

Faith @ Home box

Fruits of the Spirit - Galatians 5

The Fruit of the Holy Spirit is a biblical term that sums up nine attributes of a person or community living in accord with the Holy Spirit, according to chapter 5 of the Epistle to the Galatians: "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. ..." This month I have included activities for all 9 attributes. Pick and choose as you like.

Love

Devo for families <https://www.gatherandgrow.co/fruit-of-the-spirit-family-devotional-love/>

Activities/Science experiment - <https://thelittlesandme.com/the-fruit-of-the-spirit-is-love-kids-activities/>

Bible lesson + coloring sheet <https://ministry-to-children.com/love-bible-lesson/>

Object lesson - <https://biblebaton.com/object-lesson-on-love-for-kids/>

Children's sermon http://childrenschapel.org/biblestories/fruit_love.html

Joy

Activities - <https://thelittlesandme.com/the-fruit-of-the-spirit-is-joy-kids-activities/>

Craft- https://www.daniellesplace.com/html/bible_themes-fruit2.html#fruitloop

Coloring page -

https://www.google.com/search?q=+joy+coloring+page&tbm=isch&ved=2ahUKEwi8hIPgrNLqAhXVcs0KHRYgCUuQ2-cCegQIABAA&oq=+joy+coloring+page&gs_lcp=CgNpbWcQAzICCAAYAggAMglIADIGCAAQBxAcMgYIABAHEB4yBggAEAcQHjIGCAAQBxAcMgYIABAHEAUQHIDWBViIFGCFHmgAcAB4AoAB4gKIAe0VkgEIMC4xMC4zLjGyAQCGAQGgAQtdn3Mtd2l6LWltZw&sclient=img&ei=bJUQX7yeBtXltQaWwKTYBA&bih=600&biw=1252&clie nt=firefox-b-1-d&hl=en

Devo - <https://www.faithgateway.com/6-ways-kids-can-learn-live-joy/>

Object lesson - <https://resourceforkidsministry.com/2017/07/05/joy-fruit-of-the-spirit/>

Peace

Activities - <https://thelittlesandme.com/the-fruit-of-the-spirit-is-peace-kids-activities/>

Bible lesson - <https://ministry-to-children.com/peace-bible-lesson/>

Family devo - <http://www.calvarykaty.org/wp-content/uploads/2014/05/Lesson-3-Curriculum.pdf>

Craft - https://www.daniellesplace.com/html/bible_themes-fruit3.html#lesson

Family ?s - <https://www.connectbcc.org/wp-content/uploads/2018/02/PDF-Family-Devotions-Fill-in-Weeks-1-6.pdf>

Patience

Activities - <https://thelittlesandme.com/the-fruit-of-the-spirit-is-patience-kids-activities/>

Devo - <https://www.gatherandgrow.co/fruit-of-the-spirit-family-devotional-love/>

Craft - <https://3gigglygirlsathome.wordpress.com/2013/12/07/fruit-of-the-spirit-patience/>

Object lesson - <https://www.futureflyingsaucers.com/fruit-of-the-spirit-fruit-salad-object-lesson/>

Kindness

Activity - <https://thelittlesandme.com/the-fruit-of-the-spirit-is-kindness-kids-activities/>

Devotion - <https://www.gcu.edu/blog/spiritual-life/weekly-devotional-fruit-spirit-kindness>

Bible lesson - <https://www.gcu.edu/blog/spiritual-life/weekly-devotional-fruit-spirit-kindness>

Discussion - <https://resourceforkidsministry.com/2017/07/26/kindness-fruit-of-the-spirit/>

Object lesson - <https://lookforlittlehelpers.com/2018/04/23/kindness-object-lesson/>

Goodness

Activities - <http://thelittlesandme.com/the-fruit-of-the-spirit-is-goodness-kids-activities/>

Devo - <https://www.wattpad.com/256201626-sunday-school-lessons-6-goodness-the-nine-fruits>

Craft - <https://ohamanda.com/2010/03/02/goodness-fruit-of-the-spirit-lime-sun-catcher/>

FOS basket - <https://www.youtube.com/watch?v=sVg4L7oRm14>

Lesson - <https://ministryspark.com/fruit-spirit-kids-lesson/>

Faithfulness

Activity - <https://thelittlesandme.com/the-fruit-of-the-spirit-is-faithfulness-kids-activities/>

Devo - <https://lifehopeandtruth.com/god/holy-spirit/the-fruit-of-the-spirit/fruit-of-the-spirit-faithfulness/>

Discussion -

<http://storage.cloversites.com/yorkalliancechurch/documents/KS%20Lesson%205%20God%20is%20Faithful.pdf>

Promises -

<https://static1.squarespace.com/static/5205bde4e4b03ad27ab212f1/t/55c6c177e4b0d93b6177ded4/1439089015967/Clarity+Kids-Elementary-Berry+Blast+Theme+Park-Lesson+2-August+30+2015.pdf>

Gentleness

Activities - <https://thelittlesandme.com/the-fruit-of-the-spirit-is-gentleness-kids-activities/>

Discussion - <http://teachonereachone.org/living-the-christian-life-teen-curriculum/gods-love-for-us-lesson-12-gentleness/>

Craft - <https://www.kidsofintegrity.com/lessons/gentleness/kick-craft>

Object lesson - <http://coverandtitlepage.blogspot.com/2012/06/vbs-object-lesson-gentleness.html>

Self-Control

Activity - <https://thelittlesandme.com/the-fruit-of-the-spirit-is-self-control-kids-activities/>

Devo - <https://bible.org/seriespage/7-self-control-galatians-523>

Play Jenga

Worksheet - <https://comking.club/decisive-free-printable-self-control-worksheets/>

Craft - <http://autismteachingstrategies.com/autism-strategies/remote-control-channel-changers-diy-social-communication-prompts-for-children-with-asd/>

List of Recipients:

Supply list:

Red cups

Baking soda – 1 T / 1 T

Vinegar – ½ C / ½ C

Notecard

Balloon

Fruit loops

Orange crayon

Cardstock – 1/2

Envelopes

Stamps

Pipe cleaner

Popsicle stick

Googly eye 1

Pony beads

Toothpaste

Construction paper - III

Glue

Paint - II

Lemons/limes

Wax paper

String

Q-tips - 10

Pom poms

Safety pin

bubbles

Print:

1Corinthians 13:1-13

JOY picture

JOY coloring page

Peace finger puppet

<https://350355-1085485-raikfcquaxqncofqfm.stackpathdns.com/wp-content/uploads/2020/04/KS1-WEL002-acts-of-kindness-activity.pdf>

2 Sam 9:1-13

file:///C:/Users/youth/AppData/Local/Temp/camplittlesandme_GOODNESS.pdf

http://thelittlesandme.com/wp-content/uploads/2018/07/camplittlesandme_FAITHFULNESS.pdf

Read Psalm 33:4, Psalm 145:13b, Deuteronomy 32:4 and I John 1:9

http://thelittlesandme.com/wp-content/uploads/2018/07/camplittlesandme_GENTLENESS.pdf

<https://3gigglygirlsathome.files.wordpress.com/2013/12/gentleness-gentleness-soup-activity-pdf.pdf>

Mark 5:25-34

<https://comking.club/decisive-free-printable-self-control-worksheets/>

August Faith @ Home box
Based on the Fruits of the Spirit

The Fruit of the Holy Spirit is a biblical term that sums up nine attributes of a person or community living in accord with the Holy Spirit, according to chapter 5 of the Epistle to the Galatians: "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. ..." This month I have included activities for all 9 attributes. Pick and choose as you like.

Read Galatians 5:22-26

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³gentleness and self-control. Against such things there is no law. ²⁴Those who belong to Christ Jesus have crucified the flesh with its passions and desires. ²⁵Since we live by the Spirit, let us keep in step with the Spirit. ²⁶Let us not become conceited, provoking and envying each other.

Love

Activity #1 - Devo for families from Gather & Grow

Let's talk about LOVE. Put away distractions and pray, "God show us something new today."

LEARN – We love because he first loved us. 1 John 4:19 NIV

It is no accident that love is the first fruit of the spirit mentioned in Galatians 5:22-23. It is the most important fruit that grows in our lives when we stay connected to Jesus. The Bible tells us that God is love (1 John 4:7-10). It also tells us that God made us in his image (Genesis 1:27). If God is love, then we were made to reflect his love. That's why Jesus said the greatest commandments are to "love the Lord with all your heart, mind and strength and to love your neighbor as yourself." (Matthew 22:36-40)

ASK –

1. What does it mean to reflect God's love?
2. How can we love God with all our heart, mind and strength?
3. What are some ways we can love others with God's love?

the Truth – I was created to love God and love others.

TAKE Action – Share one way you can show love to someone. Help each other come up with a plan every day to spread God's love around.

DIG DEEPER - Sometimes we encounter people in our lives who are hard to love. A girl or boy who is unkind or a bully down the street. . .perhaps a teacher that is really hard on us. These people may not treat us the way we want to be treated but God asks us to love them. God wants us to love others the way he loves us. And that means without condition, or no matter what. It is hard to love those who treat us poorly but we can do it with God's help. Pray and ask God to show you how you can love the hard-to-love people in your life. Over time, you may find that loving them with God's love softens their heart so they love better, too!

Activity #2 – A Science Experiment - Overflowing Love Object Lesson

Supplies: Large Cup, Baking Soda, Vinegar, Red Food Coloring, Large Plate or Tray, Tablespoon & Measuring Cups

Instructions:

Put a large plate or tray under each cup (The empty cup represents the emptiness in our hearts without Jesus). Squirt a little bit of red food coloring into each cup (Jesus died on the cross to pay the price for your sin because He loves you so much).

Add a TBSP of baking soda to each cup (When you give your heart to Jesus, He washes it clean and gives you the Holy Spirit to help you follow, obey, and love Him and love other people).

Slowly pour in about 1/2 cup of vinegar in one cup (Because He first loved us, the Holy Spirit at work in our hearts bubbles up inside and causes His love to overflow out of our hearts and show love to others).

Activity #3 - Bible lesson & activity – from Ministry to Children

Before we can truly love others, we must know and love God. How do we keep the greatest commandment, to love God with all of our heart, soul, and mind? (Discuss.)

One major way to love God is to come to know Him more and more through His Word and through prayer. You know through His Word that God died for you and for me! This should cause us to overflow with love towards

Him! As we come to know Him, learn from Him, and listen to His voice, we are abiding in Him. As we abide in Him and He in us, the fruit of love is produced in our lives.

After we learn that love is from God, His love for us and our love for Him can overflow into the people around you.

Get out 1 Corinthians 13:1-8a, 13 and circle each description of what love is.

There are many ways we can show love to people all around us. Love is a command from God, a choice we make daily, and a fruit produced by the Holy Spirit as we seek to know and abide in Him.

Take time now to write down how you can show love this week to the people in your life, whether it is your parents, your brothers and sisters, a friend, or kids at school you do not even know but who may need a friend. Work with them on memorizing Galatians 5:22-23. Write a notecard that has Galatians 5:22-23 written on it and decorate it.

Activity #4 - Children's sermon – Childrens Chapel.org

Many people talk about the things they think they love. A little boy might say he loves his new video game. A little girl might say she loves her new doll house. A grown man might say he loves his car or a grown woman might say she loves her new hairdo. But is all of this really love? Can a person really love things?

Let's take a moment to think about love.... What is love? ... How can we show love? ...

Love means caring for another person as much as you care for yourself. Love means to treat another person the way you want to be treated. We show our love through our actions. If you would not want to be hurt, or pinched, or kicked, or teased, or bullied, then you should never do those things to someone else. On the other hand, if you would like to be treated kindly, then you should be kind to others.

Now let's take another look at the things people think they love. The little boy will eventually become bored with playing the same video game over and over. It will be left on the shelf and forgotten. Is that really love?

The little girl will get older and find new interests, and stop playing with the doll house. Is that really love?

