

HARVEST: Thinking about the Fruit of the Spirit

Galatians 5: 22-23

Look up these verses in the bible. They are in the New Testament, in St. Paul's letter to the church in Galatia. Maybe you can ask an adult to help you. There is a contents page at the front of most bibles. The contents page will help you to find a particular book of the bible.

Galatians 5: 22-23 says:

But, the fruit of the Spirit is

Love,

Joy,

Peace,

Patience,

Kindness,

Goodness,

Faithfulness,

Gentleness,

and Self-Control.

There is no law against these things.

What a long list! I wonder if you can memorise the list?

It is a list of the **'fruits of the Spirit'**. Just as Harvest is a time to thank God for the fruit we can eat – apples, pears, oranges, grapes – so it is also a time to thank God for the fruits of the Spirit.

Fruit does us good when we eat it. It is packed with vitamins and minerals which keep us healthy. The fruit of the spirit also does us good. You cannot eat these fruits but they live inside us and help us to be more like Jesus. And, like an apple takes time to grow on a tree, so the fruits of the Spirit take time to grow in us. There is always room for them to grow a bit more. Perhaps this morning we can pray that God will grow and nourish the fruits of the Spirit in our lives.

The activity is simple. You need a **paper plate or a circle of card**. It can be coloured in to look like a fruit if you want to do that. I have tried to make mine look like a watermelon but I am sure you can do better!

Somewhere on the plate, following the curve, **write down the different fruits of the Spirit**. If you have any **modelling material like play dough, salt dough or plasticine you could model some fruit for fun!**

When you have finished the activity, see how many fruits of the Spirit you can remember without looking at the words above or on your plate.

Enjoy!

