

Registered charity no 251394



September 2020

We plant the seeds, God gives the Harvest

September is traditionally Harvest Time, and many churches will be holding Harvest Festival services during September or October. It is a time for us to give thanks for all the wonderful food that we can have to eat, and not just food grown in this country. Many of our favourite foods now come from all over the world so we have the luxury of being able to enjoy food that we cannot grow in this country. Perhaps sometime you could look at the labels on the food you have at home and try to see where it comes from.

There are lots of references to food in the Bible. Once Jesus told a parable about the king who laid on a feast that the invited guests didn't want to come to, so instead he called for the poorest people to be brought to share it with him.

Another passage tells of the "Fruits of the Spirit" – how we are changed if we let the spirit of God into our hearts.



If you read the words on the sections of the pear in the picture you will see that the fruit – "gifts" – of the spirit are:

Love Joy Peace
Patience Kindness Goodness
Faithfulness Gentleness Self control

They are all laid out in a letter that St Paul wrote to the people of Galatia. (*Galatians 5:22-23*)

To make yourself a reminder you could either copy the picture on the left by drawing a pear shape and colouring in 9 bands of colour and then write one of the gifts on each. OR you could make the giant apple shaped one pictured below.

To make a Fruits of the Spirit apple cut 9 long strips along the length of A4 sized paper, about 3cm wide. Write one of the "fruits" on each one then. With the writing underneath, lay them in a circle (see pic), each one touching in the centre.

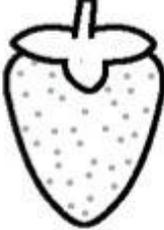
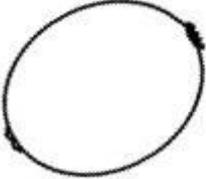
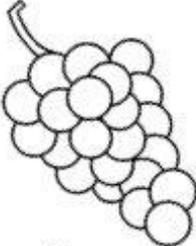
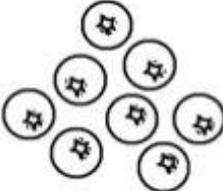
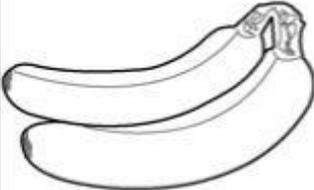
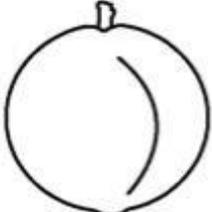


Put a dab of glue on the ends of each strip where they overlap in the centre. When you are sure that the glue is holding, bend each strip up to form the hollow circle, putting a dab of glue on each one and overlapping them at the top. You could cut out a green leaf with the words "Fruit of the Spirit" to stick on top.



If you were looking for a fruit to represent each of those gifts, I wonder what you would choose? There are some ideas over the page.

The fruits of the the spirit are

<p>Love</p>  <p>Strawberry Can be heart shaped</p>	<p>Joy</p>  <p>Orange Can be cut to make smiley – joyful mouths</p>	<p>Peace</p>  <p>Pineapple Must be cut into "peaces" to eat</p>
<p>Patience</p>  <p>Kiwi You need patience to get all the bit out of your teeth</p>	<p>Kindness</p>  <p>Grapes Kindly given to sick people</p>	<p>Goodness</p>  <p>Blueberries "super food" with so much goodness in</p>
<p>Faithfulness</p>  <p>Bananas In bunches that stick together (faithful to each other)</p>	<p>Gentleness</p>  <p>Peach You have to handle these gently so you don't damage them</p>	<p>Self Control</p>  <p>Apple Eve didn't show self control when she ate the apple</p>

Have you ever noticed that strawberries are sometime heart shaped, or have you played with the skin of half an orange after squeezing all the juice out, to make a big mouth with it? Here is a chart with lots of different fruits that could represent those gifts of the spirit and why. You might like to colour it in.

St Paul tells us that the greatest of all these gifts is LOVE. Love for God and love for each other.

Here is a wordsearch for the "Fruits of the Spirit". Can you find all nine?

P E A C E L B O G X L R M G I K H P X S
 U L O W T F L T O I K H U K J E R T U M
 I M P D P G N Y G K Y V M H O U F R T C
 K T A K C J O V Q V A T C P Y T A Z M N
 P I T D S K T O W X P B D J W D I T U F
 B I I R X Y K Z D A F L H I E Q T S K S
 U T E U M P I G E N J Y Z S B Z H D Q I
 Q P N Y O M X S X J E X U E X T F E H H
 W I C M U L G V D H S S M W L G U Z V Q
 N Q E V V P I Y U C G N S Q D A L C M D
 C T L A J N Y O N G N P Q V Y C N A A X
 N S S G E N T L E N E S S C Y K E V G X
 T B B N Z Z V T S G K L C D C W S M B I
 H M N N T O F F Z A H C Y Z V U S G L P
 D S E L F C O N T R O L Z J K N H Y E L
 Y R W H V G R D D Q T P W M W D C P T O
 N Q A M P H Q U O H V M P Y D E E Z T V
 I H W Z J M X L T D C A M C B V D W D E
 I Z K I N D N E S S T T A R C H R M P O
 J R I Q T K O P J X K T Q K K L B U Q N

- Faithfulness Peace
- Love Goodness
- Joy Self Control
- Kindness Patience
- Love

