

SABBATH SCHOOL

Preteen Sabbath Instruction Program — Teacher's Outline

Level 5 • Unit 9 • Week 1

THE FRUITS OF THE HOLY SPIRIT

OBJECTIVE:

To explain the fruits of God's Holy Spirit and contrast them with the works of the flesh.

ATTENTION GETTER:

Do: Print each of the following names of electrical appliances, tools and other items on slips of paper (one for each child) and place face down on the table. TOASTER, LAMP, BREADMAKER, MICROWAVE, FOOD PROCESSOR, REFRIGERATOR, WASHER, DRYER, COMPUTER, HAIR DRYER, RADIO, DRILL, SAW, TELEVISION, TELEPHONE, ETC. (Add more if needed.)

Say: On these slips of paper are the names of items you have around the house. I would like each of you to pick one. Then I want you to pretend that you are that item and tell the class what you produce, make or do. For example: I am a TOASTER. I can toast four slices of bread at one time.

Do: Let each child have a turn.

Ask: Suppose you were not plugged into the outlet, would you be able to produce something or do what you were made to do? [No.] Why couldn't you? [I need electricity.]

From where do you get electricity? [It originates at power plants and travels through power lines to each house.]

Since we can't see the power of electricity, how do we know there is such a thing?
[When an electrical item is turned on and receives the power of electricity, it is able to do the job for which it was made.]

Say: Without the power of electricity, each of you household items would be unable to do what you were fashioned to do. You would be nothing more than metal, plastic and glass. But when you are plugged into an outlet, you receive the power to do the job you were made for.

BIBLE LESSON:

Prepare: At the top of a poster board print FRUITS OF THE HOLY SPIRIT; under it print LOVE, JOY, PEACE, PATIENCE, KINDNESS, GOODNESS, FAITH, MEEKNESS and SELF-CONTROL. As an option, you can draw a tree with fruit and write LOVE, JOY, etc. on each of the fruit. Make a copy of the Bible Lesson and cut apart the descriptions of the fruits of the Holy Spirit.

Say: The power of electricity is physical and provides the necessary ingredient that electrical appliances and tools need in order to be able to work. In today's lesson we will learn about an even greater power. This power is spiritual and is called God's Holy Spirit. The Holy Spirit can be described as the power of God working in the minds of those He chooses. The "fruit" is what the Holy Spirit produces. [As you read, point to the fruits on the poster.] As a tree produces fruit, God's Holy Spirit also produces fruit and that fruit is love, joy, peace, patience, gentleness, goodness, faith, meekness and self-control.

Do: Place the descriptions of the fruits of the Holy Spirit face down on the table.

Say: On each of these slips of paper is a description of one of the fruits of God's Holy Spirit. Each of you to select one. [If the class is small, let them take more than one.] I'd like you to take turns reading what is written on the slip of paper, but do not read the answer. Using the names printed on the poster board, see if the rest of you can figure out which fruit of the Holy Spirit is being described. If no one has the correct answer, then you can give the answer.

1. This fruit of the Holy Spirit is an unselfish concern for others. Jesus showed this particular quality of His character when He gave His life to pay for our sins so that we would be saved from the penalty of death. This is God's dominant quality. A person who expresses this quality of God is a person who is becoming like God. Which fruit of the Holy Spirit is this? (Answer: LOVE.)

2. This fruit of the Holy Spirit brings a delight to the mind when one gains the knowledge and understanding of God, the Ten Commandments, His master plan for the salvation of mankind, His promises, the gospel and the Kingdom of God. This fruit brings rejoicing, gladness and happiness. In Luke 10:21 we read that Jesus showed that He was filled with this particular fruit when He said, "I thank You, Father, Lord of heaven and earth, that You have hidden these things from the wise and prudent and revealed them to babes. Even so, Father, for so it seemed good in Your sight." Which fruit is this? (Answer: JOY.)

3. This fruit of the Holy Spirit is a state of harmony and tranquility between people and nations. When one has this fruit of the Holy Spirit, he is in harmony with God. Proverbs 16:7 says "When a man's ways please the LORD, He makes even his enemies to be at peace with him." Which fruit is this? (Answer: PEACE.)

4. When people have this fruit of the Holy Spirit, they are slow to anger and slow in avenging wrongs. King David understood this attribute of God. In Psalm 86:15 he says, "But You, O Lord, are a God full of compassion and gracious, longsuffering and abundant in mercy and truth." This same fruit also gives people a willingness to help those who are ill or have troubles. They also keep a calm and unruffled attitude toward the shortcomings of others. This fruit saves one from discouragement during trials. Which fruit is this? (Answer: PATIENCE.)

