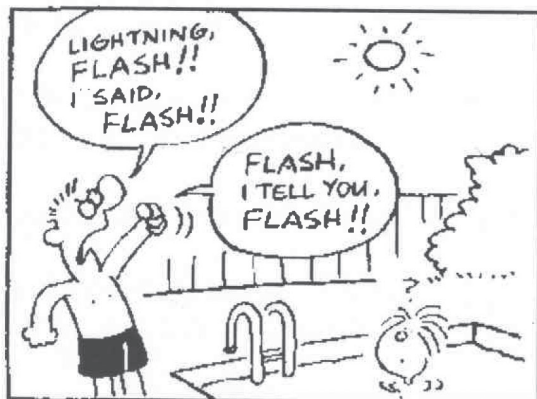
Think of three synonyms for each of peace, patience and self control and write them in the here.  Compare what you have written with the others in your group. and circle any 'unique' words you might have. Which do you think is the hardest to do? Is it the same for everyone?

James 5:11 says: You have heard of **The Patience of Job**. (or endurance or steadfastness) The expression is often used today - 'You'd have to have the patience of Job, for that job.'

Why? Poor Job was a rich man who suddenly lost all his goods and his family and then was afflicted by a horrible disease.

And we are told 'In all this Job did not sin nor charge God with wrong.'

Crack the code opposite. He had patience and self control and in the end things turned out all right for him so maybe he had peace then as well.



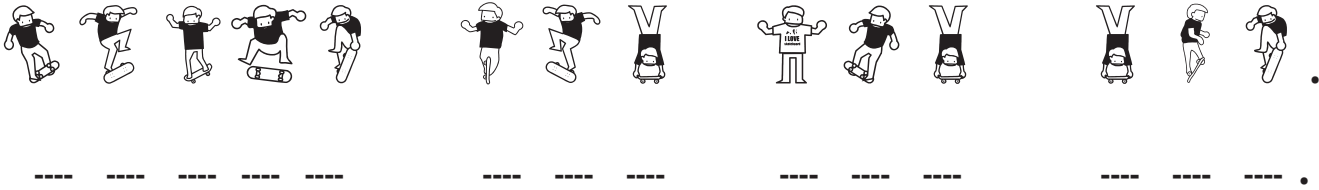
"And if you command the lightning to flash, will it come to you and say, 'At your service?'"
(JOB 38:35)



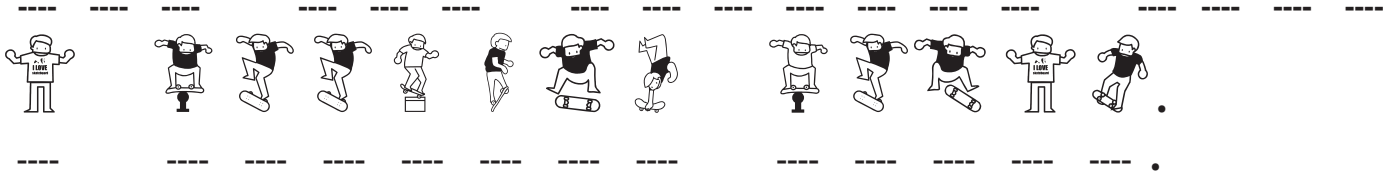
"Can you shout orders to the clouds and make them drench you with rain?"
(JOB 38:34)



























Unit 4 - Peace, Patience & Self Control

Job's wife said to him:



Job replied:



												
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

Unit 4 - Peace, Patience & Self Control

Abigail's Game

To play this game you need to remind yourself of the story of Abigail and Nabal. She had these qualities - he didn't.

Read it in 1 Samuel 25 or talk about it together then fill in the blanks below with appropriate words.

Abigail didn't want D_____ to kill Nabal (v13). She took _____ . (v18) She only told N _____ at the right time.(v 19, 36)

Nabal was _____ and _____.(v 10-11) and he got _____ .

There is more about it in the Junior project pack if you need further reminding.

How to play.



King David



Nabal



Abigail

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

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

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)

Gather together as much different footwear as you can - wellingtons, slippers, flip-flops, sandals, trainers.. and try different activities with them on - running, tip-toeing, dancing, walking through brambles or water (you might have to imagine the last two.)

