

## **Fruit of the Spirit – JOY!**

- **Introduction:** Ask the children what makes them really happy? What makes them sad?
- **Activity:** Get some instruments and make a joyful noise and do some 'copy the rhythm' games. Ask the children to shake their instruments loudly, quietly, getting louder, getting quieter, follow and copy my rhythm. Ask the children how they felt when the instruments were loud? How did they feel when the music was quiet? What music was their favourite?
- **Sing:** Great Big God, Superhero, Lighthouse, Wiggle Freeze, Wiggle like a worm.
- **Talk:** This week we are starting a new topic looking at the 'Fruit of the Spirit' as described by Paul in his letter to the Galatians. He says that the Fruit of the Spirit is Joy, Love, Peace, Patience, Goodness, Kindness, Gentleness, Faithfulness, and Self-Control. Over the next nine weeks we will be looking at each of these fruits/attributes/qualities. What might the 'Fruit of the Spirit' be in our lives - do we grow fruit like trees? **No, we're not trees! But as we get to know Jesus better, these qualities start to grow in us like fruit grows on trees and we begin to be more Joyful, Loving, Peaceful, Patient, Good, Kind, Gentle, Faithful and have more Self-Control.** Today we are going to look at Joy.
- **Watch/Read:** Lottie's 'Fruit of the spirit - Joy!' You Tube video at <https://youtu.be/jQEKixq7kJw> or read Galatians 5:22-23.
- **Discussion:** Do you think happiness the same as joy? **Happiness is based on circumstances like having an ice cream or a new toy - but once you've eaten that ice cream or got bored of the toy, the happiness goes. Instead, joy is deeper & longer-lasting, and ultimately comes from Jesus - knowing he loves us and will never leave us. So joy never fades or stops, even though tough stuff happens, like dropping your ice cream, or worse falling out with friend or being in a different class to them. How can we have a joy that lasts? The joy of knowing Jesus lasts. How can we come to know Jesus? Listen to stories about him/ read the Bible, talk about him to people who know Jesus, talk to him by praying, go to groups where we learn about him.** What do you think Jesus wants us to do with the joy we get from him? **Share it with everyone.** How can we share our joy with everyone? **We can choose not to scream and shout if we don't win a game. We can choose to be grateful for what we have, not focus on what we don't have. We can know that even when sad things happen, Jesus is with us, will help us through and will always, always love us.**
- **Pray:** Dear Jesus. Thank you that you love us and you will never leave us. Help us to come to know you more so joy will grow in us, helping us to choose to keep going and not be overwhelmed when tough things happen in life. Thank you that you are always with us, loving and helping us in good times as well as bad times. Amen
- **Print and make:** The Fruit of the Spirit tree from below and use it each week over this 9-week session period to cut out, colour in and add the fruit we discuss each week. Or you could draw your own big tree to display somewhere and do a different fruit craft to stick on it each week (see the example below).
- **Make and Play:** 'Bean Bag Joy Toss', using six sheets of coloured/plain paper. Draw a big circle on each sheet of paper and cut it out. Help the children to write or draw the following: I choose Joy when I'm tired, I choose Joy when I don't win a game, A sad face, I choose Joy when I don't get my own way and I choose Joy when I have to tidy my toys up. Or you could create your own based on