Even adults don't always know what love is. The car will someday break down, and the man will have to dispose of it and get a new one. The woman's hair will grow; she will not like it and will get a new hairstyle. All of these things are only with us for a little while. We cannot and should not love things, because they come to an end and then love would have to end. But real love never ends. We should love people and we should love God so that our love will last forever.

One day, Jesus and his friends were walking along the beautiful coast of Judea. As they were walking and talking, and discussing the news of the day, other people saw Jesus and wanted to hear what He was saying. Soon there was a very large crowd of people following Jesus. Some of them were sick, and Jesus touched them and made them well. Others had questions they wanted to ask and listened carefully as Jesus answered them.

There was a group of people called "Pharisees," who were leaders in the temple. They liked to have long discussions and especially enjoyed arguing and trying to trick one another. When the Pharisees heard that Jesus was nearby, they left their work and rushed to join the crowd. They were having a good time asking questions and trying to trick Jesus but, of course, Jesus knew what they were trying to do, and He gave them perfect answers every time. They could not trick Jesus!

While the Pharisees were having their discussion with Jesus, some mothers joined the crowd. They knew Jesus was a very important man, and they wanted their children to have a chance to see Him. Holding the hands of their children, they pushed through the crowd, trying to get closer.

When Jesus' friends saw the mothers and children trying to get to the front to see Jesus, they scowled and spoke to them roughly to them. "Go away! Don't you know that Jesus is an important man? Can't you see that He is busy talking with the leaders of the temple? Take your children and go home!" Sad and dejected, the mothers turned to guide their children back the way they had come and away from the crowd.

However, Jesus loved children very much and had a different idea about the situation. He turned to his friends and kindly said, "No, don't send them away. Let the children come to me." Jesus' friends quickly worked to make a path through the crowd so the mothers and children could get up close to Jesus. The mothers were full of joy and excitement as Jesus reached out his arms toward their children!

One by one, He scooped up the younger children into his loving arms, held them close, and prayed a special prayer of blessing. He gave each of the older children a tender hug and also prayed a blessing for them. He spoke gently to the mothers and gave them a smile of approval. After each one had seen Jesus and been blessed, Jesus spoke to his friends, the Pharisees, and the rest of the crowd, saying, "Whoever does not accept the Kingdom of God as a child does, will not be able to enter into it." He was trying to help them all understand that loving God is easy enough for a child to do, and all their long discussions and arguing were unnecessary.

THINK!

1. What is love?
2. Can we really love things?
3. Who were the Pharisees?
4. What did Jesus do when his friends wanted to send the children away?
5. Which fruit of the Spirit did you learn about in this story?

REMEMBER:

Jesus loves you and love lasts forever.

Joy

Activity #1 - Science Experiment by The Littles & Me

Supplies: Balloon, Sharpie, Baking Soda, Vinegar, Plastic Water Bottle, Tablespoon, Funnel (Optional, but very helpful), Safety Glasses

Instructions:

Write your child's name on the balloon with a Sharpie (The balloon represents your child).

Fill empty water bottle about a 1/3 of the way with vinegar (Represents the Holy Spirit at work in their heart).

Insert the funnel into the opening of the balloon, scoop a spoonful of baking soda into the funnel to fill the inside of the balloon (Represents spending time getting to know God. Talk about ways we can do this—

Reading His Word, Prayer, Worship, etc.)

Attach the balloon to the plastic water bottle filled with vinegar.

Slowly lift up the balloon and watch what happens next (The Holy Spirit fills us with joy when we spend time getting to know God. Joy comes from being with God which means you can be joyful even in unhappy moments).

Activity #2 – Craft and Discussion from 412Teens.org

Glue fruit loops on the JOY picture provided. Talk about the difference between joy and happiness.

What is Happiness?

I think we all can kind of agree on what happiness means. We all have different things that make us happy, based on our various personality or life situations. It makes me incredibly happy to drive to the end of my side street and see that there is no one coming when I pull out into the highway. It's a tiny thing, but it makes me happy. Of course, about sixty seconds later, I am not longer even thinking about that, now wondering if I remembered to bring my lunch. Happiness, while lovely, is a fleeting thing and really dependent on external forces.

Let me explain what I mean with some examples of happiness from Scripture:

"Behold how happy is the man whom God reproves. So do not despise the discipline of the Almighty." Job 5:17

"When you shall eat the fruit of your hands, you will be happy and it will be well with you." Psalm 128:2

"He who despises his neighbor sins, but happy is he who is gracious to the poor." Proverbs 14:21

See how each example is dependent on something? Happiness is almost always an if-then statement. If

_____ happens, then happiness happens. If God reproves a man, then he will be happy. If you are gracious to the poor, then you will be happy. If there is no traffic, then I will be happy.

Now, don't get me wrong, I'm not trying to say that happiness is bad. Quite the opposite! Happiness is a gift from God, and a very good thing. But happiness doesn't last forever.

What is Joy?

Joy comes from the Greek word chara, and it means "to be exceedingly glad."

Take this example from James 1:2-4: "Consider it all joy, my brethren, when you encounter various trials, knowing that the testing of your faith produces endurance. And let endurance have its perfect result, so that you may be perfect and complete lacking in nothing."

Joy comes from a solid factor, an unshakeable fact: your faith in the Lord. True joy burns within you and is not dependent on external circumstances.

Philippians 1:18 says "What then? Only that in every way, whether in pretense or in truth, Christ is proclaimed; and in this I rejoice. Yes, and I will rejoice."

Paul wrote these words while he was in jail and knew his life was nearing the end. Yet he still had joy; his foundation was in his Savior, and through his suffering the gospel spread throughout all of Rome. This was no fleeting happy feeling; it was assurance in God's power to use his life for His glory.

Activity #3 - Coloring page and prayer

Use the coloring page as a visual as you pray.

Prayer: Lord, thank you that our joy comes from knowing you and knowing that you're greater than anything bad that might happen to us. Thank you that we can have your joy deep within us even when we might be sad. We lift up everyone out there who doesn't know you and pray that they would discover how much you love us, so that they might experience true joy!

Activity #4 – Devotion from FaithGateway

If you've been a parent for very long, you know how your heart beams when your children play nicely with one another.

You could be enjoying this harmonious bliss of listening to your children playing, laughing, and sharing. And, the next minute? Suddenly, they begin hitting and spewing hurtful words at one another! What happened? Happy one minute and angry the next.

Unfortunately, not much changes when we become adults. While we may not fling a stapler across a coworker's desk, we certainly may think or say things in the heat of the moment that we regret later. Emotions like happiness and anger are fleeting and unpredictable. Joy, on the other hand, is the foundation for all other emotions. It's the bedrock that keeps us together in emotion-filled situations where we could potentially unravel. Jesus is the only one who can open our eyes to see His glory. When He does, we experience His perfect joy.

You can't fake joy; you either have it or you don't.

It's the fruit of the Spirit. Joy is a deep sense of assurance that God's got us! It's a peaceful confidence and surrender to the Lord's plan for our lives.

This is something we want for ourselves and our children, isn't it? When we understand that Jesus is the source of real joy, something truly amazing and life-changing will take place. When we understand this foundational truth, we can have peace and praise God through everything — good and bad. Our joy spreads when we share it with others. Joy wasn't meant to be kept all to ourselves.

The Holy Spirit gives us the ability to see God's beauty in all situations, allowing JOY to well up in our hearts supernaturally. It's an in-explainable case study set up next to the reasoning of the world.

Proverbs 8:32-35 says, "And so, my children, listen to Me, for all who follow My ways are JOYFUL. Listen to My instruction and be wise. Don't ignore it. Joyful are those who listen to Me, watching for Me daily at My gates, waiting for Me outside My home! For whoever finds Me finds life and receives favor from the Lord."

6 Ways We Can Teach Our Children to Find Joy:

1) Joy is found in avoiding evil and sinful ways. (Psalm 1:1-3)

Our children may be tempted to follow their peers that are choosing evil instead of good. While sin may be deceitfully appealing, its ways end in death. Talk about how the person's life that avoids evil is like a fruitful tree along a riverbank!

2) Joy is found in following God's commandments. (Psalm 19:8)

God says that following His ways brings joy to the heart and great insight. Remind your children that following God's commandments brings joy and wisdom.

3) Joy is found in having integrity. (Psalm 119:1-3)

We can talk with our children about integrity. Integrity is a knowledge of right and wrong and not swaying from that path no matter what (even when others are not around).

4) Joy is found in trusting the Lord.

The Bible is filled with verses that speak about the joy God wants to give us we choose to trust in Him. (Proverbs 16:20)

The Bible says that joy is found in those that listen and trust what God says.

5) Joy is found in receiving God's help. (Psalm 28:7)

This verse speaks about the Lord being our strength and shield. This implies that He is our protector and guider. When we believe this and see His power at work in our lives, this fills our heart with joy and peace!

6) Joy is found in trials. (James 1:2-4)

This seems like the opposite of what the world tells us. The world will tell us and our children that looking out for themselves and having all the things this world has to offer brings true happiness. But, according to the Bible, trials help us turn hard situations into moments of great blessing! Only God can do that! When our faith is tested, it gives us opportunity for our endurance to grow. Talk about how training for a marathon stretches our muscles and builds our physical endurance. Although painful in the moment, it pushes us to be stronger and run further.

Where do you find joy? How do you help your kids or yourself find it? Is it helpful to know that joy can be found, not faked? We'd love to hear your thoughts on our Facebook page.

Peace

Activity #1 - Bible lesson from Ministry to Children

Read Philippians 4:7, "And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."

Peace is such an amazing result of the work of the Holy Spirit in our lives! Our days can often be filled with worry and stress and fear. Biblical peace is completely opposite of all of these feelings! It is the absence of stress, worry, fear, and chaos. It is the resting and quieting of our souls before God as we remember who He is and trust in Him completely.

How is biblical peace different from the peace the world offers us? (It never ends, it is real, it comes from our God of peace, it is always available to us as we trust in Christ, it is expected of us as believers, etc. List their answers on the board.) There is nothing in the world that could ever compare to the perfect peace of God! Talk about a situation in your own life where you want to experience the peace of God.

We are also commanded to live in peace with one another. What does the verse mean when it says "As far as it depends on you, live at peace with everyone" (Romans 12:18)? (Doing everything in our power to live at peace with the people around us. This could mean putting aside your own feelings and opinions for the sake of promoting peace.)

Are you a peace-maker in your home? Why or why not? What are ways you can change?

We can experience the peace of God through the storms of life when we remember who He is, that He keeps His promises, He is in control over every part of our lives, and we have His Spirit within us who is producing the fruit of peace.

John 14:27, "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid" (NIV). These are the very words of our Lord and Savior Jesus Christ! We know we can trust and believe His Words are true.

When you are going through worry, stress, fear, or just a chaotic day, remember these words of Christ, be still, and remember who your God is. Trust in Him, and you will experience His peace that surpasses all understanding.

Spend time in prayer together. Remember the specific situations you are going through. Invite everyone to share if they haven't already. Praise God for the fruit of the Holy Spirit, the peace we are able to have because He lives within us.

Activity #2 – Peaceful Peach Finger Puppet

1. Color the peach.
2. Cut out the peach.
3. Cut the finger holes.

Activity #3 - Family devo from CalvaryKaty.org

Christians will not ever be hungry or homeless or have problems. We will have those things, but Jesus doesn't want us to worry because those aren't the things that are most important. Jesus experienced all those problems. Remember how the devil tempted Him in the desert? When Jesus was hungry and in great need, the devil said, "You have the power to turn the rocks into

bread and not go hungry." Jesus answered, "It is written: 'Man does not live on bread alone, but on every word that comes from the mouth of God'" (Matthew 4:4). Jesus isn't just telling us not to worry about these problems; He practiced what He preached. Jesus experienced more problems than we will ever face, He suffered the consequence of all of our sins. He said, "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world" (John 16:33).

You show peace when you stay calm during tough times. Worry is wasted energy; here's why. If you have a problem and you are able to do something about it—then do something about it and don't worry. If you have a problem that you cannot do anything about—then why bother worrying about it?