Some shoes are right for some jobs and we have to be ready with the right ones.

The gospel of peace will help us to be ready for anything Jesus wants us to do.

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 5 - When Fruit goes Off!

The trouble is we sometimes do bad things. The Bible calls these bad things the fruit of the flesh. Look at these 2 references:

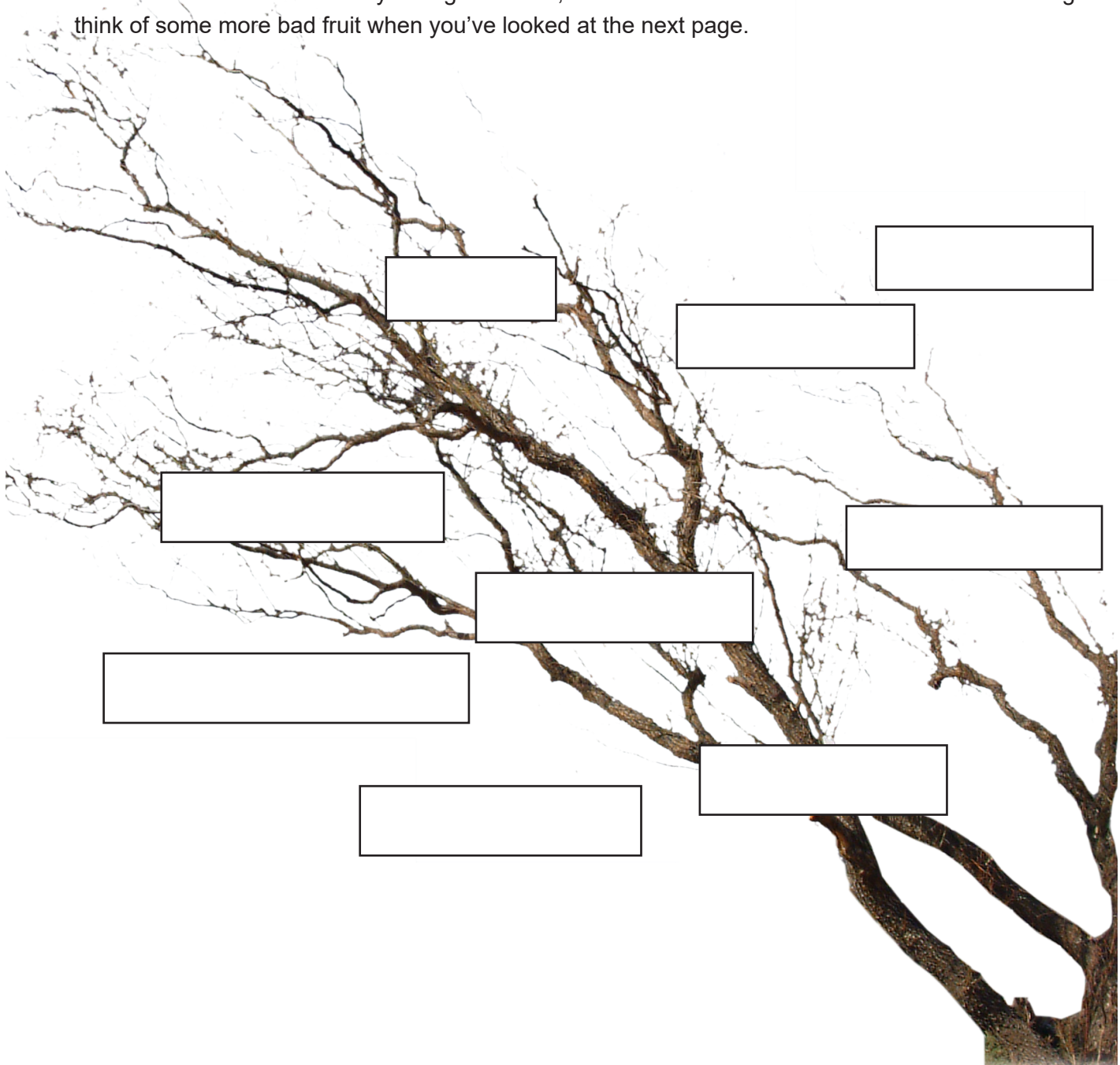
Luke 6:43-45

No good tree bears bad fruit, nor does a bad tree bear good fruit. A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of.