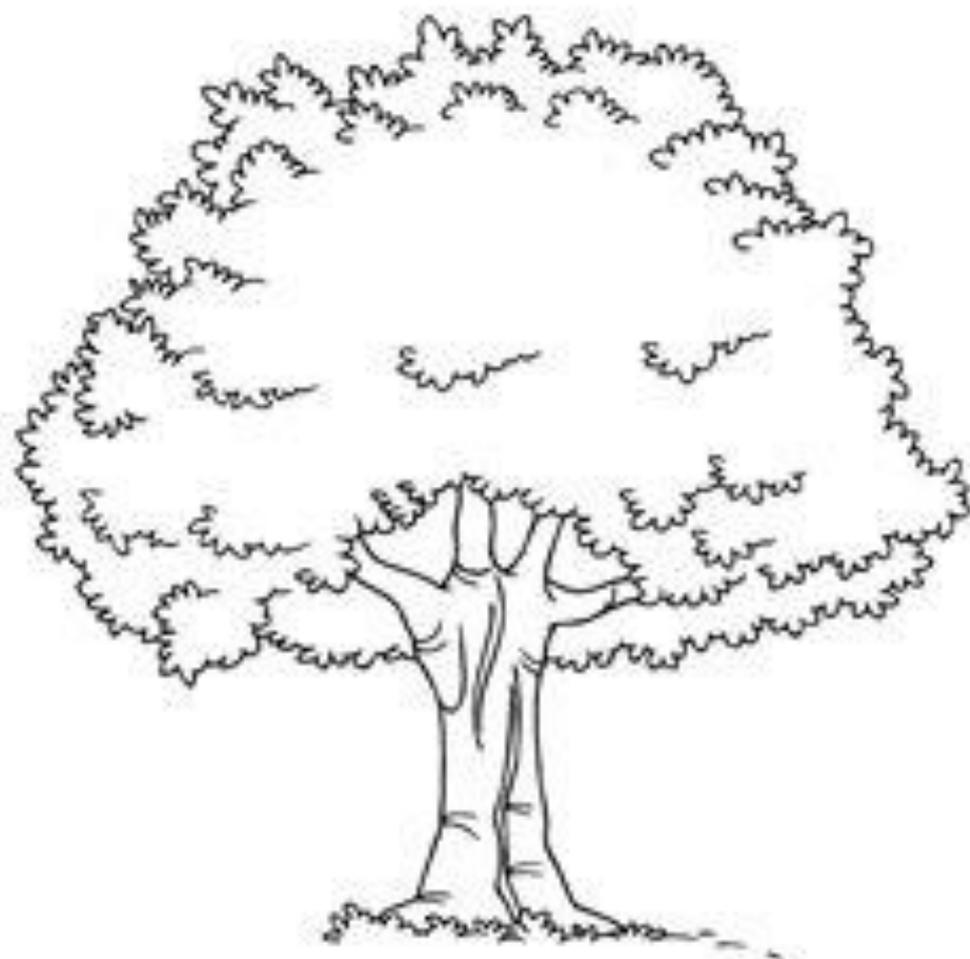
ideas from the children. If you don't have coloured paper, you could help the children to colour the spots in bright colours or use coloured paper plates or plain paper plate and colour them in. Then put the spots on the floor and using a bean bag/small ball or a rolled-up pair of socks to throw at the spots and see which spot it lands on. Then talk about how you can be joyful when you are in these situations. For example, instead of whining when you tired you can try to be joyful – grateful that you have a bed to sleep in, thankful for the good things you've enjoyed that day. If you land on a sad face, you could all pull a sad face and then slowly change it into a joyful face.

- **Make:** Use the Joy Template below or make your own with stencils or bubble writing. Give the children some glue and Cheerio's and help them to fill the word Joy with Cheerio's. You could also do this as a collage with brightly coloured paper, pompoms, fabrics, or foils.
- **Copy:** The attached and colour in colouring pages, search for the objects and the words, do the crosswords and the anagrams.
- **Play:** The Bean Bag Joy Toss that you made above. You could line the spots up away from you and see if you can throw your item onto each spot. See how many variations of the game you can come up with.
- **Enjoy:** A drink and biscuit

# The fruit of the Spirit



Colour, cut and glue the fruit on the tree.