Should you worry about having a bad grade? No. Why not? You can do something about it. You can study really hard and then do your best; so why worry? Should you worry about whether or not it will rain tomorrow? No. Why not? You cannot do anything about the weather. But you can do something about your plans. For instance, you can say if it doesn't rain we can do this, but if it rains we'll do that.

Not worrying doesn't mean not planning. Not worrying means. . .

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. — Philippians 4:6, “His peace will guard your hearts and minds as you live in Christ Jesus.” God knows what you need and He knows what is important and what isn’t. We may think we understand peace, but this verse tells us that God’s peace is greater than anything we can ever understand. When we do not worry we show our faith and trust in God and that will give us the fruit called peace. Pray: Heavenly Father, Thank You for taking care of our needs and showing us how important we are to You by sending Your Son Jesus. Not only did He die for our sins so we can have the peace of heaven now, but He also taught us how to live when He walked beside us. Help us have enough faith to give You all our problems and to not worry, so that we will have peace. In Jesus’ name, we pray. Amen

Activity #4 - Family Devo, Discussion Questions & Activity from Connectbcc.org

Imagine wanting to build a treehouse with your family or friends. What would happen if there were no blueprints or instructions and everybody was free to decide how they think the treehouse should be built? And what would happen if everybody that wanted to help out also refused to communicate with each other or started taking tools from one another without asking? How difficult would it be to maintain peace among the group and to make sure that the project got finished safely and properly,

Everyone in a family or on a team plays an important role in maintaining unity. However, if one person decides that they want to do their own thing, that they should be in charge, that they are more important than the rest of the group, or that they don’t need anybody else, then it suddenly becomes much more challenging to work towards the same goal and to have unity with one another.

Unity and peace are especially important to God. In fact, on the same night that He was arrested and about to die on the cross for the sins of the world, Jesus prayed that all of His followers would be perfectly one. Just think: He could have been more focused on so many other things that night, but in His last moments with His disciples before He was crucified, Jesus chose to pray that we would have perfect unity with one another.

What does unity mean? Well first, here’s what unity doesn’t mean: It doesn’t mean that everybody should look alike and think alike, and unity also doesn’t mean that everybody will always agree with one another. God made you one-of-a-kind, and He gave you and everyone else unique personalities with unique interests and unique talents, so it’s okay – in fact it’s good to be uniquely different from the rest of the world!

For Christ-followers, however, unity does mean that we will do whatever we can to not let our differences divide us. It means that we will work at getting along and being at peace with each other. It means that we will be committed to sacrificially love one another and to focus more on the shared life we have through faith in Christ than we will upon our own individual preferences and opinions. And it means that, as the family of God, we have one common purpose, and that is to please God in everything that we do (1 Corinthians 10:31). God wants us to live in peace with one another so that everyone will know that God sent Jesus into the world and that He loves them. “Living in peace is not always easy to do, but we must never forget that we are called by God as His children to “make every effort to keep the unity of the Spirit through the bond of peace” (Ephesians 4:1).

Brainstorm together something you can make and place within your home to symbolize and remind you of your family’s commitment to peace and unity with one another. Make a wall hanging that has each family members’ handprints on it.

What are some examples of everyday activities in which unity and cooperation are essential?

How would you rate your family when it comes to maintaining unity?

What are one or two goals you have for your family as it applies to pursuing unity?

Patience

Activity #1 – Snail Mail

Supplies: Cardstock or Construction Paper, Crayons, Markers, or Colored Pencils to Decorate Card, Envelopes, Stamps

Instructions:

Fold cardstock or construction paper in half to make a card.

Decorate the card so that you can mail it to a friend, grandparent, or other relative.

Put the card in an envelope, address it, put the stamp on, and take it (with your child) to the post office to mail the card.

Talk About It: Talk about how you will now wait for one friend, grandparent, or relative to write back. You can talk about how they have to be patient because mail can take a while to receive.

Activity #2 - Devo from Guidelines

Do you ever feel like the person who prayed, "God, give me patience, and give it to me right now"? You may feel like that at the present moment. You have been facing a particular situation or irritation day after day, hour after hour, and you feel like you cannot stand it another day. You are thinking, "I'm up to my chin and I just can't take more of this." It could be your husband or your wife, possibly the person you work with. It could be your teenager, or if you are a teenager, it may be your mom or dad! There are times which confront us all when we feel our ire building, and we know that we have reached the danger zone of what we can handle. It's the red alert.

What's the answer? Walk out? Tell them off? Hit the ceiling and maybe the person who bothers you? Respond in kind to what bothers you? No, that only compounds the problem. Anybody can quit. Anybody can cut loose and paint the air blue. Today's guidelines are dedicated to you who feel the pressures and irritations of daily living and aren't quite sure how to make patience a part of your personality. In the next three minutes, take a break from what you are doing because these remaining three minutes could possibly change your life from failure to real success. First, may I suggest that real patience--the kind described in the Bible--isn't the thought of idly sitting on your hands while you get stomped on, doormat fashion. The word that the writers of Scripture used to describe patience is the Greek word makrothumia. It is uniformly translated long-suffering, patience, or steadfastness. But the idea behind the word is holding steady in the face of opposition. It is a strong word denoting control in difficult times.

It was used by a soldier who was holding an outpost, and when he was under attack he stood his ground unflinchingly. The word was used to describe Christ, who held steady under the pressure and opposition of the apostate religious leaders instead of lashing out in defiance and anger. The word was used by the Apostle Paul to describe the work of God the Holy Spirit in the life of a believer. Paul writes to the Galatians, "The fruit of the Spirit is love, joy, peace, long-suffering, patience..." (Galatians 5:22). And there you have it.

For a moment mentally step back from your problem or situation and try to look at your irritation or problem objectively. Holding steady for a period of time will help you to act rather than react to the pressures of a crisis. What you do without thinking on the spur of the moment is seldom right. If you pause for a few moments, or a few days, the situation may right itself; and, again, if it doesn't, waiting gives you time to think through the situation. Then what you do is really calculated, thought through--not a knee-jerk reaction to some jerk who really got to you. Waiting saves regrets later on.

Holding steady for the moment also gives you the opportunity to take the upward look, asking God for wisdom. The Bible contains God's promise, "If any lack wisdom, let him ask of God who gives wisdom generously and does not chide our stupidity" (James 1:5).

A final thought: Patience doesn't mean that you have to like the circumstances; rather, it means you find the grace to await God's time without sinning or making a fool of yourself. Someone put it like this: "Christian patience is the ability to keep your motor idling when you feel like stripping your gears." Clearly the Bible says that God rewards the patient man. James says the trying of your faith works patience, but patience brings forth her perfect way. Yes, God, we need patience, and right now.

Activity #3 - Craft – Patience Snail

How to Make a Snail with Beaded Popsicle Sticks?

Supplies: Pipe Cleaner, Popsicle Stick, Googly Eyes, colorful Beads

- 1: Place beads on a pipe cleaner.
- 2: Rotate the pipe cleaner in the form of a pinwheel.
- 3: Glue the Beaded snail's back on a popsicle stick and let it dry.
- 4: Stick a googly eye on the head of popsicle stick.
- 5: Make the antennae of snail with another pipe cleaner.



Number four in the Fruit of the Spirit series is one that we work on constantly. Patience is not a strong point for anyone in our family. Do any of you know The Music Machine album from, oh, 20 or 30 years ago? Well, we sing the patience song from there. A Lot. The kids tend roll their eye and one of them says “Stop singing!” This was one that we really need. Then again, in our society, who doesn’t? We are constantly battling busyness and everywhere we turn we are told that there is something else we need to be a part of, or doing, or reading, or viewing, or participating in. We need to learn that patience is precious and can be of great worth to us.

Something that I found in working this up was a quote that really struck a chord with me. The quote is from an unknown source and it says this:

Patience is not the ability to wait.

It is the ability to keep a good attitude while waiting.

Wow! Put into that context, how often do I miss the boat with my patience? When we are running late for church, do I wait patiently or do I say “come on girls, we’re going to be late, hurry up, let’s move” or any number of other things intended to encourage haste in the girls? Unfortunately, it is the later more often than the first. But I never thought of it that way until I saw the quote. Patience is another one that I think we will revisit in another format later on. We need the work on this particular fruit. I need the work on this particular fruit.

Activity #4 – Fruit of the Spirit Salad

What would life be like if there were no love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, or self-control? It would be awful! This is tasty and fun fruit of the spirit object lesson.

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

Supplies: A variety of 9 fruits (already cut into bite size pieces), bowls, spoons, and a piece of rotten fruit (You can easily make a banana go rotten if you don’t have anything else.)

Background: The Apostle Paul was writing to the church in Galatia to teach them how to keep in step with the Spirit. He had warned them against things to look out for. Now he was teaching them about things to focus on. He wanted the people to know what it looks like to walk with Christ.

What are some words you might use to describe fruit? (sweet, juicy, delicious, etc.)

What is your favorite fruit? Why?

How would you know if that fruit was rotten?

Would you ever eat a rotten piece of fruit? Why not?

Today we are going to be talking about a different kind of fruit... Take the first fruit and put a bit in the bowl.

The 1st fruit of the spirit is love. Why do you think that is included first?

Why is love important?

How did God show love to us?

How can we show love to others?

Take the next fruit and put a bit in the bowl.

The 2nd fruit of the spirit is joy. Why do you think that is included?

Why is joy important?

What does God rejoice in?

How can we help others be joyful?

Take the next fruit and put a bit in the bowl.

The 3rd fruit of the spirit is peace. Why do you think that is included?

Why is peace important?

How does God give us peace?

How can we help create an atmosphere of peace in our homes? At school? When we are with friends?

Take the next fruit and put a bit in the bowl.

The 4th fruit of the spirit is patience. Why do you think that is included?

Why is patience important?

How does God show patience to us?

How can we show patience to others?

Take the next fruit and put a bit in each child's bowl.

The 5th fruit of the spirit is kindness. Why do you think that is included?

What would life be like without kindness?

How does God show kindness to us?

What is one practical way that you can show kindness to someone today?

Take the next fruit and put a bit in the bowl.

The 6th fruit of the spirit is goodness. Why do you think that is included?

How is goodness important?

How did God show goodness to us?

How can we be good?

When we make mistakes and do not do good things, how can we be forgiven?

It is important for us to try to do good, but it is also important to know that when we do mess up and fail to show goodness, God can still do good work.

Take the next fruit and put a bit in the bowl.

The 7th fruit of the spirit is faithfulness. Why do you think that is included?

How is faithfulness important?

How does God show faithfulness to us?

How can we be faithful to God? To our friends? To our family?

Take the next fruit and put a bit in the bowl.

The 8th fruit of the spirit is gentleness. Why do you think that is included?

What are some things that you would describe as gentle?

How is gentleness important?

How does God show gentleness to us?

How can we be gentle?

Take the last fruit and put a bit in the bowl.

The last fruit of the spirit is self-control. Why do you think that is included?

What does a life without self-control look like?

How does God demonstrate self-control?

What is an area where you want to be more self-controlled? Pray for God to help you!

Show the rotten piece of fruit.

Here is the last piece of fruit. Who would like some of this?

How can we work to keep rotten fruit out of our lives?

What are some things we can do to make sure our lives are producing good fruit?

Enjoy your fruit salad together!

Kindness

Activity #1 – Toothpaste Object Lesson from the Littles and me.com

Supplies: New Toothpaste, Construction Paper, Tape, Marker, Plate

Wrap a piece of construction paper around a tube of toothpaste (and secure it with tape).

Write “Words” on the construction paper with a marker.

Squeeze out the toothpaste onto the plate as fast as you can. You might be surprised how fast it comes out! Once you have emptied the toothpaste onto the plate your job is to put it all back in the tube. You won’t be able to put much (if any) of the toothpaste back. Explain that the toothpaste is just like the words that come out of our mouth. Our words have the power to lift people up or tear them down. If we are not careful, hurtful words can spill out of our mouth and we can’t take them back. You can’t put words back into your mouth just like you can’t put the toothpaste back into the tube.

