
The Fruit of the Spirit

Sunday School Lesson on Galatians 15:13-25, Fruit of the Spirit



Let's Get Producing! Sunday School Lesson for the Fruit of the Spirit

(Overview) The Fruit of the Spirit is an important topic to discuss with

children, and can be a fun one to teach, as well. However, it can be a little confusing to understand what it means to bear God's fruit. These

characteristics that make up Spiritual Fruit do not just randomly sprout from within us on our own power. It is our connection to the Lord that makes growth possible. On our own will, we can do nothing. With His strength, amazing things bloom!

Lesson focus: In this lesson, students will consider the Fruit of the Spirit. The discussion briefly examines each one of the elements of this "fruit" and how we can allow God to work in and through us for growth. Children will describe the Spiritual Fruit themselves using words, pictures, and actions.

Passage: Galatians 5:13-25

Target Audience: Elementary School, adaptable for K-6th Grades

Materials Needed: Construction paper, decorative materials, paper plates, fruits, paints, blindfolds, scissors, Bible (all optional, depending which activities you choose to use—except for the Bible, you need that for sure).

More Bible Teaching on the Fruit of the Spirit for Kids:

- Watch our teaching demonstration of this [children's sermon lesson](#) and [bible craft activities](#)
- Compare our [9-Lesson Fruit of the Spirit Curriculum](#) from the [Sunday School Store](#)
- Compare another [free Bible Lesson for Kids on Galatians 15:22-23](#)
- Download the free [Fruit of the Spirit Coloring pages](#) and [Children's Ministry resources on Galatians 5:22-23](#)
- Read more [Fruit of the Spirit Bible verses](#)

Game Activities to Introduce the Bible Lesson

Lesson Opening: This lesson describes the Fruit of the Spirit and how God bears His fruit in our lives. To introduce the topic, consider some fun fruit-related activities for children. Some of these suggestions can be done throughout or at the end of the lesson, as well as near the beginning.

Here are some activities to get kids thinking...(select the best ones for your audience and age group):

- “Fruit Basket Upset” game: this is a classic spin on musical chairs, and works best for larger groups. Give students a fruit (have a couple of oranges, a pair of pears, maybe three or four apples, etc.) and have everyone sit in a circle. Invite an announcer to stand in the center of the circle and call one or two fruits. All of those students will stand and switch spots, attempting to secure a new seat. Whoever does not have a chair will serve as the next caller. If the caller announces “fruit basket upset”, all students will switch spots.
- Spiritual fruit charades. After describing the various parts of the Fruit of the Spirit, invite students to act out one of the traits for others to guess. Alternatively, have them describe a scenario that demonstrates that “fruit” (best for older students).
- Fruit Pictionary: Have students draw a fruit on a white board or large paper, and invite others to guess what the fruit is.
- Fruit taste test: Blindfold students and invite them to sample different fruits and distinguish what they are (be sure to check for allergies ahead of time).
- Fruit poll: Create a graph of which fruits students enjoy the most.
- Planting seeds: look at pictures of seeds or actual plants that produce fruits (and other things), and identify what type of produce the seeds will grow into when planted and taken care of. Discuss what is needed for plants to grow.

Explain that today’s topic is a look at the fruit of the Spirit. The fruit of the Spirit is not something you would eat or plant in the ground, however. Spiritual fruit refers to how we display evidence that God is at work in our lives. When we are connected to Him, others will be able to tell through our characteristics and love.

Ask: What does it mean to be spiritually healthy? Have you ever heard someone refer to a person’s life as “bearing fruit”?

“The Fruit of the Spirit” Sunday School Lesson for Kids

Bible Lesson: As always, how you choose to experience the passages will vary according to the ages and abilities of your children (and how many are participating). This passage contrasts the wicked characteristics of self-centered living with the beauty of Spiritual Fruit. Allow older students to take turns reading verses. For younger students, be sure to pause to discuss what some of the terms mean and why they are significant. You might even want to have kids mime or give facial expressions for what some of these would look like.

You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. 14 For the entire law is fulfilled in keeping this one command: “Love your neighbor as yourself.” 15 If you bite and devour each other, watch out or you will be destroyed by each other.

