SUNDAY SCHOOL

HOME CONTENT

Month

July

Season

The Fruit of the Holy Spirit

5 JULY: THE FRUIT OF THE SPIRIT (LOVE)

Lesson Overview

Today we started our new teaching season on the Fruit of the Holy Spirit. We learnt about how the Holy Spirit produces fruit in our lives as we follow Him. Today we focused on LOVE and how God's love shows us how to love others.

Galatians 5:22-23
But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

We've sent home a set of Fruit of the Spirit cards with your child. Each card is designed to help you continue exploring & growing in the Fruit of the Spirit together at home.

Flash Card: Love

Discussion Questions:

- What does it feel like when someone shows you love?
- Who is someone you can show love to this week?
- How did Jesus show love to people?
- How can we show love to others?

Family Challenge:
Each family member secretly does one loving thing for another person in the family 1-2 times this week. You could talk about different ideas e.g. clean up for them, help them, etc.

12 JULY: THE FRUIT OF THE SPIRIT (JOY)

Lesson Overview

Today we continued our teaching season on the Fruit of the Holy Spirit. Today was all about JOY! We learnt that joy is more than just a feeling we get when happy things happen around us, but it's the feeling deep inside from Jesus and His goodness, and there is always joy in His presence.

Galatians 5:22-23
But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

Flash Card: Joy

Discussion Questions:

- What made you smile today?
- What is something God has given you that brings you joy? Parents share examples as well.
- Can we have joy even on difficult days? How?

Family Challenge:
Throughout the week, write down joyful moments and place them in a jar. Read them together at the end of the week and thank God for his goodness.

SUNDAY SCHOOL

HOME CONTENT

Month

July

Season

The Fruit of the Holy Spirit

19 JULY: THE FRUIT OF THE SPIRIT (PEACE)

Lesson Overview

Today we continued our teaching season on The Fruit of the Holy Spirit. Today was all about PEACE! We talked about how some things can shake us or make us feel scared, but the peace we get from the Holy Spirit, means we can stand firm.

Galatians 5:22-23
But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

Flash Card: Peace

Discussion Questions:

- What does peace mean? How does being peaceful feel?
- Ask: "When can you ask the Holy Spirit to help you feel peace?" Encourage kids to name a situation where they need comfort.
- Teach them a simple breath prayer:
  Breathe in: "Holy Spirit..."
  Breathe out: "...give me peace."

Family Challenge:
Once each day, stop together for one minute to be still, take a deep breath, and thank God for something.

26 JULY: THE FRUIT OF THE SPIRIT (PATIENCE)

Lesson Overview

Today we continued our teaching season on The Fruit of the Holy Spirit. Today was all about PATIENCE! We talked about how there are always going to be times when we have to wait, and we get given a choice to be patient and trust. The Holy Spirit helps us be patient.

Galatians 5:22-23
But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

Flash Card: Patience

Discussion Questions:

- Have you ever had to wait a long time for something?
- Why is waiting and being patient so hard?
- Share a time when you've had to be patient and wait on God for something.

Family Challenge:
Talk about what things we find really hard to wait for. Choose one thing we are each going to wait for without complaining (a snack, a turn, a game, a treat, etc.). Ask the Holy Spirit to help us.

SUNDAY SCHOOL

HOME CONTENT

Month

August

Season

The Fruit of the Holy Spirit

2 AUGUST: THE FRUIT OF THE SPIRIT (KINDNESS)

Lesson Overview

Today we continued our teaching season on The Fruit of the Holy Spirit. Today was all about KINDNESS! We talked about how Jesus gives us the greatest example of how to show kindness to others, and how as the Holy Spirit fills us up with His kindness, this will flow out into the lives of those around us.

Galatians 5:22-23

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

Flash Card: Kindness

Discussion Questions:

- Who is the kindest person you know? What is something kind that someone has done for you?
- Who is the best example of kindness in the whole world? (Jesus)
- What are some ways we can show kindness to others?

