



**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 fruit of the Spirit are we learning about today? (*goodness*)
2. Who is good and loving to you all the time? (*God*)
3. What good things has God done for you? (*given you life, sent his son to pay for the bad things you do, offers to be your friend forever, given you a family, a home, etc.*)
4. What does it look like when God's goodness is working in our hearts? (*we love others, we are humble, we are honest, we show compassion to others, we help others, etc.*)

## Activity Ideas:

### 1. Fruit of the Spirit "Hot Potato"

#### What You Need:

- A fruit that you can pass around and a music player

#### What You Do:

- Have all participants make a circle.
- Pass the fruit from one person to the next in the circle while playing music.
- When you stop the music, have whoever is holding the fruit, say one of the fruit of the Spirit and an action that represents that "fruit"/ character trait.
- Repeat several times.

- Talk about how doing good makes God happy and it makes us happy, as well. God created us to do good works (Ephesians 2:10), so when we do good we are living out the reason we were made which in turn makes us feel good in a lasting way...it is not always easy to do good, but it is worth it! When we choose not to do good works or we choose to do something bad, we are not living as we were created to live and we are not at peace with ourselves. That causes us to be unhappy.

## 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 for your child.
- Cut the fruit in half.
- Dip the exposed fruit into paint and then help your child stamp it around the paper where you wrote the verse.
- While your artwork dries, talk about the following (below the Fruit Smoothie instructions)...

OR

### 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.