16 So I say, walk by the Spirit, and you will not gratify the desires of the flesh. 17 For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. 18 But if you are led by the Spirit, you are not under the law. -Galatians 5:13-18

For younger students, it might be difficult to explain what is meant here by “indulging in the flesh”, and you may wish to not go into great detail on that point. Focus on the importance of loving God and loving others. Describe how being in the “flesh” refers to the sinful behaviors we might fall into, and the bad things that we do. Walking by the Spirit means trusting God and being connected to Him, like a root is connected to a tree for all nourishment.

Ask: What are some of the bad things that we sometimes do?

The acts of the flesh are obvious: sexual immorality, impurity and debauchery; 20 idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions 21 and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God. -Galatians 5:19-21

Again, younger students might not need to delve into the specifics of drunken orgies. In fact, for especially little ones you might alter wording entirely. Put these things into “kid terms” by discussing some of the things that they do when they make mistakes or disobey. What are things that they might want to do when they shouldn’t?

You could also connect this to the fruit element by describing how it might sound fun to eat ice cream and cookies for every meal, but we know that healthy bodies need nutritious foods like fruits and vegetables. In the same way, our Spiritual lives need healthy things going into them in order to let God work through us and produce His fruit.

Ask: Have you heard of the fruit of the Spirit? What are some good things you can think of that would show a person is a Christian?

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law. -Galatians 5:22-23

These are great verses to memorize! Consider helping students do so by memory games, drawings, songs, or mnemonic devices. Walk through each of these terms to make sure students have a firm grasp on their meaning. Invite children to explain the terms and provide examples of them, to gauge understanding. If this is an introduction to a series, use subsequent lessons to dive deep into the meaning of each component.

Wrap up the lesson with a reminder that we do not need to fall into the mistakes of sin, because we belong to Christ. We are a new creation, and He promises to produce in us those Spiritual fruits, when we remain in step with Him.

Those who belong to Christ Jesus have crucified the flesh with its passions and desires. 25 Since we live by the Spirit, let us keep in step with the Spirit. 26 Let us not become conceited, provoking and envying each other. - Galatians 5:24-25

Explain that we might still experience struggle and temptation to do what we know we shouldn't, but God will help us along with that, too! These wonderful qualities of the Fruit of the Spirit are things that we can work on, but not perfect. The only true way to bear Spiritual traits is to have Christ in us. He will be the one to do the work in us, and that will play out in "fruit"!

Ask: Which one of these things do you think you can improve on?

Ask God to help you work on that "fruit" more throughout the week.

Close with a prayer thanking God for bearing fruit in our lives. Ask for His help in staying connected and close to Him, so that we can continue to demonstrate His "fruit."

Sunday School Crafts on the Fruit of the Spirit

Crafts: Lots of fun crafts involve elements of fruit that could be used to remember the lesson. Consider one of these options:

- Make stamps out of fruit by cutting fruits in half and dipping them in paint. Select various types of fruit and place the “stamps” on construction paper or cardstock in an array of colors.
- Make a fruit “basket.” Cut out pieces of fruit and have children write the names of the Fruit of the Spirit traits on each one. Cut a paper plate in half and staple it. Decorate to look like a basket. Attach a handle and place the fruit papers inside.
- Have students draw fancy illustrations representing one of the spiritual fruit traits. Invite other kids to guess which “fruit” is being shown.

The fruit of the Spirit is the proof of our connection with the Lord. If we follow and love Him, evidence will be found in our lives as Christians. Spiritual fruit should bless the lives of others and make them want to know Jesus, too! These crafts recall the fruit of the spirit characteristics, and have fun with fruit as well. A fruit painting uses actual fruit for stamps. A fruit basket uses fruit cut-outs to represent the fruit of the Spirit elements. Have fun!

Bible Verses or Craft Captions to Consider... (Galatians 5:13-25)

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, self-control; against such things there is no law. -Galatians 5:22-23

“Orange” you glad you have the Fruit of the Spirit?

The Fruit of the Spirit is not a snack!