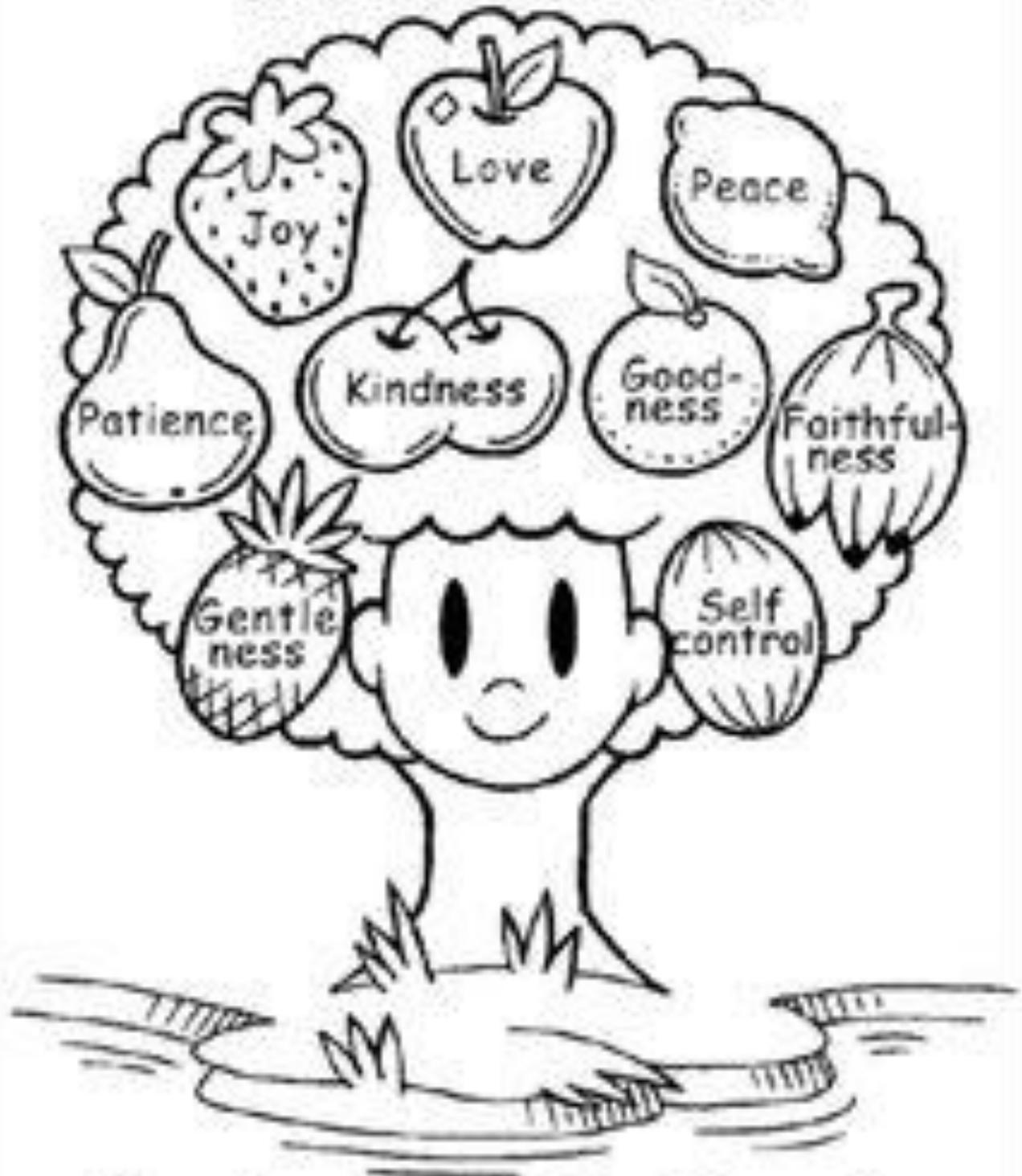


# Good Fruit of God!



# Fruit Of The Spirit

Galatians 5:22-23



I'm a tree planted by the water

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