Galatians 5:19-21

The acts of the flesh are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like.

Some of the things in the Galatians verses are really horrid but there may be some you are guilty of. Write these and some others you might think of, in the boxes on the withered vine below. You might think of some more bad fruit when you've looked at the next page.



Unit 5 - When Fruit goes Off!

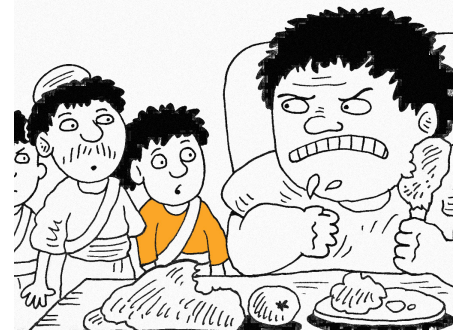
There are some people in the Bible that really showed these bad types of behaviour.
Read the passages below and write down some words that describe the bad things about them.



Genesis 3:1-1-6
Adam and Eve

the snake

Nabal
Remember him from Unit 4.



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Pharaoh

Exodus
7:14,22
8:15,19,32
9:7,12,34
10:20,27
11:10
14:5-6



Cain Genesis 4:4-8

Ahab and Jezebel 1 Kings 21:1-16

Unit 5 - When Fruit goes Off!

Slippy Bananas and Sticky Cherries

You will need for this game:

- The game board overleaf, photocopied, coloured and laminated for repeat use
- A dice
- Different coloured counters up to the number of people playing.

Aim:

The aim of this game is to win! But there is a catch; can you win with a clear conscience?

The game is the same as the traditional Snakes and Ladders game but because we are thinking about how we behave to others, there are some differences.

You can climb up the cherries to another square to progress more quickly up the board but, if you are feeling kind, you can also share your 'luck' with another player.

For instance, if you land on square 19 you can go up to 23 yourself (4 squares) or give some of these squares to others (the total number of squares moved up must still be 4)

Similarly you must slip right down the banana skins yourself or if you're feeling grumpy you can share your misfortune with other players.

For instance, if you land on 24 you can share the eight squares, all or partly, with others.

Remember

This is a dice game so if you play without sharing whether you win or whether you lose it's a matter of luck.


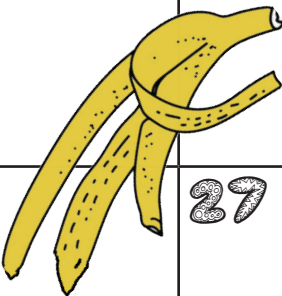
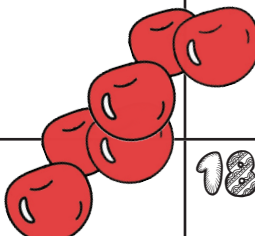

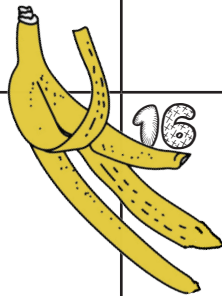
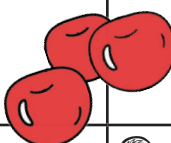
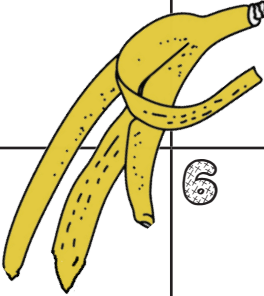
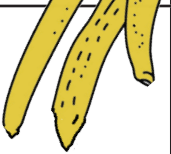
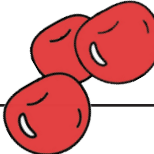
If you lost because you were kind, you didn't really lose and if you won because your friends were kind it's good to know you have good friends. Don't forget to thank them.

A friend loves at all times. Proverbs 17:17

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

Galatians 5:22-23

Unit 5 - When Fruit goes Off!

31	32	33	34	Finish
				
30	29	28	27	26
21	22	23	24	25
				
20	19	18	17	16
				
11	12	13	14	15
				
10	9	8	7	6
				
				
Start	2	3	4	5

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. '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.