Activity #2 - Devotion from GCU.edu

Kindness sounds like something you learn from a kindergarten class. You can hear that finger-wagging teacher now: “Make sure to be nice and treat one another with kindness.”

The discipline of kindness traces back to our childhood. From the very beginning, we are taught and conditioned to be kind to one another. However, kindness goes much farther than saying “please” and “thank you” to people you interact with. Those are manners.

Kindness comes from a heart posture of gratitude, but also sincerity in treating one another with respect and niceness.

“And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus.” (Ephesians 2:6-7)

Kindness is more than an action when you interact with people. It’s how you present yourself amongst other people. Your character that shines through you can be dressed in the posture of kindness.

Let me ask you this: Have you ever gone to a public tourist location, like the beach or the Grand Canyon?

Sometimes, you would like a photo of the group that you’re with (something other than a selfie). You sheepishly walk up to a perfect stranger, hand them your beloved technology and ask them to snap a photo. Why did you pick that person?

When I do this, I choose the person who looks the nicest, who isn’t going to huff, scowl and walk away. I choose the person who expresses an emphatic, “Absolutely!” when I beg the question.

Kindness flows from us. It is a heart and character posture. It is the notion that every person deserves to be treated with respect and kindness.

But there’s more to it. If you look through the Scriptures, you see that the word “kindness” is used within the contexts of mercy and humble servitude to one another, much like the verse above in Ephesians. The “riches of [God’s] grace” is shown through the kindness shown to us through Jesus, who He was, what He did and the mercy and servitude-like love that was shown through His sacrifice for us.

So, listen to your elementary school teacher and take a lesson from the photo-obsessed families at the Grand Canyon about kindness.

But, most importantly, look to the cross. See the kindness and mercy that Christ perfectly portrayed in His ultimate sacrifice for each and every one of us.

Activity #3 – Acts of Kindness Board Game

Enclosed

Activity #4 - Discussion

Kindness is the quality of compassion and care shown in the words and deeds of Jesus Christ and characteristic of God's dealings towards the weak and poor. Those who follow Jesus are called to express kindness to one another. As the Spirit softens our hearts, we are able to be kind to one another!

"But the kindness and love of God our Savior appeared. He saved us. It wasn't because of the good things we had done. It was because of his mercy." (Titus 3:4,5a)

So, if we think about the blueberry bush, we can see that sharing with others is one way that we can be kind. What does it mean to be kind? [Let the children offer suggestions]. Why do you think that kindness is a fruit of the Spirit? [Again, let the children respond]. Well, God is kind and when his Spirit lives in us he teaches us to be kind to others!

Read 2 Samuel 9.1-13

This is such an amazing story, but did you know that all of us are a little like Mephibosheth? We are all in need of help. We might not be physically handicapped, but all of us are sometimes mean to others and that's a different kind of brokenness, but it's still brokenness. Did you know that God has invited us, even though we're all sometimes mean, to come and live in his palace and eat at his table just like David did for Mephibosheth? God has shown us great kindness through his son Jesus!

Titus 3:4&5 says: "But the kindness and love of God our Savior appeared. He saved us. It wasn't because of the good things we had done. It was because of his mercy." If you were Mephibosheth would you have gone to live at the palace? It would be crazy for us not to accept Jesus' invitation to be saved by him.

Prayer: Lord, thank you for your great kindness toward us in saving us and inviting us into your family! As we grow to be more like you, would you help us to show kindness to others just as you've shown kindness to us.

Who was Mephibosheth?

Why did king David want to show him kindness?

What did king David do for him?

What was Mephibosheth's reaction?

What would you do if you were invited by a king to come live at his palace?

How can you make other people feel special?

Activity #5 – Object Lesson on Kindness from Lookforlittlehelpers.com

Supplies: A bowl, water, Small items (grains of rice, peppercorns, blades of grass, etc.), Medium-sized items (marshmallows, corks, coins, etc.), Large items like rocks.

What is "kindness"?

We've been talking about kindness for a while around my house, so my kids were able to talk about being helpful, nice, thoughtful, thankful, and including others.

If we are talking about our community, our world, and how our actions impact our community and our world, what do each of these objects represent?

The bowl represented our community.

The table represented our world.

The water represents the people and places within our community.

Each item we chose represents an act of kindness.

My boys and I talked about examples of each type of kindness:

Small items (grains of rice, peppercorns, blades of grass, etc.) were all small acts of kindness. These could be kindnesses as simple as smiling at a passing friend or stranger, holding a door for someone, sharing a toy, etc.

Medium-sized items (marshmallows, corks, coins, etc.) represent more effortful acts of kindness, but nothing extremely large. For example, this could be making a donation to your school fundraiser, writing cards for hospitalized children, helping take out the trash or do unprompted chores, etc.

And then we got to the rocks and larger items. These types of kindnesses could be volunteering at a retirement facility, organizing or putting together school fundraising items, donating or making bags for the homeless, etc.

Conduct the "experiment."

Pick one small item to throw into the bowl of water. Talk about what happens.

The item created ripples in the water.

How big were the ripples?

Was there a splash?

Now try throwing 2-3 of each item into the water at the same time and ask the same questions again.

Finally, try throwing handfuls of each item into the water and, again, revisit the questions.

Talk about how even single, simple acts of kindness can create a ripple effect (just like in the story) that can spread throughout a community. One act of kindness can cause happiness in a single person. But, because that one person feels happier, she or he is now more inclined to do something kind for someone else. He or she wants to pass that happiness on to others, too!

When we threw in the medium-sized objects, we noticed that more people, more members of the community, were affected by the act of kindness. They felt the effects and the effects were passed on more quickly!

With the large objects, a HUGE impact on many people, that even spilled out onto the rest of the “world” could be observed! The ripple traveled even faster and bigger.

When we start throwing in many small, simple acts of kindness all at once, they can start to add up and have the same impact as the BIG acts of kindness. Small acts of kindness, especially when done on a regular basis, are just as important and make as big an impact as those large ones! They create as big a splash and as many ripples as one large act of kindness. Such an important thing to remember.

So, remember: Each act of kindness makes our world a better place. Kindness upon kindness upon kindness is all anyone could ever hope for. Enjoy teaching your little helpers about the impact their lives have on others.

Goodness

Activity #1 – painting from theligglesandme.com

Supplies: Taste & See Printable, Lemons, Limes, Oranges, or Grapefruit, Paint, Plate, Knife (to cut fruit in half)
Cut the citrus fruit of your choice in half.

Squeeze paint onto a plate.

Dip the fruit in the paint and then stamp it on the paper.

Let dry completely before hanging up.

Goodness models Christ's actions of love, humility, and forgiveness. It shows integrity, honesty, and compassion towards others. It is only possible through God's power at work in our heart. I love the reminder in our verse this week that it is God at work in us that fulfills His good purpose. It's all Him, not us.

For it is God who works in you to will and to act in order to fulfill his good purpose. [Philippians 2:13, NIV]

Not only can we see God's goodness displayed through the way He loves, guides, and cares for us, but we can also see it every day in creation. Creation reflects God—His nature, character, and goodness. Creation points us to the Creator.

Activity #2 – Devo from GCU.com

As the Holy Spirit works in our lives, our character is transformed. In the areas of our lives where we once held onto sin, which reflects our human nature, we can now possess the fruits of the Spirit and reflect God's character.

One of the fruits of the Spirit is goodness. So, what does this mean, and how can it be applied to our lives?

Growing up, we were often told to "be good." Maybe this looked like helping your mom with the household chores or getting good grades in school.

I think the true meaning of the word "goodness" is commonly overlooked, though. Goodness is action; it's not something we do only for the sake of being virtuous.

When we strive to be "good" only for our own benefit, it is not truly goodness that we possess. In Greek, the word goodness, "agathosune," means "an uprightness of heart and life" (Thayer & Strong, 1995).

When we act out of true goodness of the heart, we are obedient to God's commandments and seek the benefit of others. Our actions come from a place of selflessness, and we place the needs of others before our own.

The life of Jesus Christ is the perfect example of goodness, as He died on the cross for the sins of humanity in order to give us the gift of eternal life. His ministry and sacrifice is an example of God's goodness toward mankind. After all, the term "gospel" means "good news."

Peter, a disciple of Jesus, talks about the goodness of Jesus' ministry in Acts 10:38: "How God anointed Jesus of Nazareth with the Holy Spirit and power, and how he went around doing good and healing all who were under the power of the devil, because God was with him."

In addition, Jesus is called the "good shepherd" in Scripture, because He laid down His life for His sheep.

We are called as Christians to live in a way that reflects the character of Christ. Matthew 5:16 says, "In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven."

Goodness is not about doing elaborate things to gain recognition. Oftentimes, it is the small acts of goodness we do throughout our day that mean the most to those around us.

Is your friend having a bad day? Write them a note to let them know how much you care about them. Is someone putting you down? Pray for them.

It is in these acts of goodness that we reflect Christ's character. While it may seem like no one notices, God does. Ultimately, when we show goodness, we bring glory to God's name.

Activity #3 - Craft – Sun Catcher

Supplies: wax paper, fresh flowers and leaves (dainty works best!), scissors, a couple of paper towels and your iron, construction paper and glue

Snip and arrange the flowers how you like on a single layer of wax paper. Take another sheet of the same size and place on top.

It is best to have plenty of space between the flowers and surrounding them as well. You want to have as much contact between the two sheets of wax paper as possible. This creates a better 'seal'.

Cover with a paper towel and press your hot iron down firmly. I had mine on a medium setting with no water.

Make sure you are ironing on a firm surface; a cutting board works great.

Let cool and there you go! You might want to go back over certain spots if you see that the two sheets of wax paper have not bonded well.

Add a frame of construction paper. Glue your sun catcher between two “frames”.

Use a string to hang.

“In the same way, let your light shine before men, that they may see your good deeds and praise your Father in heaven.” Matthew 5:16

I never want to focus on good deeds because I know it’s easy to get in the mindset that good deeds are what brings you to Jesus, or makes you worthy of His love. Jesus’ love is unconditional, He saved us because He loves us. Period.

Hanging a sun catcher up in the window wouldn’t BRING us any light—only make us appreciate it and add some color to our day. What a great picture of what our GOODNESS can do for others—we are NOT The Light nor do our good deeds actually make anything happen BUT they do make others aware of the Light. Our good deeds bring attention and color to a normally dark and drab world of sin!

Activity #4 – Devotion from faithhacking.ca

Have you ever thought about how to define “goodness” in terms that a child would understand?

“Goodness is being the kind of person other people like to be around.”

Being full of good ‘fruit’.

Jesus taught his followers that it would be easy to know if they should trust someone. All they needed to do was look at their actions.

A good tree produces good fruit, and a bad tree produces bad fruit. A good tree can’t produce bad fruit, and a bad tree can’t produce good fruit. — Matthew 7:17–18 NLT

Like the old axiom, “actions speak louder than words”, I don’t want my kids to talk about being good, I want them to be good.

And a great way to measure their goodness is to look around and see if people want to be around them.

Have you ever thought about what makes people want to be friends with you? Odds are, it’s because you are valuable to them. Perhaps it’s because you’re a great listener. Or, that you give wise advice. Maybe it’s because they know you’ll always support them.

People with good values are valuable.

Even more so in today’s world, where selfishness is the highest value.

And even though it’s hard sometimes (read: all the time), we’re going to keep ‘growing’ in ways that produce good fruit.

What kind of fruit are you producing? Are you the kind of person other people want to be around?

Faithfulness

Activity #1 – God Keeps His Promises Rainbow from thelittlesandme.com

Supplies: Rainbow Printable, Q-Tips, Plate, Paint or crayons

Instructions:

Squeeze paint onto a plate.

Use Q-Tips to dot the paint onto the rainbow. Or use your crayons to make dots.

Activity #2 – Devo from lifehopeandtruth.com

We grow in faith as we use the power God gives us through His Spirit to obey Him and build a relationship with Him. Faith in God grows in us as it did in Abraham as we see that God will always do what He has promised (Romans 4:18-22). So, faithfulness would include being full of belief and confidence in God and all that God promises.