The Fruit of the Spirit is... (Love, joy, peace, patience, kindness, goodness, gentleness, faithfulness, and self-control!)

God loves you BUNCHES!

Craft one: "Spiritual Fruit Stamping"

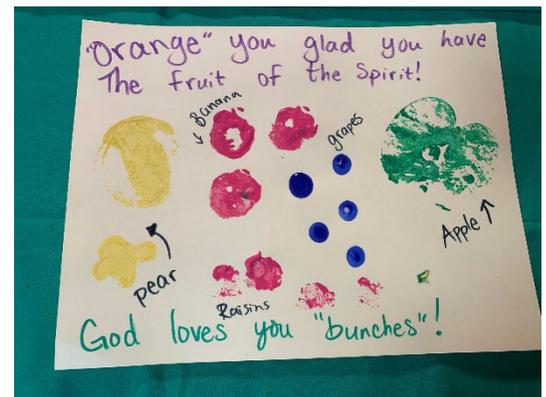
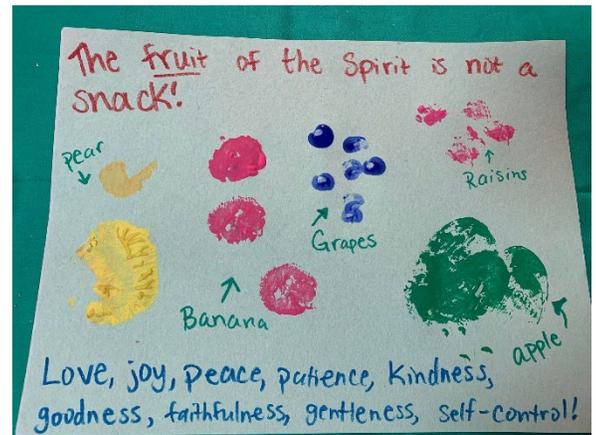
You will need:

- Paper plates
- Crayons or markers
- Paints
- Fruits of various kind (apples, strawberries, grapes, etc.)
- Construction paper or cardstock
- Stickers or decorative items.



Procedure:

1. Decorate the paper with verses, captions, etc.
2. Cut fruits in half as necessary. Decide which will be best for fruit stamping.
3. Place paint in a plate or bowl.
4. Dip fruits into the paint. Stamp onto paper and label according to fruit variety.
5. Hang, if desired, to remember the fruit of the Spirit!



Craft Two: "Spiritual Fruit Basket"

You will need:

- Construction Paper or cardstock
- Paper plates
- Stapler (or glue/tape)
- Pipe Cleaners
- Scissors
- Decorative elements as desired
- Markers or crayons



Procedure:

1. Cut several fruit shapes out of construction paper or cardstock.
2. Cut a paper plate in half. Decorate the sides like a basket, and add captions.
3. Add captions on the fruits to indicate the names of the fruit of the Spirit characteristics.
4. Attach a handle to the "basket." Place the fruits inside and display as desired to remember the fruit of the Spirit and what it means.



Ministry-To-Children

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This resource was prepared by [Kristin Schmidt](#) (pictured right). She serves at the Epiphany Lutheran Church in Castle Rock, CO. She has shared her teaching gifts through Ministry-To-Children since 2014 and now serves as our lead curriculum writer.



Every week she writes new [Sunday School lessons](#), [Bible crafts](#), and [children's sermons](#).

Kristin has a professional background in elementary and pre-school education. A graduate of Biola University, she holds a Master of Education and will receive the Master of Theology degree from Concordia University, Irvine, California, in May 2020. Kristin grew up in southern California and lived the past 10 years in Georgia. She is a long-distance runner and voracious reader. In addition to children's curriculum, she shares her student ministry activities and lesson ideas on [YouthGroupMinistry.com](#)

My name is [Tony Kummer](#) (pictured below). I started Ministry-To-Children.com in 2007 as a free resource for anyone sharing Jesus with kids. Don't miss our new websites; [Devotional Christian](#) and [10 Bible Verses](#) to help you focus on personal prayer and quiet times.



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Tony Kummer