

# SABBATH SCHOOL

## Preteen Sabbath Instruction Program — Teacher's Outline

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Level 3 • Unit 9 • Week 1

### THE FRUITS OF THE HOLY SPIRIT

**OBJECTIVE:**

The students will identify the fruits of the Holy Spirit.

**ATTENTION GETTER:**

Supplies: Fruit (cut up for fruit salad)

Cups

Spoons

Do: Hand each child a small cup of fruit salad with a spoon.

Say: As we eat and taste this fruit, let's thank God for the wonderful variety of fruit He has given the people of this earth. [Let the students eat their fruit cups.]

Ask: What is your favorite fruit?

Say: We can take an apple seed and plant it and a tree will grow that will bear apples. Each of the fruits you have eaten have grown from a tiny seed.

When we walk with God He expects us to produce fruit in our lives. This is not the same fruit as found on a fruit tree. The fruits God wants us to produce are found in the Bible in Galatians 5:22-23. These fruits tell us the characteristics that God has and those He wants us to develop, with His help, in our lives.

**BIBLE LESSON:**

Supplies: Flannel board

Nine pictures of different types of fruit and picture of bowl glued on heavy paper

Sandpaper

- Prepare: On each of the different types of fruit write one of the fruits of the Holy Spirit. Glue sandpaper to back of fruit.
- Say: One fruit of the Holy Spirit is love. The first characteristic God wants us to develop in each of us is love. We know God is love. We show love by pleasing God and helping other people.
- Ask: What are some ways we could show love to God and other people?
- Say: Yes, we could keep God's commandments, use kind words and treat others the way we want to be treated. God's love is a way of giving, not being selfish.
- Do: Put the bowl on the flannel board and have a student put the fruit that says love in the bowl.
- Say: Joy is another fruit of the Spirit. Joy is being happy. It's having a positive attitude even when you are having problems.
- Ask: What are some ways we can express joy to others and to God?
- Say: Yes, be happy for others when something good happens to them. Also pray to God and thank Him for what you have and for helping you each day.
- Do: Have a student put up the fruit that says joy on the flannel board.
- Say: Peace is another fruit of the Spirit. God tells us He is the author of peace. He wants us to have peace of mind, not to be angry or upset. Peace is a state of mind. It's having good thoughts.

There is a story in the Bible about a man named Abram, who later was called Abraham. Abram and his nephew Lot had moved from Canaan to Egypt because there was a great famine in Canaan. Because of no rain, the fruit trees, vegetable plants, and grass dried up. There was little food for the animals or them to eat. So Abram and Lot moved to Egypt where there was plenty of rain. After a period of time Abram, Lot, their wives and servants moved back to Canaan with their livestock.

By this time the famine in Canaan was over. The flocks and herds belonging to Abram and Lot had become much greater in number. They could feed well on the new, lush grass. But because the animals were so numerous, Abram's men and Lot's men began quarreling over the places where there was grass and water. Abram didn't want to have any trouble with Lot, so he suggested that they choose separate regions in which to dwell.

God had promised this land to Abram. It was Abram's right to have first choice where he wanted his animals to graze, but he unselfishly told Lot to take the first choice. Lot looked down on the rich soil in the Jordan River valley, and said he wanted that area. That left the upper lands to Abram, but Abram was satisfied because Lot was satisfied (Genesis 13).

- Ask: What do you think would have happened if Abram and Lot had stayed together?
- Say: Yes, the men would continue to argue. There would be hurtful things said, fighting and someone could have been hurt or killed. Abram wanted peace between Lot and himself and he wanted peace between Lot's men and his men. To have peace, Abram knew it would be better if they lived apart from one another.
- Ask: How can we have peace?
- Say: Yes, don't do evil, but do what you know is right. We shouldn't fight and argue with others. We should obey our parents and be sure to ask God for peace in our lives and in our family.
- Do: Have a student put up the fruit that says peace on the flannel board.
- Say: Patience is another fruit of the Spirit we all need to develop. Patience is waiting calmly without complaining.
- Ask: What are some things we can wait patiently for?
- Say: If there is a certain toy or game you want, you need to wait patiently for it. You may not be able to get it at that moment. You may have to save your money to buy it or wait till your parents think it's the right time for you to have it. Sometimes if it's something not good for you, you may never get it. We need to be patient with God, other people and ourselves.
- Do: Have a student put up the fruit that says patience on the flannel board.
- Say: Kindness, another fruit of the Spirit, is being helpful and gentle toward others. God has been very kind to us. He offers us mercy and forgiveness for our sins.
- Ask: How can we show kindness?
- Say: We can send a card or letter to someone who is sick. We can say "hello" and smile. We can help mom or dad at home. Being kind is giving pleasure to others.
- Do: Have a student put up the fruit that says kindness on the flannel board.
- Say: Another fruit of the Spirit that God wants us to develop in our lives is goodness. Goodness means doing what is right. You can show goodness by the way you act and how you do things. Goodness is a lot like kindness.
- Ask: How can you show goodness?
- Say: In showing goodness, you can be polite to others. Be cheerful when talking to others. You

could show others the way to obey God by your example, by not cheating or stealing.