Hebrews 11, often called the Faith Chapter, goes on to say: “By faith we understand that the worlds were framed by the word of God, so that the things which are seen were not made of things which are visible” (verse 3).

Faith is what keeps us from believing that we are all here on earth by accident. It assures us of our Creator’s existence and love. Faith involves the way we live. Paul said we must “walk by faith, not by sight” (2 Corinthians 5:7).

So the fruit of the Spirit of faithfulness includes trusting God and remaining loyal to Him.

Why does God want us to demonstrate faithfulness?

In Luke 18:8 Christ asked, “When the Son of Man comes, will He really find faith on the earth?” Looking at the state of faithfulness today is not very encouraging. The world has thousands of different versions of Christianity to choose from, all claiming faithfulness to God and His doctrine, but far too many have been willing to change biblical truth to what suits them. And, at the personal level, infidelity and unfaithfulness are rampant today. God is faithful to His people, and He expects them to be faithful to Him. All of the fruit of the Spirit follow this pattern, and faith is no exception.

So why does God want us to demonstrate faithfulness to Him? How else will He know that we trust Him and are truly committed to being a part of His family? James 2:17-20 clearly tells us: “Thus also faith by itself, if it does not have works, is dead. But someone will say, ‘You have faith, and I have works.’ Show me your faith without your works, and I will show you my faith by my works. You believe that there is one God. You do well. Even the demons believe—and tremble! But do you want to know, O foolish man, that faith without works is dead?”

Hebrews 11 lists Abraham and Sarah as examples of faithful people who did many things by faith. Abraham left his home, not knowing where he was going but depending on God. He dwelled in a foreign country with his wife and waited many years for promises from God. Sarah received strength to have a child after she was well past the childbearing age, holding onto the promise made to her by God. Abraham was even willing to obey God’s command to offer his only son as a sacrifice because he completely believed that God could raise him from the dead.

Abraham and Sarah’s examples of faithfulness are timeless in their demonstration of commitment, willingness to believe God and to act on their beliefs despite growing physical evidence to the contrary.

They did have some difficulties with faith, but they made God the priority, and He bountifully blessed them. Abraham turned his back on everything that wasn’t approved by God and moved forward with only God’s promises guiding Him. Talk about faithfulness!

The story of Abraham and Sarah (found in Genesis 12 through 24) is often called a “journey of faith,” because their lives also provide some specific examples to avoid. There were times they both struggled with accepting what God had told them and with trusting that God would do what He said. (However, in time they turned back to the conviction that God not only was able to do what He had spoken and promised, but also that He would do it.)

For example, Abraham was deceptive on two occasions about Sarah being his sister, not having the faith to trust that God would protect him in those situations (Genesis 12:11-20; 20:2-13). Instead of believing that she and Abraham would have a son, Sarah insisted on using her maid Hagar to try to bear the son of promise (Genesis 16:1-15), leading to much conflict and heartbreak (especially when Isaac, the true promised son, came along). In fact, Sarah and Abraham both laughed when they heard from God that they would have a son (Genesis 17:17; 18:12)! Despite their overall faithfulness, they both had some hard lessons to learn about faith.

Many of the things God commands and tells us in the Bible truly don't seem physically possible, making it hard for us to believe. Well, that may well be because they aren't physically possible and require God's intervention and help.

Faithfulness self-examination questionnaire

How loyal am I to God? Does my faith place God as the first priority in my life? How?

What obstacles are there to my faithfulness? Why do I have difficulties trusting God?

Am I satisfied with spiritual evidence, or do I always depend on physical evidence for my beliefs?

What areas of my life are not completely faithful to God? How can I change them?

How do we grow in faith and faithfulness? We can:

Write out a list of reasons we believe the way we believe. If we are lacking in spiritual evidence in some areas, we can study, pray and meditate about those areas where we are weak in faith.

Remember and think about God's faithfulness in every area of life: protecting and providing for us, giving us forgiveness of sins, promising us eternal life and His coming Kingdom of peace. We can let His faithfulness inspire our commitment to be faithful.

Make God and other people a priority in our lives. How? We can make a list of our relationships and commitments and then honestly evaluate ourselves on how faithful we have been. Any unfaithful behaviors and practices have to be eliminated from our lives.

Faithfulness is more than just being there for someone. It is total commitment and loyalty to God that flies in the face of human reasoning. We may easily believe in God, but it takes faithfulness to actually believe His teachings enough to change our lives.

Activity #3 – Discussion from York Alliance Church

Read Psalm 33:4, Psalm 145:13b, Deuteronomy 32:4 and I John 1:9. For preschoolers use Psalm 145:13b and I John 1:9 only. Be sure to explain that faithful means doing what you said you would do or following through on your promises. When it says that God is faithful it means that He will always love us (no matter what we do) and do what He has said in His Word. His actions measure up to His Word. He never lets us down. Discuss these verses for a few minutes.

Discussion Questions – Use some or all of the following questions. Be sure to end with the FINAL question. Preschoolers will understand God's faithfulness by simply explaining that God always keeps His promises and that He loves them no matter what.

- Has anyone ever made you a promise?
- What did they promise you?
- Did they keep their promise?
- If not, how did you feel when they didn't keep their promise?
- Did you ever make a promise? To who? What did you promise?
- Did you do what you promised? Why or why not?
- Do people always keep their promises?
- What does God promise us? (to love us, take care of us, forgive us etc.)
- Does God keep His promises?
- God promised to forgive our sins. Does He always forgive our sins if we ask Him? (YES)
- God promised to love you. Does He always love you? (YES) Even when you do wrong? (YES)
- What does the word "faithful" mean?
- Does a person who is faithful break promises?
- Has anyone broken a promise to you? Tell about it and how you felt.
- Have you ever broken a promise to someone? How did it make you feel? How do you think the other person felt?
- Can you depend on people who always break their promises? Why or why not?
- Why do people break promises?
- Have you ever told your mom or dad you would do something and then didn't (without promising)?
- Were you faithful to your parents if you didn't do what they told you to do?
- God is always faithful and keeps His promises. What are some promises that He has made to us? (to forgive us, love us, take care of us, etc.)
- Is God dependable?
- Does knowing that God always keeps His promises help you to depend on Him more?
- What did God promise to Noah and his family after the flood?
- What sign did He give as a reminder of His promise? (rainbow)

- Has God kept His promise?
- What promise is made to us in I John 1:9
- Is it possible for God not to keep His promises? Why not?
- How does it make you feel to know that God will always keep His promises to you and loves you no matter what?
- Are you always faithful to God?
- In what ways are you faithful to God?
- In what ways aren't you faithful to God?
- FINAL question- In what way would you like to be more faithful to God?

Activity #4 – Promises from Clarity Kids

Have any of you ever broken a promise? Do you think that some promises are bigger than others? Below is a list of promises. Make up a motion that means "Big Promise," and a motion that means "Little Promise." Each time you read a promise, you do the motion that you think it should be.

1. Joe promised his mom he would walk the dog. Big promise or little promise?
2. Harriet promised her dad she would do homework before watching TV. Big promise or little promise?
3. Jesus promised to always be with us. Big promise or little promise?
4. David promised to fight Goliath. Big promise or little promise?
5. Barry promised to help his sister with her homework. Big promise or little promise?
6. Frank promised his dad he would sweep the driveway. Big promise or little promise?
7. Erin promised a friend she would go to the movies. Big promise or little promise?

Note: To extend activity let children suggest promises and continue playing.

We might think some of these are big or small, but a promise is a promise. It doesn't matter if a promise seems little or big, someone is counting on us to keep our promise.

In Jesus' day, people used to swear by things to make their promises seem bigger and more important. Jesus said all of those things were wrong. God expects us to be faithful because He is faithful. So no matter how big or small your promises seem, all promises are important to God.

Gentleness

Activity #1 Gentle Words Jars from thelittlesandme.com

Mason Jar or Plastic Jar/Container, Craft Pom Poms (or Cotton Balls, Gentle Answer Printable, Glue, Scissors, Rocks, Baking Sheet

Instructions:

Cut out the tag with scissors and glue to the container.

First let's talk about the difference between harsh and gentle words. Pull out a baking sheet and drop the rocks (harsh words) on the baking tray and then drop the pom poms (gentle words) on the baking tray. What type of words do you like to be spoken to—harsh or gentle?

Over the next week or so it's your mission to fill up the jar with gentle words and actions (aka pom poms). Every time someone in your family shows gentleness in the things they say or do put a pom pom in the jar. Watch your jar fill up over the week!

Activity #2 - Discussion from Teach One. Reach One

What does it mean to be gentle and why is gentleness an important character trait for Christians?

Gentleness is quite possibly the fruit of the Spirit we struggle the most to understand. The definition of gentleness includes the concept of mildness of manners or disposition, while the definition of meek includes submissive, obedient, humble, quiet and gentle. These qualities are rarely valued in our society yet God mentions them in two important scriptures.

The world often portrays gentle, meek people as those who are afraid to speak up when they face opposition. Yet John continued to preach Jesus boldly even when sent to jail (Acts 4:3) and most likely beaten and exiled. In fact, some people define gentleness as great strength under control. They point to how mothers interact with their babies (1 Thessalonians 2:7) or how an elephant can lift 300kg with its trunk but can also use that same trunk to pick a single peanut out of your hand without hurting you.

So why does God want Christians to be gentle? What are we to do with this gentleness? What can we learn from the following verses?

Titus 3:1-8, for the good of everyone.

1 Peter 3:15, for sharing faith effectively.

1 Timothy 2:24-26, for helping people involved in evil to come to their senses.

Galatians 6:1, for helping restore Christians who get caught up in sin.

Ephesians 4:1-6, for the health of the Church.

1 Corinthians 10:1, because Jesus was meek and gentle

1 Timothy 6:11-12, to be a man (woman) of God.

Scripture makes it clear if you want to convince someone to do what God wants him or her to do you have to use gentleness. Does that mean we can't be direct or boldly speak God's truth?

John was the apostle that Jesus loved who is known for his love and gentleness in the early Church. John took the time and effort to have a loving relationship with people. John tells the truth about what God expects. John explains his motivations for encouraging them to obey God. John encourages them showing his belief they are fully capable of obeying God. John warns them about potential stumbling blocks as they try to obey God.

If we want to help other people become Christians and live a godly life (part of our responsibilities as a Christian) we need to learn how to boldly speak the truth with gentleness.

Activity #3 – Gentleness Soup from 3gigglygirlsathome

Complete the attached activity together and talk about your decisions.

Activity #4 - Object lesson from coverandtitlepage

Has anyone ever been mean to you? Have you ever been mean to someone else? Have you ever seen someone be mean to someone else?

Story: The Woman with an Issue of Blood (Mark 5:25-34). The woman was unclean, dirty. If anyone touched her, they would be unclean, too. If she sat in a chair or ate from dishes, they would be unclean and no one else could use them. No one wanted to touch her or be near her because, eww, she was dirty. How did she feel? (sad, angry, lonely) She spent all her money on doctors, but all their medicine just made her worse. She suffered for 12 years. Finally, she went to Jesus and was healed by touching the hem of his garment. When He found out what had happened, He didn't say, "Gross, you're unclean and you made me unclean, too." No, he treated her with gentleness. He said, "Daughter, your faith has healed you. Go in peace."

Supplies: two raw eggs with smiley faces drawn on them (VERY IMPORTANT: make sure there are no cracks in the shells), safety pin or straight pin, q-tip, bowl and table, drop cloth to protect floor (or do outside), apron for adult

Did you know it's impossible to break an egg by squeezing it, if the shell is intact? Squeeze it. Give your egg a name. Say mean things to the egg. You're stupid, fat, ugly, you smell, I don't like you, etc. For each mean thing that is said, carefully use the pin to poke a small hole in the shell. Do a pattern with one hole in the center and several holes in a circle around. Does "George" look any different? No, he's still smiling. But what happens to his heart when mean things are said?