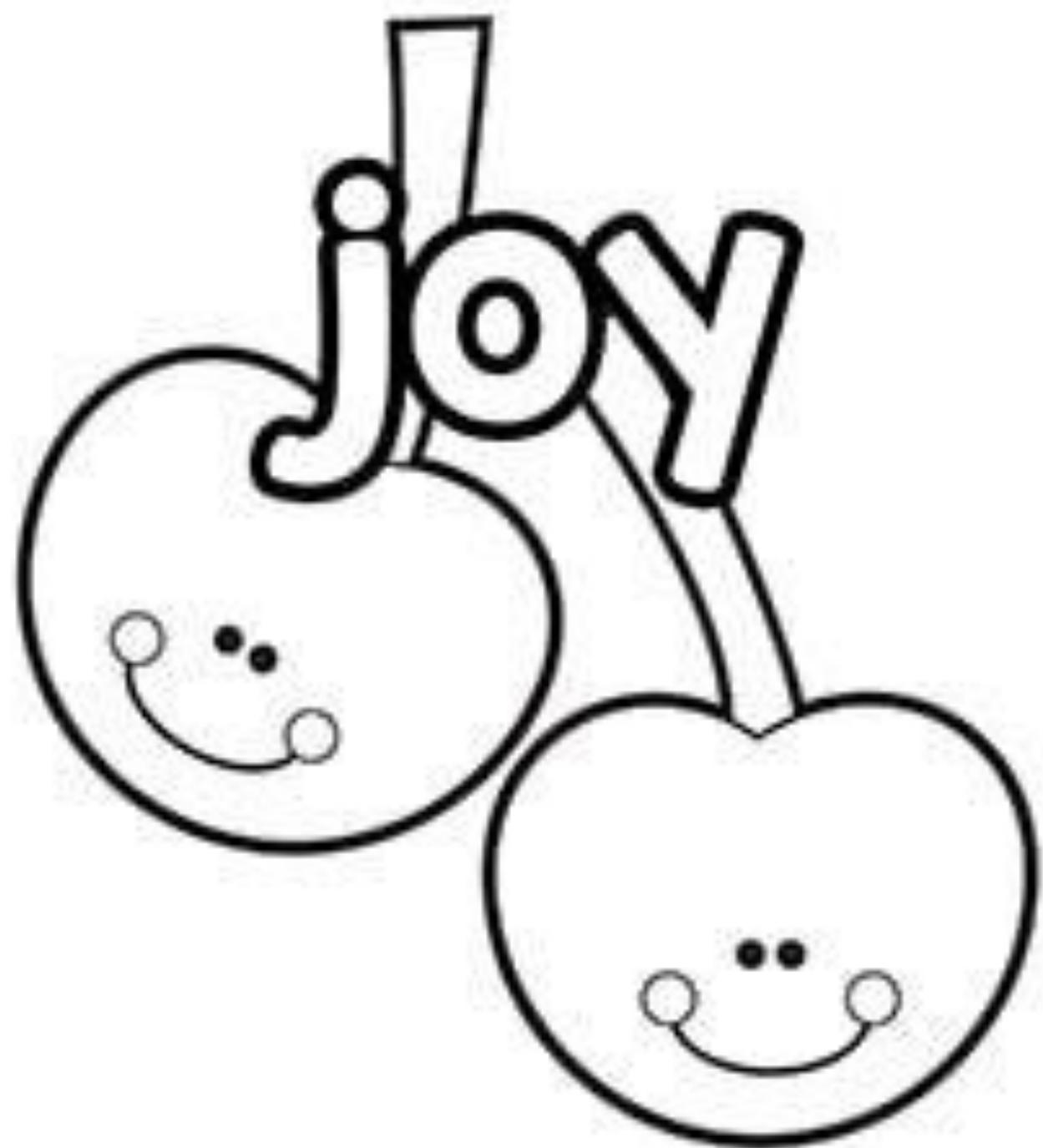
# Spread The Joy Bean Bag Toss Game



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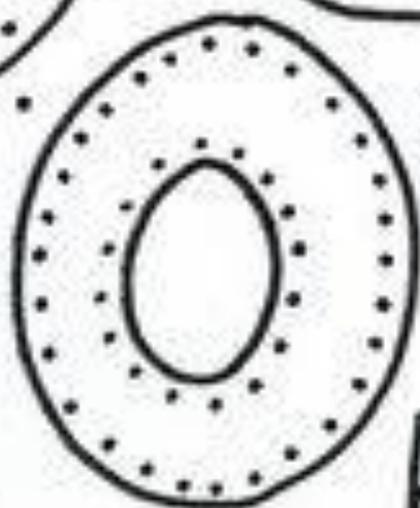


