



Fruits of the Spirit Study

12 Lessons about the Fruits of the Spirit

Originally created to be used for Sunday School lessons for Middle School girls. This could easily be adapted for older or younger students, or for use with adults.

Please contact Hanna at hsnider@mobilemissionsnetwork.com with any questions.

Lesson 1: What are the fruits? Why should we know about them?

In this lesson, students will get an overview of the Fruits of the Spirit, as well as take a pre-assessment to help the teacher understand how much prior knowledge the students have about the fruits.

Ice Breaker: Begin the lesson with a fruit or fruit flavored snack. We used Zotz fruit flavored candy. Explain to students that the next several weeks will be spent discussing the Fruits of the Spirit.

Anticipatory Set: Ask students to share a favorite movie, book or Bible character. How would they explain the character? What characteristics do you like about this person?

Life application: How would someone describe you and the character traits you normally display? Hand each student their pre-assessment page. Ask each student to write down some characteristics they think describe them in the past week. Then move on to the rest of the questions on the pre-assessment. Depending on age, students can do the questions on their own, or together as a group.

Ask students to share some of their answers with the class. Be sure to note which fruits students think they display the most, and which ones they need to work on the most. This information can be helpful in planning future lessons.

Scripture Reading: Read Galatians 5: 16-26. Pause after the list of the works of the flesh to discuss the meanings of the works listed. Do students see these works on display in the world around them? Do they see them in their own lives? Continue reading the passage and then discuss the Fruits of the Spirit listed in verses 22 & 23. Talk about the contrast in the works of the flesh and the spirit. Which list do they want to demonstrate with their lives? Explain that these fruits should be displayed in the lives of all Christ followers. These are evidence of Christ in us. If someone does not belong to Christ it is impossible for them to do these things on their own because our flesh does not always want to do the right things. If someone in the group has not accepted Christ as their savior, explain that they can do this anytime and you would be glad to speak to them more about it.

Challenge of the Week: Memorize the list of the fruits if students do not already have them memorized. Ask students to pay attention to how they display the fruits throughout their week.

Close in prayer.

Fruit of the Spirit Pre-Assessment

August 2022

Name: _____

What are some characteristics that describe you?

Can you name all the Fruits of the Spirit off the top of your head?

- a. Yes
- b. No
- c. I like apples

Which three fruit do you think you show the most?

Love Joy Peace Patience Kindness Goodness Faithfulness

Gentleness Self-Control

Which three fruits do you think you need to work on the most?

Love Joy Peace Patience Kindness Goodness Faithfulness

Gentleness Self-Control

Lesson 2: How did Jesus Demonstrate the Fruits of the Spirit

In this lesson, students will see how Jesus showed each of the fruits by reading verses from the Gospels.

Ice Breaker: Fruit scented markers. Allow students to check out the markers and color a Fruits of the Spirit coloring page. Visit with students about their week, etc. as you allow them to color for a few minutes. (There is a large variety of Fruits of the Spirit coloring pages which can be found for free or for purchase online.)

Anticipatory Set: Ask students how many fruits they think Jesus displayed during his time on earth. Give them the Lesson 2 handout page and see if they can fill in the middle column with examples off the top of their head. Explain that they do not have to write in sentences. They can just write words, phrases, or draw pictures. If they can't think of an example, it is ok to skip that fruit. Give students 3-5 minutes to come up with ideas.

Scripture Reading: Divide up the list of scriptures on the Lesson 2 handout page so students can take turns reading. The teacher needs to pre-read each passage, as many of the verses will need to be explained in the context of the passage so students understand them better. After each verse is read, discuss how this is an example of Jesus displaying the fruit. Ask students what other examples they can think of from scripture of Jesus displaying that fruit.

If time allows, read and discuss each of the verses on the page. If there is not enough time, finish this lesson when you meet together again the next time.

Reflection: Did these verses help you see that Jesus clearly displayed each of the fruits with his life? What fruits have you clearly displayed with your life this week?

Challenge of the Week: Memorize the list of the fruits if students do not already have them memorized. Ask students to pay attention to how they display the fruits throughout their week.

Close in prayer.

How did Jesus Demonstrate the Fruits of the Spirit?