If you put your thumb in the center of the pinhole circle, you can smash it easily. Crush the egg with your hand into the bowl.

Can we put the egg back together? No, only God can heal a broken heart.

Now use gentle words to the second egg. For each nice thing, rub the egg with the q-tip. Can we break "Bob's" heart? No, no matter how hard we squeeze, we can't break this egg because it's been treated with gentleness.

Conclusion: Treat others with gentleness, as Jesus did to the Woman.

Self-Control

Activity #1 with bubbles from thelittlesandme.com

Self-Control is saying no to the things that are not good for me and yes to what is good for me. It means listening and acting how God wants me to rather than reacting or doing what I want to do. Thankfully God wants to help us put self-control into action. Self-Control isn't always easy. It means fighting against the temptation to sin and keeping our emotions, thoughts, and actions in control. There's good news though! We don't have to do it on our own. The Holy Spirit working in our hearts helps us and when we are tempted we can stop, think, and pray for God to help us obey Him.

Stop what I'm doing.

Think about how my actions, thoughts, words will impact others.

Pray for help to obey God.

Our words, thoughts, and actions are powerful and can be used for so much good, but as we learned when we talked about Kindness they can easily hurt others if we aren't careful.

Supplies: Bubbles

Grab a bottle of bubbles and head outside.

The first time that you blow them you can pop as many as you want. After a little while of popping to your heart's content. Stop blowing bubbles and change the rules for this next round of blowing bubbles. This time you're going to blow bubbles but not pop any.

Talk about it: After you're all finished talk about how when they really wanted to pop the bubbles but they chose not to, that was choosing self-control. If they popped the bubbles the 2nd time around you can talk about how that wasn't choosing self-control.

Activity #2 – Devo from bible.org

Today we're talking about self-control. Can anyone guess what that means? With self-control, we control ourselves. We control our desires – our "want to's". Through self-control, we keep ourselves from doing something bad that we shouldn't do, and we make ourselves do good things that we should do.

Once again, the perfect example of this fruit, self-control, is found in Jesus. Jesus is the one person who had perfect self-control His entire life. The Bible calls Jesus the one who "had no sin" (2 Corinthians 5:21), which means He never sinned at all. Think about that kind of self-control! He never thought, "Just this one time, I can lie to my parents," or, "No one will know if I punch my brother."

We might think, "Well, Jesus must have lived a life very different from me. He didn't have to live with my sister!" We might think that no one ever bothered Him, or nothing ever went wrong for Him. This is not true at all! For one thing, the Bible tells us that Jesus had lots of brothers and sisters (Matthew 13:55-56). Is it easy to live with brothers and sisters without ever being annoyed or frustrated with them? No way! In fact, the Bible says that Jesus was tempted to sin in every way that we are tempted (Hebrews 4:15) which means His brothers and sisters probably bugged Him sometimes, but He never sinned. He was not mean to them, He didn't hit them, He never stole their candy. He didn't even think bad thoughts about them! That is amazing self-control!

Jesus always had the self-control to keep Himself from sinning, and to obey God. The reason He had this amazing self-control was because He was full of the Holy Spirit, and He spent as much time as He could with His Father. The more time we spend with God, the better fruit God will grow in our lives – and Jesus had the most spiritual fruit of anyone.

Just like a lion naturally wants to prowl the jungle or roar at a human, our natural self (our sin nature) wants to do bad stuff sometimes. What are some bad things that we are tempted to do sometimes? You might want to grab what you want right when you want it; you might want to hit someone or yell at someone when you are angry; you might want to push someone when they get in front of you; you might want your own way instead of thinking of others. These are all actions that we must control for ourselves.

Also, there are some good things that we should do, that our natural self just doesn't want to do. We should get up and get ready for school in the morning; we should do our homework; we should do our chores that our parents ask us to do. Again, it takes self-control to do the right things that we are supposed to do.

The term "self-control" is sort of a tricky phrase. It is "self"-control because no other person is doing it for us. But that doesn't mean we are all on our own! God's Holy Spirit that lives inside of each believer is the One who is really giving us the power to have self-control. When we believe in Jesus, God's Spirit fills us – just like it filled Jesus (Luke 4:1). We can have self-control just like Jesus did when we depend on the Spirit to guide us. So no matter what is going on around us, we can keep from doing wrong things and we can do right things.

Activity #3 - Play Jenga (if you have it) or make a structure out of toothpicks

Activity #4 – Worksheet from comking.club

Complete the worksheet to discover some tips to help you use self-control

Readings for August Box

Love Activity #3

Corinthians 13:1-13

If I speak in the tongues[a] of men or of angels, but do not have love, I am only a resounding gong or a clanging cymbal. 2 If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but do not have love, I am nothing. 3 If I give all I possess to the poor and give over my body to hardship that I may boast,[b] but do not have love, I gain nothing.

4 Love is patient, love is kind. It does not envy, it does not boast, it is not proud. 5 It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. 6 Love does not delight in evil but rejoices with the truth. 7 It always protects, always trusts, always hopes, always perseveres.

8 Love never fails. But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away. 9 For we know in part and we prophesy in part, 10 but when completeness comes, what is in part disappears. 11 When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put the ways of childhood behind me. 12 For now we see only a reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known.

13 And now these three remain: faith, hope and love. But the greatest of these is love.

Kindness Activity #4

2 Samuel 9:1-13

And David said, Is there yet any that is left of the house of Saul, that I may shew him kindness for Jonathan's sake?

2 And there was of the house of Saul a servant whose name was Ziba. And when they had called him unto David, the king said unto him, Art thou Ziba? And he said, Thy servant is he.

3 And the king said, Is there not yet any of the house of Saul, that I may shew the kindness of God unto him? And Ziba said unto the king, Jonathan hath yet a son, which is lame on his feet.

4 And the king said unto him, Where is he? And Ziba said unto the king, Behold, he is in the house of Machir, the son of Ammiel, in Lodebar.

5 Then king David sent, and fetched him out of the house of Machir, the son of Ammiel, from Lodebar.

6 Now when Mephibosheth, the son of Jonathan, the son of Saul, was come unto David, he fell on his face, and did reverence. And David said, Mephibosheth. And he answered, Behold thy servant!

7 And David said unto him, Fear not: for I will surely shew thee kindness for Jonathan thy father's sake, and will restore thee all the land of Saul thy father; and thou shalt eat bread at my table continually.

8 And he bowed himself, and said, What is thy servant, that thou shouldest look upon such a dead dog as I am?

9 Then the king called to Ziba, Saul's servant, and said unto him, I have given unto thy master's son all that pertained to Saul and to all his house.

10 Thou therefore, and thy sons, and thy servants, shall till the land for him, and thou shalt bring in the fruits, that thy master's son may have food to eat: but Mephibosheth thy master's son shall eat bread always at my table. Now Ziba had fifteen sons and twenty servants.

11 Then said Ziba unto the king, According to all that my lord the king hath commanded his servant, so shall thy servant do. As for Mephibosheth, said the king, he shall eat at my table, as one of the king's sons.

12 And Mephibosheth had a young son, whose name was Micha. And all that dwelt in the house of Ziba were servants unto Mephibosheth.

13 So Mephibosheth dwelt in Jerusalem: for he did eat continually at the king's table; and was lame on both his feet.

Faithfulness Activity #3

Psalm 33:4,

For the word of the Lord is right and true;
he is faithful in all he does.

Psalm 145:13b,

The Lord is trustworthy in all he promises
and faithful in all he does.

Deuteronomy 32:4,

He is the Rock, his works are perfect,
and all his ways are just.

A faithful God who does no wrong,
upright and just is he.

1 John 1:9,

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

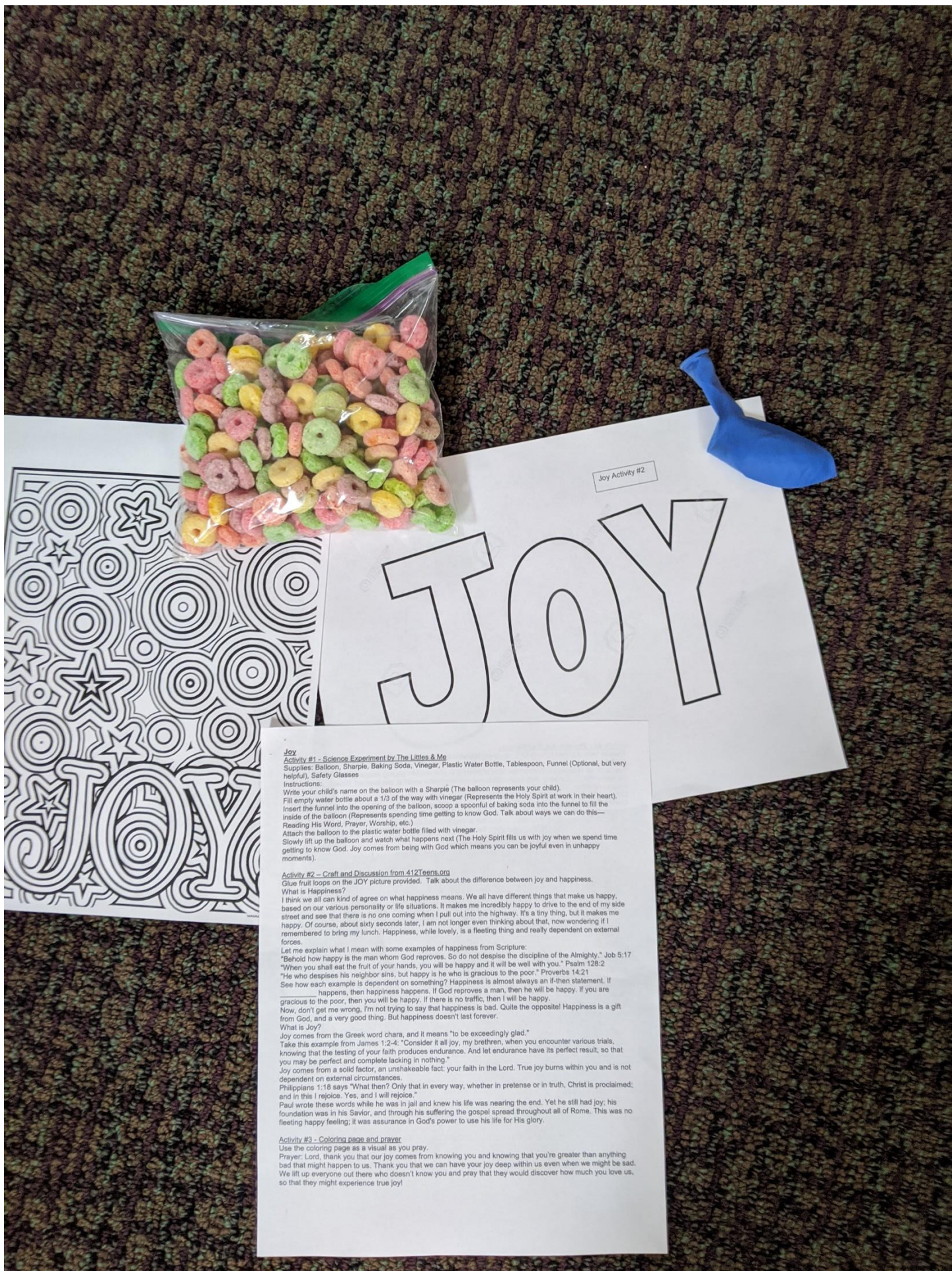
Gentleness Activity #4

And a woman was there who had been subject to bleeding for twelve years. 26 She had suffered a great deal under the care of many doctors and had spent all she had, yet instead of getting better she grew worse. 27 When she heard about Jesus, she came up behind him in the crowd and touched his cloak, 28 because she thought, "If I just touch his clothes, I will be healed." 29 Immediately her bleeding stopped and she felt in her body that she was freed from her suffering.

30 At once Jesus realized that power had gone out from him. He turned around in the crowd and asked, "Who touched my clothes?"