Family Challenge:
As a family, complete three intentional acts of kindness for people outside your home. (e.g. wave to a neighbour, pray for someone, give someone groceries from the Pantry at church, make a new friend, encourage someone, tell someone Jesus loves them, write someone a letter, etc.)

9 AUGUST: THE FRUIT OF THE SPIRIT (GOODNESS)

Lesson Overview

Today we continued our teaching season on The Fruit of the Holy Spirit. Today was all about GOODNESS! We talked about how goodness is more than being good or doing good things, it's about being more like Jesus and loving the things He loves and disliking the things He does. When we follow the Holy Spirit, we produce goodness.

Galatians 5:22-23

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

Flash Card: Goodness

Discussion Questions:

- What are some things that God loves? (being kind, prayer, doing the right thing, standing up for what's right, etc.)
- Why is doing the right thing sometimes hard?
- Can you think of a time when the Holy Spirit helped you make a good choice?

Family Challenge:
Each day, share one good choice you made, even if nobody else saw it.

SUNDAY SCHOOL

HOME CONTENT

Month

August

Season

The Fruit of the Holy Spirit

16 AUGUST: THE FRUIT OF THE SPIRIT (FAITHFULNESS)

Lesson Overview

Today we continued our teaching season on The Fruit of the Holy Spirit. Today was all about FAITHFULNESS! We talked about how faithfulness means to follow, a bit like follow the leader - one step after the other, keeping our eyes on God. We talked about how being faithful means trusting God and continuing to follow Him and His ways even when it gets hard.

Galatians 5:22-23

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

Flash Card: Faithfulness

Discussion Questions:

- What does faithfulness mean? (follow and believe/trust)
- How has God been faithful to our family? Share testimonies.

Family Challenge:
Everyone chooses one promise or responsibility and makes a special effort to follow through on it all week. E.g. lead family prayer, read the Bible, help someone, etc.

23 AUGUST: THE FRUIT OF THE SPIRIT (GENTLENESS)

Lesson Overview

Today we continued our teaching season on The Fruit of the Holy Spirit. Today was all about GENTLENESS! We talked about how gentleness shows others what Jesus is like & how gentleness isn't just about being soft & caring on the outside, it's about carrying a soft & caring heart on the inside.

Galatians 5:22-23

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

Flash Card: Gentleness

Discussion Questions:

- What does gentleness look like? (kind hands, soft heart, listening ears, open heart to God).
- Why is gentleness a good thing? (it shows others what Jesus is like)

Family Challenge:
Each person chooses one way they can show gentleness this week. Encourage each other when you see gentleness in action.

SUNDAY SCHOOL

HOME CONTENT

Month

August

Season

The Fruit of the Holy Spirit

30 AUGUST: THE FRUIT OF THE SPIRIT (SELF CONTROL)

Lesson Overview

Today we wrapped up our teaching season on The Fruit of the Holy Spirit. Today was all about SELF CONTROL! We talked about how having self control and following what God says protects us from things that might hurt us or others, even when it is hard.

Galatians 5:22-23

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

Flash Card: Self Control

Discussion Questions:

- What is self control?
- What is something that can be hard to control? (our words, feelings, actions, etc.)
- Who helps us have self control? (the Holy Spirit)
- Why is self control important? (Having self control & following what God says protects us from things that might hurt us or others).

Family Challenge:
When faced with a difficult choice this week, practice stopping, thinking, praying, and asking the Holy Spirit to help us have self control.

BONUS FLASH CARD

These can be used throughout the teaching season and/or for review at the end.

Discussion Questions:

- Which fruit do you find easy?
- Which fruit would you like God to help you grow?
- How do these fruits help us become more like Jesus?

Family Challenge:
Throughout the week, look for examples of the Fruit of the Spirit in family members, friends, teachers, and church leaders. Share what you noticed at dinner.