Fruit	Examples From Scripture you can Think of	Bible Verses
<i>Love</i>		John 15:12 &13
Joy		John 15:11
Peace		John 14:27
Patience		Luke 23:34
Kindness		Luke 22:51
Goodness		John 10:11
<i>Faithfulness</i>		John 12:27
Gentleness		Matthew 21:5
Self-Control		Luke 4:4

Reflection: What fruits have you clearly demonstrated with your life this week?

Lessons 3-11: Individual Fruits

The next lessons will each focus on one of the fruits per lesson. Each student should receive a handout for the lesson. They can use the handout to look up scriptures pertaining to the fruit as well as take notes.

An extra focus of these lessons is learning how to have an accountability partner. Each week, students will identify ways they can do a better job displaying that specific fruit. Encourage them to be specific. Is there a specific person or activity they feel led to do during the week to show the fruit they are focusing on? Each student will have an accountability partner for the week. You can keep the same partners throughout the unit, or switch each week.

At the end of each lesson, students will create a new piece of fruit for their “fruit salad”. Students can decorate rocks to resemble different fruits to add to the basket. They need to label each fruit as what it represents from the Fruits of the Spirit. See the Fruit Salad page for more info.

Example Lesson Outline:

Greeting

Check in with Accountability Partners from previous week

Look up scriptures and discuss as a group

Self-reflections/prayer on how to better display the fruit

Discuss with accountability partners for current week

Create fruit for “fruit salad”

Discuss prayer requests/praises

Close in prayer

Fruit Salad Page

Students will create a piece of fruit at the end of each lesson to help them remember each of the fruits of the spirit. At the end of the unit, they will have created a fruit salad to serve as a reminder of what they learned. We used river rocks painted with acrylic paint pens to make our fruit. The front was decorated to resemble the fruit and the name of the specific fruit of the week was written on the back.

Other idea include:

- Fruits cut out of construction paper,
- fruit cut from grocery ads, a coloring page, plastic/toy fruit, eating a piece of the real fruit each week, and
- having a big fruit salad to eat on the last week



These are some ideas of fruits to use for the fruit salad:

Love Strawberry can be heart shaped	Joy Orange Can be cut to make smile shapes	Peace Pineapple Must be cut into "peaces" to eat
Patience Kiwi you need patience to open and eat it	Kindness Grapes kindly given to sick people	Goodness Blueberries full of good, healthy things
Faithfulness Bananas Stick together in bunches (faithful to each other)	Gentleness Peach They have to be handled gently so they don't get damaged	Self-Control Apple Eve did not show self-control when she ate the fruit in the Garden of Eden

<p><i>Love</i></p>	<p>Date:</p>
<p><i>Scriptures to Look Up:</i></p> <p>-John 13:35</p> <p>-1 Corinthians 13:4-8</p> <p>-1 Peter 4:8</p> <p>-1 John 3:1</p>	<p><i>Notes:</i></p>
<p>How will I be more loving this week?</p>	
<p>Who will help hold me accountable?</p>	<p>Who will I help hold accountable?</p>
<p>Prayer Requests/Praises for the Week:</p>	

<h1>Joy</h1>	<p>Date:</p>
<p><i>Scriptures to Look Up:</i></p> <ul style="list-style-type: none"> -Romans 12:12 -Romans 15:13 -John 15:11 -John 16:11 -Hebrews 12:2 	<p><i>Notes:</i></p>
<p>How will I be more joyful this week?</p>	
<p>Who will help hold me accountable?</p>	<p>Who will I help hold accountable?</p>
<p>Prayer Requests/Praises for the Week:</p>	

<h1>Peace</h1>	<p>Date:</p>
<p><i>Scriptures to Look Up:</i></p> <ul style="list-style-type: none"> -John 14:27 -John 20:19 -Philippians 4:6-7 -1 Peter 3:10-11 	<p><i>Notes:</i></p>
<p>What will I do to try to be filled with peace this week?</p>	
<p>Who will help hold me accountable?</p>	<p>Who will I help hold accountable?</p>
<p>Prayer Requests/Praises for the Week:</p>	