31 "You see the people crowding against you," his disciples answered, "and yet you can ask, 'Who touched me?' "

32 But Jesus kept looking around to see who had done it. 33 Then the woman, knowing what had happened to her, came and fell at his feet and, trembling with fear, told him the whole truth. 34 He said to her, "Daughter, your faith has healed you. Go in peace and be freed from your suffering."



Joy Activity #2

Joy

Activity #1 - Science Experiment by The Littles & Me

Supplies: Balloon, Sharpie, Baking Soda, Vinegar, Plastic Water Bottle, Tablespoon, Funnel (Optional, but very helpful), Safety Glasses

Instructions:

Write your child's name on the balloon with a Sharpie (The balloon represents your child).
Fill empty water bottle about a 1/3 of the way with vinegar (Represents the Holy Spirit at work in their heart).
Insert the funnel into the opening of the balloon, scoop a spoonful of baking soda into the funnel to fill the inside of the balloon (Represents spending time getting to know God. Talk about ways we can do this—
Reading His Word, Prayer, Worship, etc.)
Attach the balloon to the plastic water bottle filled with vinegar.
Slowly lift up the balloon and watch what happens next (The Holy Spirit fills us with joy when we spend time getting to know God. Joy comes from being with God which means you can be joyful even in unhappy moments).

Activity #2 - Craft and Discussion from 412Teens.org

Glue fruit loops on the JOY picture provided. Talk about the difference between joy and happiness.

What is Happiness?

I think we all can kind of agree on what happiness means. We all have different things that make us happy, based on our various personality or life situations. It makes me incredibly happy to drive to the end of my side street and see that there is no one coming when I pull out into the highway. It's a tiny thing, but it makes me happy. Of course, about sixty seconds later, I am not longer even thinking about that, now wondering if I remembered to bring my lunch. Happiness, while lovely, is a fleeting thing and really dependent on external forces.

Let me explain what I mean with some examples of happiness from Scripture:

"Behold how happy is the man whom God reproves. So do not despise the discipline of the Almighty." Job 5:17

"When you shall eat the fruit of your hands, you will be happy and it will be well with you." Psalm 128:2

"He who despises his neighbor sins, but happy is he who is gracious to the poor." Proverbs 14:21

See how each example is dependent on something? Happiness is almost always an if-then statement. If _____ happens, then happiness happens. If God reproves a man, then he will be happy. If you are gracious to the poor, then you will be happy. If there is no traffic, then I will be happy.

Now, don't get me wrong, I'm not trying to say that happiness is bad. Quite the opposite! Happiness is a gift from God, and a very good thing. But happiness doesn't last forever.

What is Joy?

Joy comes from the Greek word *chara*, and it means "to be exceedingly glad."

Take this example from James 1:2-4: "Consider it all joy, my brethren, when you encounter various trials, knowing that the testing of your faith produces endurance. And let endurance have its perfect result, so that you may be perfect and complete lacking in nothing."

Joy comes from a solid factor, an unshakeable fact: your faith in the Lord. True joy burns within you and is not dependent on external circumstances.

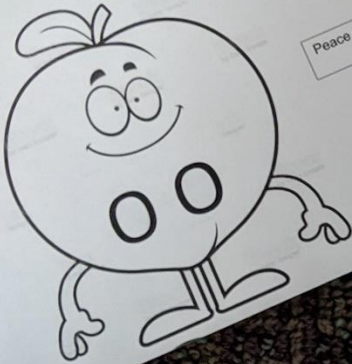
Philippians 1:18 says "What then? Only that in every way, whether in pretense or in truth, Christ is proclaimed; and in this I rejoice. Yes, and I will rejoice."

Paul wrote these words while he was in jail and knew his life was nearing the end. Yet he still had joy; his foundation was in his Savior, and through his suffering the gospel spread throughout all of Rome. This was no fleeting happy feeling; it was assurance in God's power to use his life for His glory.

Activity #3 - Coloring page and prayer

Use the coloring page as a visual as you pray.

Prayer: Lord, thank you that our joy comes from knowing you and knowing that you're greater than anything bad that might happen to us. Thank you that we can have your joy deep within us even when we might be sad. We lift up everyone out there who doesn't know you and pray that they would discover how much you love us, so that they might experience true joy!



Peace Activity #2

Peace

Activity #1 - Bible lesson from Ministry to Children

Read Philippians 4:7, "And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."

Peace is such an amazing result of the work of the Holy Spirit in our lives! Our days can often be filled with worry and stress and fear. Biblical peace is completely opposite of all of these feelings! It is the absence of stress, worry, fear, and chaos. It is the resting and quieting of our souls before God as we remember who He is and trust in Him completely.

How is biblical peace different from the peace the world offers us? (It never ends, it is real, it comes from our answers on the board.) There is nothing in the world that could ever compare to the perfect peace of God! We are also commanded to live in peace with one another. What does the verse mean when it says "As far as it depends on you, live at peace with everyone" (Romans 12:18)? (Doing everything in our power to live at peace with the people around us. This could mean putting aside your own feelings and opinions for the sake of promoting peace.)

Are you a peace-maker in your home? Why or why not? What are ways you can change?

We can experience the peace of God through the storms of life when we remember who He is, that He keeps His promises. He is in control over every part of our lives, and we have His Spirit within us who is producing the fruit of peace.

John 14:27, "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid" (NIV). These are the very words of our Lord and Savior Jesus Christ! We know we can trust and believe His Words are true.

When you are going through worry, stress, fear, or just a chaotic day, remember these words of Christ, be still, and remember who your God is. Trust in Him, and you will experience His peace that surpasses all understanding.

Spend time in prayer together. Remember the specific situations you are going through. Invite everyone to share if they haven't already. Praise God for the fruit of the Holy Spirit, the peace we are able to have because He lives within us.

Activity #2 - Peaceful Peach Finger Puppet

1. Color the peach.
2. Cut out the peach.
3. Cut the finger holes.

Activity #3 - Family devo from CalvaryKaty.org

Christians will not ever be hungry or homeless or have problems. We will have those things, but Jesus doesn't want us to worry because those aren't the things that are most important. Jesus experienced all those problems. Remember how the devil tempted Him in the desert? When Jesus was hungry and in great need, the devil said, "You have the power to turn the rocks into bread and not go hungry." Jesus answered, "It is written: 'Man does not live on bread alone, but on every word that comes from the mouth of God'" (Matthew 4:4). Jesus isn't just telling us not to worry about these problems; He practiced what He preached. Jesus experienced more problems than we will ever face. He suffered the consequence of all of our sins. He said, "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world" (John 16:33).

You show peace when you stay calm during tough times. Worry is wasted energy; here's why. If you have a problem and you are able to do something about it—then do something about it and don't worry. If you have a problem that you cannot do anything about—then why bother worrying about it?

Should you worry about having a bad grade? No. Why not? You can do something about it. You can study really hard and then do your best; so why worry? Should you worry about whether or not it will rain tomorrow? No. Why not? You cannot do anything about the weather. But you can do something about your plans. For instance, you can say if it doesn't rain we can do this, but if it rains we'll do that.

Not worrying doesn't mean not planning. Not worrying means...



Patience

Activity #1 - Snail Mail

Supplies: Cardstock or Construction Paper, Crayons, Markers, or Colored Pencils to Decorate Card, Envelopes, Stamps

Instructions:

Fold cardstock or construction paper in half to make a card.

Decorate the card so that you can mail it to a friend, grandparent, or other relative.

Put the card in an envelope, address it, put the stamp on, and take it (with your child) to the post office to mail the card.

Talk About It: Talk about how you will now wait for one friend, grandparent, or relative to write back. You can talk about how they have to be patient because mail can take a while to receive.

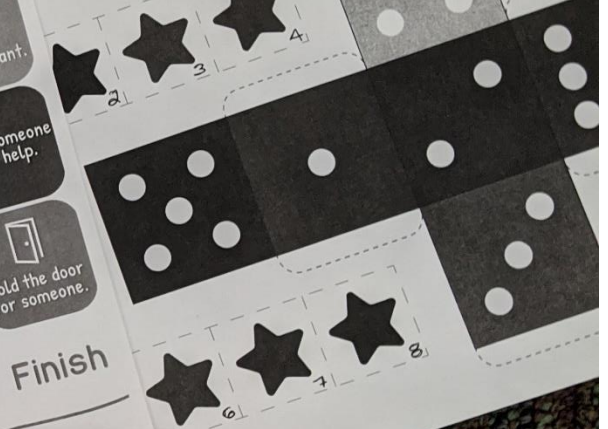
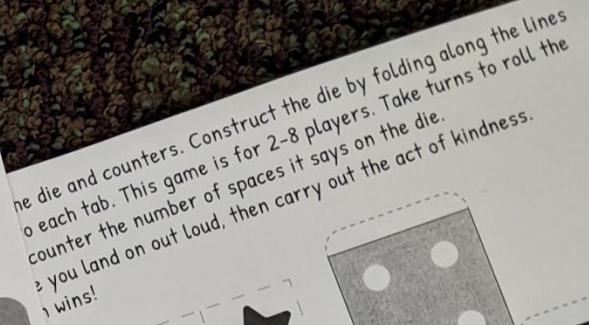
Activity #2 - Devo from Guidelines

Do you ever feel like the person who prayed, "God, give me patience, and give it to me right now"? You may feel like that at the present moment. You have been facing a particular situation or irritation day after day, hour after hour, and you feel like you cannot stand it another day. You are thinking, "I'm up to my chin and I just can't take more of this." It could be your husband or your wife, possibly the person you work with. It could be your teenager, or if you are a teenager, it may be your mom or dad! There are times which confront us all when we feel our ire building, and we know that we have reached the danger zone of what we can handle. It's the red alert.

What's the answer? Walk out? Tell them off? Hit the ceiling and maybe the person who bothers you? Respond in kind to what bothers you? No, that only compounds the problem: Anybody can quit. Anybody can cut loose and paint the air blue. Today's guidelines are dedicated to you who feel the pressures and irritations of daily living and aren't quite sure how to make patience a part of your personality. In the next three minutes, take a break from what you are doing because these remaining three minutes could possibly change your life from failure to real success. First, may I suggest that real patience—the kind described in the Bible—isn't the thought of idly sitting on your hands while you get stomped on, doormat fashion. The word that the writers of Scripture used to describe patience is the Greek word *makrothumia*. It is uniformly translated long-suffering, patience, or steadfastness. But the idea behind the word is holding steady in the face of opposition. It is a strong word denoting control in difficult times.

It was used by a soldier who was holding an outpost, and when he was under attack he stood his ground unflinchingly. The word was used to describe Christ, who held steady under the pressure and opposition of the world. It was used to describe the leaders instead of lashing out in defiance and anger. The word was used by the Apostle Paul to describe the fruit of the Holy Spirit in the life of a believer. Paul writes to the Galatians, "The fruit of the Spirit is love, joy, peace, kindness, goodness, faith, meekness, and self-control." (Galatians 5:22). And there you have it. For a moment mentally step back from the problem or situation and try to look at your irritation or problem objectively. Holding steady for a period of time allows you to act rather than react to the pressures of a crisis. What you do without thinking on the spur of the moment may not be right. If you pause for a few moments, or a few days, the situation may right itself; and, again, if it doesn't, you will have time to think through the situation. Then what you do is really calculated, thought through—not a knee-jerk reaction to some jerk who really got to you. Waiting saves regrets later on. Holding steady for the moment also gives you the opportunity to take the upward look, ask for wisdom. The Bible contains God's promise, "If any lack wisdom, let him ask of God who gives wisdom generously and does not chide our stupidity" (James 1:5).

A final thought: Patience doesn't mean that you have to like the circumstances; rather, it means you find the grace to await God's time without sinning or making a fool of yourself. Someone put it like this: "Christian patience is the ability to keep your motor idling when you feel like stripping your gears." Clearly the Bible says that God rewards the patient man, James says the trying of your faith works patience, but patience brings forth her perfect way. Yes, God, we need patience, and right now.