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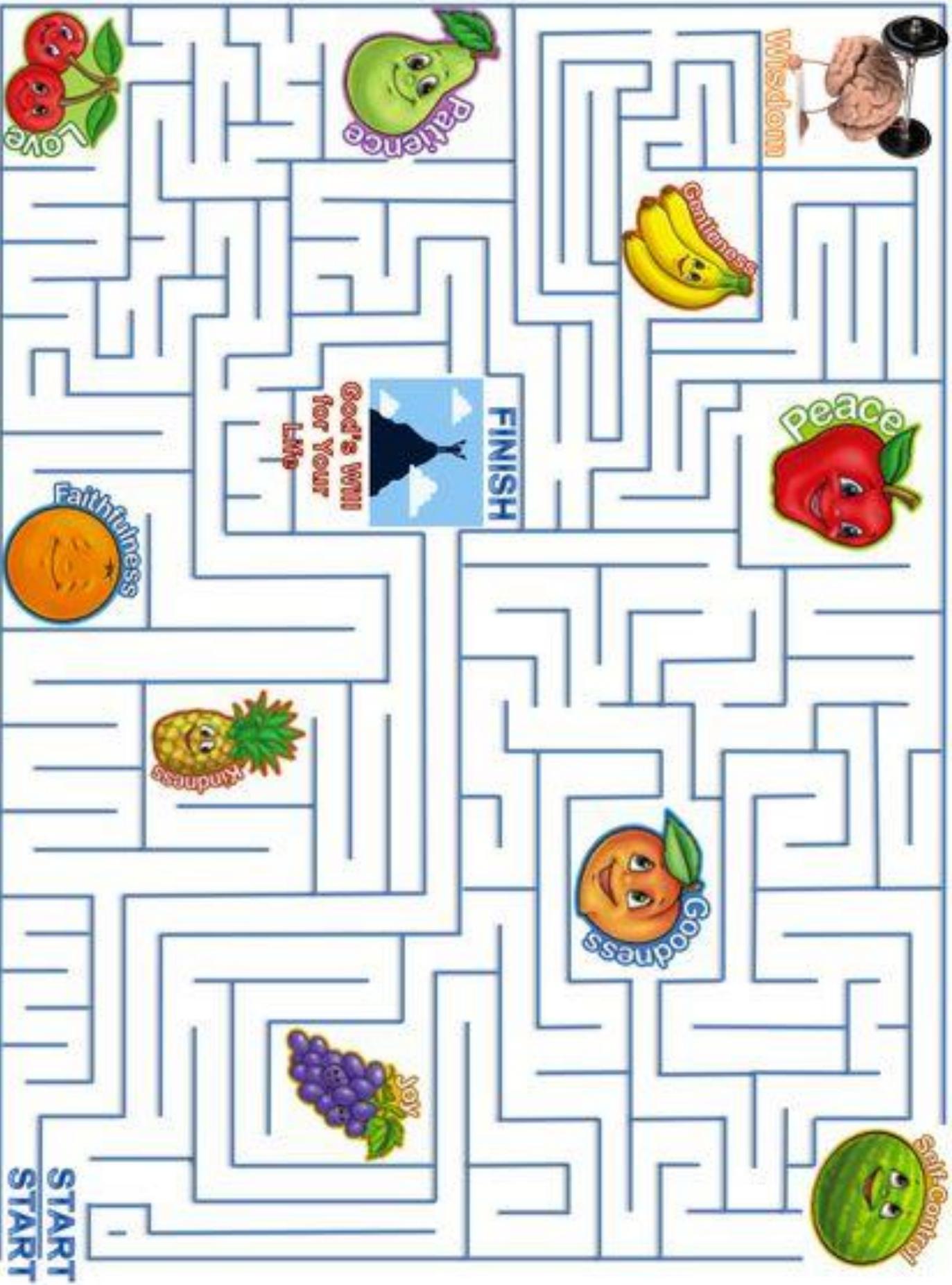
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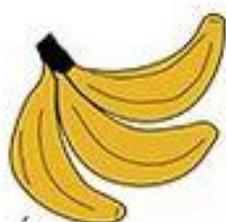


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# Bible Pathway Adventures

WORD SEARCH

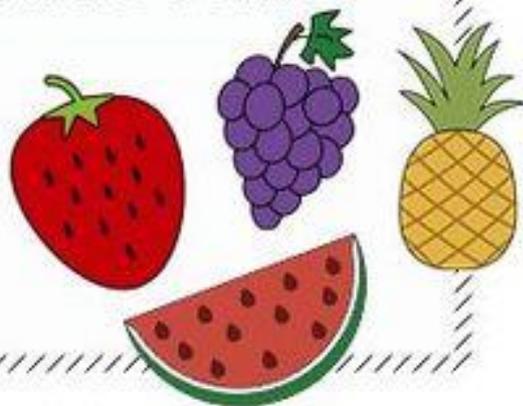


## FRUIT OF THE SPIRIT

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

PATIENCE  
FAITHFULNESS  
SELF-CONTROL  
KINDNESS  
GENTLENESS

PEACE  
JOY  
GOODNESS  
LOVE



For more free Bible resources and Teacher Packs including coloring pages and worksheets, visit our website: [www.biblepathwayadventures.com](http://www.biblepathwayadventures.com)



## FRUIT OF THE SPIRIT

Read John 16:18 to learn the role of the Holy Spirit. Then read Galatians 5:22-25. Fill in the blanks with the words at the bottom of the page.

“But the \_\_\_\_\_ of the Spirit is love, \_\_\_\_\_, peace, patience, \_\_\_\_\_, goodness, \_\_\_\_\_, gentleness, and self-control. Against such \_\_\_\_\_ there is no law. Those who belong to \_\_\_\_\_ have crucified the \_\_\_\_\_ with its desires. If we live by the \_\_\_\_\_, let us also walk by the Spirit.”



SPIRIT  
JOY  
KINDNESS  
THINGS

CHRIST  
FRUIT  
FLESH  
FAITH