5. This fruit of the Holy Spirit expresses itself through compassion and kindness toward others. The person having this fruit is concerned with helping others in a tender, caring way that preserves the dignity of those they help. They are also of a mild disposition and do not strike back when someone slights or wrongs them. They also choose their words well—words that are uplifting rather than words that are discouraging and hurtful. Which fruit is this? (Answer: KINDNESS.)

6. This fruit of the Holy Spirit is the sum of all God's attributes. Merciful, compassionate, a giver of good gifts, a protector, a deliverer from troubles, gracious and righteous are a few of God's attributes. The person with this attribute looks for ways to do good to others and possesses a generous nature. Which fruit is this? (Answer: GOODNESS.)

7. This fruit of the Holy Spirit is belief and trust in God to keep His promises. People having this fruit acknowledge that the teachings in God's Word are truth and obey those teachings. They trust God to guide them through His Word and be involved in their lives. Their lives are filled with good works. Which fruit is this? (Answer: FAITH.)

8. This fruit of the Holy Spirit can be readily perceived in people who accept God's dealings and do not fight against Him. They have a modest sense of their own importance and they are respectful and gentle toward their fellowman. They are humble and willingly yield to others. Which fruit is this? (Answer: MEEKNESS)

9. This fruit of the Holy Spirit is evident in people who are disciplined. This particular fruit is that attribute of God that gives one the power to have a good command over themselves and to resist temptation. They are careful to follow the spirit as well as the letter of the law. They are moderate in all that they do. Which fruit is this? (Answer: SELF-CONTROL.)

Say: In addition to the fruits of the Holy Spirit that we have just read about, Ephesians 5:9 speaks of righteousness and truth as being fruit of the Holy Spirit. Let's turn to Ephesians 5:9: "For the fruit of the Spirit is in all goodness, righteousness, and truth."

As electricity provides the power for electrical items to work in the way they were meant to, God provides power through His Holy Spirit for humans to obey Him. When you are obedient to God, He then gives you power through His Holy Spirit to help you to continue in that obedience and produce good fruit—good works.

LESSON APPLICATION:

Say: We have learned that those who have God's Holy Spirit do only goodness toward others. But there are acts of a sinful nature that are contrary to God's Spirit. Those who indulge in these "works of the flesh" are not only hurtful to themselves but to others.

Say: Let's read what some of these sinful acts are. Open your Bibles to Galatians 5:19-21.

Do: Select a different child to read each verse.

Galatians 5:19 "Now the works of the flesh are evident, which are adultery, fornication, uncleanness, lewdness,

Verse 20 "idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies

Verse 21 "envy, murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told you in time past, that those who practice such things will not inherit the kingdom of God."

Say: This is quite a long list but it only scratches the surface of the many sinful things people do. One can see on TV or read in the newspapers about many of these sinful acts, but you rarely are told about the consequences.

Do: Ask the following questions and encourage an open discussion.

1. I want you to select one of the "works of the flesh" and tell what you think would be some of the consequences besides not inheriting the Kingdom of God.
2. Which person would you prefer to have as a friend or a neighbor—one who has God's Holy Spirit or one who practices the sinful works of the flesh? Why?
3. Compare the world you live in now to a world where people who have God's Holy Spirit are teaching others God's way of life. How would things be different?
4. Using your imagination, what do you think would happen if mankind continued on in the way it is going?
5. Even though you are young, what can you be doing now to make sure that you are in God's family?

MEMORY VERSE:

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

family activity

THE POINT:

To explain the fruits of the Holy Spirit and contrast them with the works of the flesh.

FAMILY TOGETHER TIME:

To reinforce today's lesson, read Galatians 5:19-23.

Use the newspapers from this week and clip out articles about people who have done good to others and articles about people who have done wrong to others. Discuss the articles as a family, bringing out the point that when a person does good to another, everyone benefits. On the other hand, when someone does evil, they hurt themselves and many others.

Explain the consequences of the various works of the flesh that the people in the articles are guilty of doing. (For example: When someone is on drugs, he suffers, his family suffers. If he steals to pay for his drugs his victim is robbed of his or her possessions. Even if he is caught and sent to jail, society suffers. Instead of a productive citizen, society has to pay for his incarceration. Money that could be used for good things is wasted on buying drugs and paying for lawyers, and on and on it goes. All this weakens the nation.

Compare the stack of clippings of people who do good to others to the stack of clippings of people who do wrong to themselves and others. Then point out that this is why we need the return of Jesus Christ.

MEMORY VERSE:

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