Do: Have a student put the fruit that says goodness on the flannel board.

Say: Faithfulness is another fruit of the Spirit. Faithfulness means you can be trusted and relied upon to do something. You are true to your word or promise. If you say you'll do it, you do it. Can we believe what God tells us? Yes, we know God will do what He says He'll do. He keeps His promises. He promised to save Noah and his family during the flood. God put a rainbow in the sky to promise us He would never flood the earth again.

Ask: How can we be faithful?

Say: We are faithful if we turn our homework in to our teacher, by doing our chores at home without arguing, by telling the truth, by being honest, and by obeying our parents and God.

Do: Have a student put the fruit that says faithfulness on the flannel board.

Say: The next fruit of the Spirit is gentleness. Gentleness means softness, not being rough or violent. It also means kindness or being courteous.

Ask: How can you show gentleness?

Say: You show gentleness by handling babies and animals carefully and lovingly. You show gentleness when you say good things to a person instead of mean things. You show gentleness by giving a hug or helping someone who is hurt.

Do: Have a student put the fruit that says gentleness on the flannel board.

Say: The last fruit of the Spirit is self-control. Self-control is being in control of our actions and feelings. It's not being wild when its time to be quiet.

Ask: How should we act when we are mad at someone?

Say: If we are upset, we could walk away or we might talk to someone about the problem. Another way to show self-control is to stop and think before you do something that you know is wrong. Do what you know is right. Also, don't blame other people for what you did. God tells us we may get angry or upset at times, but to not sin. Don't do what you know is wrong.

Do: Have a student put the fruit that says self-control on the flannel board. Point to the flannel board with the fruits of the Spirit. Have the class say them out loud.

Say: God wants to help each of us develop these pleasing character traits that are also found in Him. God said He wants us to be a light to the world. Having the fruits of the Spirit [point to flannel board] in our very being [point to self] means you are showing these things in your

actions and in what you do. Others will be able to see these pleasing qualities in each of us. Then God can say we are a light to the world because we are showing others God's way of life.

### **LESSON APPLICATION:**

Say: The fruits of God's Spirit help us to be a light to the world. To help us remember that, we are going to make a decorative candle. [Note: Make sure students know that this candle is only for decoration, it is not to be lit.]

Supplies: Styrofoam balls (size is up to you)  
Cloth (approximately one-half yard per candle)  
Candle (that matches cloth)  
Scissors  
Knife  
Pencil

1. Cut the styrofoam ball in half with a knife. This makes two candles.
2. Stick candle in the middle of the styrofoam ball. The flat part should lie flat on a surface—stick the candle in the middle of the rounded part.
3. Cut cloth into 1- or 2-inch squares according to size of the styrofoam ball. Experiment to see which you like best.
4. Stick the cloth squares in the styrofoam with the sharpened end of the pencil; continue until the ball is completely full showing none of the styrofoam ball.

### **MUSIC:**

Sing "God Is Calling Children," page 51 in the United Church of God hymnal.

### **MEMORY VERSE:**

Galatians 5:22-23 "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control."

Do: Put the memory verse on a poster board to display.

Ask: When others see these good characteristics in your life, how do you think they may feel toward you?

Say: Yes, they will feel kindness toward you and respect you as a person. They may feel that you would be a good person to know and have as a friend. Remember to ask God to help you develop these pleasing characteristics, so they will become a part of you.

Do: Practice saying the memory verse.

# *family activity*

## **THE POINT:**

We are to develop the fruits of the Holy Spirit in our life.

## **ASK ME...**

- What are the fruits of the Holy Spirit?
- What can you do to develop these fruits of the Spirit in your life?
- What did Abram suggest to Lot so there would be peace between his and Lot's men?

## **FAMILY TOGETHER TIME:**

Discuss one fruit of the Spirit that each member of the family could try to develop more in his or her life.

Discuss world events, happenings in the neighborhood or something that happened at school or home as examples of not living God's way of life and compare how things would be different if the fruits of the Spirit were applied in that situation.

## **MEMORY VERSE:**

Galatians 5: 22-23 "But the fruit of the Spirit is love, joy, peace, patience, kindness, faithfulness, gentleness, and self-control."