

A Family Guide to the Fruit of the Spirit

Just like a seed needs water and sunshine to grow, our hearts need God's love! When we spend time with God and let the Holy Spirit work inside of us, we become like a beautiful, healthy garden. But instead of growing apples and oranges, the Holy Spirit grows beautiful ways of living and loving.

When you see these "fruits" popping up in your life, it's God's love growing strong inside you.

Love

- Picture a warm, cozy hug for the world.
- God loved us first! Love is the rich soil where all the other fruits grow. It means treating every single person like they are a beautiful masterpiece made by God.
- Look a family member in the eye today and tell them exactly why you are so glad God made them.

Joy

- Picture a bright, shining light inside your heart.
- Joy is more than just being happy when things go your way. It is a deep-down gladness that comes from knowing God is always with you, even on hard days.
- Have a 3-minute family dance party to your favorite song! Celebrate that God loves you.

Peace

- Picture a calm, quiet lake on a still morning.
- Sometimes the world is loud, busy, and scary. Peace is trusting God so much that your heart feels safe and relaxed, no matter what is happening around you.
- Take three deep breaths together. Spend one whole minute in total silence, listening for God's quiet whisper.

Patience

- Picture a tiny seed slowly growing in the dirt.
- Waiting is really hard! Patience is trusting God's timing and keeping a good, kind attitude even when we don't get what we want right away.
- Play a board game that requires taking turns. Practice cheering for the other players while you wait for your turn.

Fruit of the Spirit (Continued)

Kindness

- Picture a pair of helping hands.
- Kindness is spotting someone who needs a little extra sunshine and giving it to them. It is choosing to use gentle words and thoughtful actions to make someone else's day better.
- Do one secret favor for someone today (like making their bed or leaving a happy note).

Generosity

- Picture a big wrapped present.
- God generously gives us everything we have! Generosity is the happy, overflowing feeling we get when we share our toys, our time, and our snacks with others.
- Look through your room and find one nice toy or book you can give away.

Faithfulness

- Picture a strong, sturdy anchor on a boat.
- Being faithful means people can count on you. It means keeping your promises to God and being a loyal friend who sticks around, even when things get tough.
- Talk about a promise or a chore you have at home (like feeding the dog or cleaning up). Show faithfulness by doing it today without being asked!

Gentleness

- Picture a soft, fuzzy blanket.
- You have a lot of power in your words and your body. Gentleness means choosing to be careful, soft, and tender with other people's feelings and bodies.
- Practice using your "gentle voice" and "gentle hands" today, especially if you get frustrated with a family member or friend.

Self Control

- Picture pressing pause on a video game.
- Sometimes our feelings are really big! Self-control means asking the Holy Spirit to help you be the boss of your own choices, even when you are super mad or super excited.
- Play a game of "Red Light, Green Light" to practice the fun of stopping and starting when you are supposed to!