



## July 5<sup>th</sup> Elementary Family Lesson



**Bible Story:** You Reap What You Sow (Galatians 6:4-10)

**Today's Takeaway:** God wants to help us grow in goodness!

**Series Verse:** "But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!" (Galatians 5:22-23 NIV)

**Weekly Verse:** "Therefore, whenever we have the opportunity, we should do good to everyone—especially to those in the family of faith." (Galatians 6:10 NLT)

### Discussion Questions:

1. What are the first six fruits of the Spirit? (*love, joy, peace, patience, kindness, GOODNESS*)
2. The Bible says, "You reap what you sow." What is a good thing you can do for someone else that you would love for someone to do for you?
3. Do you ever grow tired of doing good or does doing the wrong thing ever seem better or easier to you? Why?
4. What good things has God done for you?
5. Optional: Look up these verses and discuss them as a group.  
- Psalm 23:6, Romans 12:9, Galatians 6:10

### Activity Ideas:

#### 1. Fruit Toss

##### What You Need:

- One to two fruits

##### What You Do:

- Have all participants make a circle.
- Pass the fruit from one person to the next in the circle while saying the Fruit of the Spirit.
- Once you make it around the circle 3 times.
- Take a step back, and repeat – pass the fruit around the circle three times while saying the Fruit of the Spirit.
- Take another step back, and repeat.
- Continue taking steps back and passing/ tossing the fruit around the circle.

- At some point change from saying the Fruit of the Spirit to saying today's verse: "Therefore, whenever we have the opportunity, we should do good to everyone—especially to those in the family of faith." (Galatians 6:10 NLT)
- If you ever drop the fruit, pick it back up and start again.
- See how big you can get your circle.
- Talk about how doing good honors God and it fulfills us. God created us to do good works (Ephesians 2:10), so when we do good we are living out our purpose which in turn makes us feel good in a lasting way in the deepest parts of who we are...it is not always easy and it doesn't always make us feel happy in the moment (though lots of times it does), but it is worth it! When we do not do good works or we sin, we are not living as we were created to live and we are not at peace with ourselves which causes us to live with a lot of turmoil and unrest on the inside, as well as on the outside.

## **2. Citrus Painting OR Fruit Smoothie**

### What You Need for Citrus Painting:

- A lime, lemon, orange or grapefruit, paper or cardstock, markers and paint

### What You Do for Citrus Painting:

- Write Galatians 6:9 ("So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up.") on the paper or cardstock.
- Cut the fruit in half.
- Dip the exposed fruit into paint and then stamp it around the paper where you wrote the verse.
- While your artwork dries, talk about the following (below the Fruit Smoothie instructions)...

### What You Need for Fruit Smoothie:

- Different types of fruits that you enjoy, milk, coconut milk, almond milk, juice or water...other ingredients you might like...honey, jelly, spinach, chia seeds, flax seeds, protein powder

### What You Do for Fruit Smoothie:

- Look up a smoothie recipe online.
- Buy the ingredients that you need or just use what you have in your kitchen.
- Help your child put the ingredients in the blender, and blend them together to make a smoothie.
- Drink the smoothie together while talking about the following...

### What You Discuss after Citrus Painting or Fruit Smoothie:

- It can be easy to get distracted and tired of doing the right thing, especially if everyone around us is doing the wrong thing.
- It can even look like a lot of fun to do the wrong thing, but we have to keep our focus on God.
- Fruit is a great example of what we've talked about today. Fruit needs just the right temperature, amount of water, and enough time to grow into the yummy fruit we enjoy eating. Fruit takes time to grow to the point where you can harvest them from the plant. If we pick them too early they are not ready to eat...they would be hard and sour or bitter. That's like when we get impatient and try to do things on our own without God's help. We might be trying

to do good things, but we need to wait for God's timing. Now, think about old fruit (like some of the fruit Pastor Brent keeps showing us). Would you want to eat it? No, it's spoiled and rotten. This is what our lives look like when we give into the temptations of doing the wrong things. What are some bad things we might be tempted to do? ***Allow your kids to respond.*** We need to avoid those things by staying focused on God. Finally, let's think about our favorite fruit when it is perfectly ripe and ready to eat. It is delicious and sweet and satisfying! When we choose to do good things, to obey our parents and teachers, and we grow in our relationship with God, we look like yummy, ripe fruit.

- It won't always be easy to do the right thing, and sometimes we will make mistakes, but living in the goodness of God and walking in His ways is always worth it...It's the yummiest way to live !

## **Family Prayer:**

Take a few minutes to pray as a family to wrap up your time together.

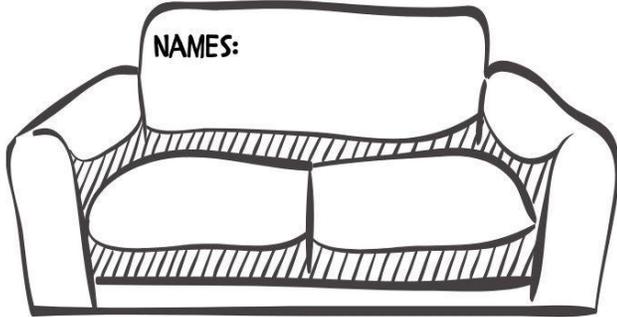
***\*\* If you have a printer, the next page is for your kids to take notes while watching the online service... \*\****

- MONTH \_\_\_\_\_
- DAY \_\_\_\_\_
- YEAR \_\_\_\_\_

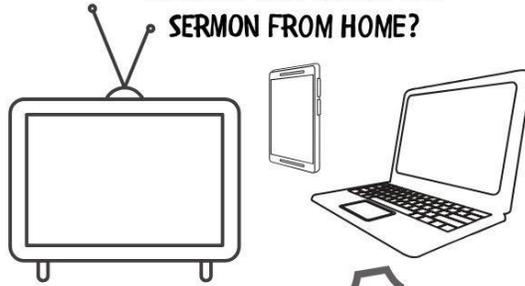
# Sermon Notes From Home



WHO DID YOU SIT WITH ON THE COUCH?



HOW DID YOU WATCH THE SERMON FROM HOME?



WHAT DO YOU MISS ABOUT CHURCH AT CHURCH?

IF YOU DIDN'T SIT ON THE COUCH, DRAW A PICTURE OF HOW YOU VIEWED TODAY'S SERMON OR DRAW A PICTURE OF WHO YOU WATCHED THE SERMON WITH:

ARE YOU IN YOUR JAMMIES OR CLOTHES?? DRAW A PICTURE:

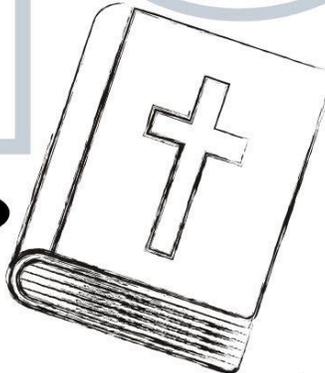
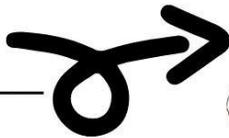


TODAY'S BIBLE PASSAGE:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



A WORSHIP SONG THAT WAS SUNG:



3 BIG THINKS FROM TODAY'S SERMON YOU CAN ASK GOD TO USE TO GROW YOU CLOSER TO HIM:

**1** \_\_\_\_\_

**2** \_\_\_\_\_

**3** \_\_\_\_\_

SOMETHING SPECIFIC THAT WAS PRAYED FOR:

SOMETHING SPECIFIC YOU ARE PRAYING FOR:

WHAT IS YOUR FAVORITE PART ABOUT CHURCH AT HOME?