<h1>Patience</h1>	<p>Date:</p>
<p><i>Scriptures to Look Up:</i></p> <ul style="list-style-type: none"> -Luke 8:15 -James 5:7-8 -Galatians 6:9 -Romans 8:25 	<p><i>Notes:</i></p>
<p>Who do I need to be more patient with this week? What will I do to practice being patient?</p>	
<p>Who will help hold me accountable?</p>	<p>Who will I help hold accountable?</p>
<p>Prayer Requests/Praises for the Week:</p>	

<h1 style="text-align: center;">Kindness</h1>	<p>Date:</p>
<p><i>Scriptures to Look Up:</i></p> <ul style="list-style-type: none"> -Ephesians 4:31-32 -Matthew 25:34-36 -Luke 6:35-38 	<p><i>Notes:</i></p>
<p>How will I be more kind this week? Who is someone I need to be more kind to? What will I do to show them kindness?</p>	
<p>Who will help hold me accountable?</p>	<p>Who will I help hold accountable?</p>
<p>Prayer Requests/Praises for the Week:</p>	

<h1>Goodness</h1>	<p>Date:</p>
<p><i>Scriptures to Look Up:</i></p> <ul style="list-style-type: none"> -Matthew 5:16 -Psalms 31:19 -James 1:17 -Galatians 6:10 	<p><i>Notes:</i></p>
<p>How will I be filled with more goodness this week? Is there something that isn't very good that I need to cut out of my life?</p>	
<p>Who will help hold me accountable?</p>	<p>Who will I help hold accountable?</p>
<p>Prayer Requests/Praises for the Week:</p>	

<h1 style="font-family: cursive;">Faithfulness</h1>	<p>Date:</p>
<p><i>Scriptures to Look Up:</i></p> <ul style="list-style-type: none"> -1 John 1:9 -Hebrews 10:23 -Revelation 2:10 -Matthew 25:21 	<p><i>Notes:</i></p>
<p>How will I be more faithful to God this week?</p>	
<p>Who will help hold me accountable?</p>	<p>Who will I help hold accountable?</p>
<p>Prayer Requests/Praises for the Week:</p>	

<h1 style="text-align: center;">Gentleness</h1>	<p>Date:</p>
<p><i>Scriptures to Look Up:</i></p> <ul style="list-style-type: none"> -Matthew 11:29 -Matthew 21:5 -Philippians 4:5 -Proverbs 31:26 	<p><i>Notes:</i></p>
<p>Who do I need to be gentler with? How will I be more gentle this week?</p>	
<p>Who will help hold me accountable?</p>	<p>Who will I help hold accountable?</p>
<p>Prayer Requests/Praises for the Week:</p>	

<h1 style="text-align: center;">Self-Control</h1>	<p>Date:</p>
<p><i>Scriptures to Look Up:</i></p> <ul style="list-style-type: none"> -Philippians 4:8-9 -2 Peter 1:3-11 -2 Timothy 1:7 -Proverbs 25:28 	<p><i>Notes:</i></p>
<p>What will I do to have more self-control this week? In what areas of my life have I been giving in to the desires of the flesh?</p>	
<p>Who will help hold me accountable?</p>	<p>Who will I help hold accountable?</p>
<p>Prayer Requests/Praises for the Week:</p>	

Optional Lesson 12

If time allows, this lesson can be used to recap all the other weeks, or these questions could be used at the end of week 11 to summarize the unit.

Read and Recap: Galatians 5:16-26

Ask and Discuss:

- Why are the fruits of the Spirit important?
- Can other people see evidence of good fruit in your life?
- What fruits have you gotten better at displaying?
- What fruits do you need to continue to improve on?
- What benefits did you see from having an accountability partner?
- How will you continue to help hold each other accountable?

Celebrate by having a fruit party with real fruit salad, fruit brunch, fruit pizza, etc. You can also purchase a gift for each student if applicable such as a fruit of the Spirit t-shirt. Many cute designs can be found on Amazon if you are looking for resources. There are also stickers, bookmarks, etc. that could make cute gifts.

* Please note: Not all the ideas in this unit are original. Some ideas were found as part of other resources, modified, and added to create the unit. Please contact Hanna at hsnyder@mobilemissionsnetwork.com with any questions.