Kindness

Activity #1 – Toothpaste Object Lesson from the Littles and me.com

Supplies: New Toothpaste, Construction Paper, Tape, Marker, Plate

Wrap a piece of the construction paper around a tube of toothpaste (and secure it with tape).

Write "Words" on the construction paper with a marker.

Squeeze out the toothpaste onto the plate as fast as you can. You might be surprised how fast it comes out!

Everyone has emptied the toothpaste onto the plate your job is to put it all back in the tube. You won't be able to put much (if any) of the toothpaste back. Explain that the toothpaste is just like the words that come out of our mouth. Our words have the power to lift people up or tear them down. If we are not careful, hurtful words can spill out of our mouth and we can't take them back. You can't put words back into your mouth just like you can't put the toothpaste back into the tube.

Activity #2 - Devotion from GCU.edu
Kindness sounds like something you learn from a kindergarten class. You can hear that finger-wagging teacher now, "Make sure to be nice and treat one another with kindness."
The discipline of kindness traces back to our childhood. From the very beginning, we are taught and conditioned to be kind to one another. However, kindness goes much farther than saying "please" and "thank you" to people you interact with. Those are manners.
Kindness comes from a heart posture of gratitude, but also sincerity in treating one another with respect and niceness.
We are created and created us with his in the heavenly realms in Christ Jesus in order

Christ Jesus." (Ephesians 2:6-7)

Kindness is more than an action when you interact with people. It's how you present yourself amongst other people. Your character that shines through you can be dressed in the posture of kindness.

Let me ask you this: Have you ever gone to a public tourist location, like the beach or the Grand Canyon? Sometimes, you would like a photo of the group that you're with (something other than a selfie). You sheepishly walk up to a perfect stranger, hand them your beloved technology and ask them to snap a photo. Why did you pick that person?

Why did you pick that person?
When I do this, I choose the person who looks the nicest who isn't going to huff, scowl and walk away. I choose the person who expresses an emphatic, "Absolutely!" when I beg the question.
Kindness flows from us. It is a heart and character posture. It is the notion that every person deserves to be treated with respect and kindness.
But there's more to it. If you look through the Scriptures, you see that the word "kindness" is used within the contexts of mercy and humble servitude to one another, much like the verse above in Ephesians. The "riches of [God's] grace" is shown through the kindness shown to us through Jesus, who He was, what He did and the mercy and servitude-like love that was shown through His sacrifice for us.
So, listen to your elementary school teacher and take a lesson from the photo-obsessed families at the Grand Canyon about kindness.
But, most importantly, look to the cross. See the kindness and mercy that Christ perfectly portrayed in His ultimate sacrifice for each and every one of us.

Activity #3 – Acts of Kindness Board Game
Enclosed

**TASTE AND SEE
THAT THE
LORD IS GOOD**
PSALM 34:8

Goodness

Activity #1 – painting from theloolesandme.com

Supplies: Taste & See Printable, Lemons, Limes, Oranges, or Grapefruit, Paint, Plate, Knife (to cut fruit in half)

Cut the citrus fruit of your choice in half.

Squeeze paint onto a plate.

Dip the fruit in the paint and then stamp it on the paper.

Let dry completely before hanging up.

Goodness models Christ's actions of love, humility, and forgiveness. It shows integrity, honesty, and compassion towards others. It is only possible through God's power at work in our heart. I love the reminder in our verse this week that it is God at work in us that fulfills His good purpose. It's all Him, not us.

For it is God who works in you to will and to act in order to fulfill His good purpose. (Philippians 2:13, NIV)

Not only can we see God's goodness displayed through the way He loves, guides, and cares for us, but we can also see it every day in creation. Creation reflects God—His nature, character, and goodness. Creation points us to the Creator.

Activity #2 – Devotional from GCU.com

As the Holy Spirit works in our lives, our character is transformed. In the areas of our lives where we once held onto sin, which reflects our human nature, we can now possess the fruits of the Spirit and reflect God's character.

One of the fruits of the Spirit is goodness. So, what does this mean, and how can it be applied to our lives? Growing up, we were often told to "be good." Maybe this looked like helping your mom with the household chores or getting good grades in school.

I think the true meaning of the word "goodness" is commonly overlooked, though. Goodness is action; it's not something we do only for the sake of being virtuous.

When we strive to be "good" only for our own benefit, it is not truly goodness that we possess. In Greek, the word goodness, "agathosune," means "an uprightness of heart and life" (Thayer & Strong, 1995).

When we act out of true goodness of the heart, we are obedient to God's commandments and seek the benefit of others. Our actions come from a place of selflessness, and we place the needs of others before our own.

The life of Jesus Christ is the perfect example of goodness, as He died on the cross for the sins of humanity in order to give us the gift of eternal life. His ministry and sacrifice is an example of God's goodness toward mankind. After all, the term "gospel" means "good news."

In addition, Jesus is called the "good shepherd" in Scripture, because He laid down His life for His sheep. Peter, a disciple of Jesus, talks about the goodness of Jesus' ministry in Acts 10:38: "How God anointed Jesus of Nazareth with the Holy Spirit and power, and how he went around doing good and healing all who were under the power of the devil, because God was with him."

We are called as Christians to live in a way that reflects the character of Christ. Matthew 5:16 says, "In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven."

Goodness is not about doing elaborate things to gain recognition. Oftentimes, it is the small acts of goodness we do throughout our day that mean the most to those around us.

Is your friend having a bad day? Write them a note to let them know how much you care about them. Is someone putting you down? Pray for them.

It is in these acts of goodness that we reflect Christ's character. While it may seem like no one notices, God does. Ultimately, when we show goodness, we bring glory to God's name.

Activity #3 - Craft – Sun Catcher

Supplies: wax paper, fresh flowers and leaves (dainty works best!), scissors, a couple of paper towels and your iron, construction paper and glue

Strip and arrange the flowers how you like on a single layer of wax paper. Take another sheet of the same size and place on top.

It is best to have plenty of space between the flowers and surrounding them as well. You want to have as much contact between the two sheets of wax paper as possible. This creates a better "seal".

Cover with a paper towel and press your hot iron down firmly. I had mine on a medium setting with no water. Make sure you are ironing on a firm surface; a cutting board works great.

Let cool and there you go! You might want to go back over certain spots if you see that the two sheets of wax paper have not bonded well.

Instructions: You are going to be making Gentleness Soup today. On the left are a list of the ingredients you may use. Add to the pot the ingredients that will make Gentleness Soup everything God would want it to be. Leave out and mark through those things that would make Gentleness Soup ungodly.

Gentleness Soup

Anger
Name calling
Love
Patience
Hurried
Loud
Quiet
Harsh
Strength
Kindness
Sassy
Silly
Sarcastic
Peaceful
Respect
Making fun
Peace
Faith
Quietness
Helpful
Frustration

A gentle answer
turns away wrath,
but a harsh word
stirs up anger.
(Proverbs 15:1 NIV)

Gentleness

Activity #1 Gentle Words Jars from thelittlesandme.com

Mason Jar or Plastic Jar/Container, Craft Pom Poms (or Cotton Balls, Gentle Answer Printables, Glue, Scissors, Rocks, Baking Sheet

Instructions:

Cut out the tag with scissors and glue to the container.

First let's talk about the difference between harsh and gentle words. Pull out a baking sheet and drop the rocks (harsh words) on the baking tray and then drop the pom poms (gentle words) on the baking tray. What type of words do you like to be spoken to—harsh or gentle?

Over the next week or so it's your mission to fill up the jar with gentle words and actions (aka pom poms).

Every time someone in your family shows gentleness in the things they say or do put a pom pom in the jar. Watch your jar fill up over the week!

Activity #2 - Discussion from Teach One, Reach One

What does it mean to be gentle and why is gentleness an important character trait for Christians?

Gentleness is quite possibly the fruit of the Spirit we struggle the most to understand. The definition of gentleness includes the concept of mildness of manners or disposition, while the definition of meek includes submissive, obedient, humble, quiet and gentle. These qualities are rarely valued in our society yet God mentions them in two important scriptures.

The world often portrays gentle, meek people as those who are afraid to speak up when they face opposition. Yet John continued to preach Jesus boldly even when sent to jail (Acts 4:3) and most likely beaten and exiled. In fact, some people define gentleness as great strength under control. They point to how mothers interact with their babies (1 Thessalonians 2:7) or how an elephant can lift 300kg with its trunk but can also use that same trunk to pick a single peanut out of your hand without hurting you.

So why does God want Christians to be gentle? What are we to do with this gentleness? What can we learn from the following verses?

Titus 3:1-8, for the good of everyone.

I Peter 3:15, for sharing faith effectively.

II Timothy 2:24-26, for helping people involved in evil to come to their senses.

Galatians 6:1, for helping restore Christians who get caught up in sin.

Ephesians 4:1-6, for the health of the Church.

II Corinthians 10:1, because Jesus was meek and gentle

I Timothy 6:11-12, to be a man (woman) of God.

Scripture makes it clear if you want to convince someone to do what God wants him or her to do you have to use gentleness. Does that mean we can't be direct or boldly speak God's truth?

John was the apostle that Jesus loved who is known for his love and gentleness in the early Church. John took the time and effort to have a loving relationship with people. John tells the truth about what God expects. John explains his motivations for encouraging them to obey God. John encourages them showing his belief they are fully capable of obeying God. John warns them about potential stumbling blocks as they try to obey God.

If we want to help other people become Christians and live a godly life (part of our responsibilities as a Christian) we need to learn how to boldly speak the truth with gentleness.

Activity #3 - Gentleness Soup from 3girlsgirlsat home

Complete the attached activity together and talk about your decisions.

Activity #4 - Object lesson from coverandlifelpage

Has anyone ever been mean to you? Have you ever been mean to someone else? Have you ever seen someone be mean to someone else?

Story: The Woman with an Issue of Blood (Mark 5:25-34). The woman was unclean, dirty. If anyone touched her, they would be unclean, too. If she sat in a chair or ate from dishes, they would be unclean and no one else could use them. No one wanted to touch her or be near her because, eww, she was dirty. How did she feel? (sad, angry, lonely) She spent all her money on doctors, but all their medicine just made her worse. She suffered for 12 years. Finally, she went to Jesus and was healed by touching the hem of his garment. When He found out what had happened, He didn't say, "Gross, you're unclean and you made me unclean, too." No, He treated her with gentleness. He said, "Daughter, your faith has healed you. Go in peace."

God always keeps His promises

Faithfulness
Activity #1 - God Keeps His Promises Rainbow from thelittlesandme.com
 Supplies: Rainbow Printable, Q-Tips, Plate, Paint or crayons

Instructions:
 Squeeze paint onto a plate.
 Use Q-Tips to dot the paint onto the rainbow. Or use your crayons to make dots.

Activity #2 - Devo from lifehopeandtruth.com

We grow in faith as we use the power God gives us through His Spirit to obey Him and build a relationship with Him. Faith in God grows in us as it did in Abraham as we see that God will always do what He has promised (Romans 4:18-22). So, faithfulness would include being full of belief and confidence in God and all that God promises.

Hebrews 11, often called the Faith Chapter, goes on to say: "By faith we understand that the worlds were framed by the word of God, so that the things which are seen were not made of things which are visible" (verse 3).

Faith is what keeps us from believing that we are all here on earth by accident. It assures us of our Creator's existence and love. Faith involves the way we live. Paul said we must "walk by faith, not by sight" (2 Corinthians 5:7).

So the fruit of the Spirit of faithfulness includes trusting God and remaining loyal to Him. Why does God want us to demonstrate faithfulness? The world has thousands of different versions of Christianity. In Luke 18:8 Christ asked, "When the Son of Man comes, will He really find faith on the earth?" Looking at the state of faithfulness today is not very encouraging. The world has thousands of different versions of Christianity. In Luke 18:8 Christ asked, "When the Son of Man comes, will He really find faith on the earth?" Looking at the state of faithfulness today is not very encouraging. The world has thousands of different versions of Christianity.

So why does God want us to demonstrate faithfulness to Him? How else will He know that we trust Him and God is faithful to His people, and He expects them to be faithful to Him. All of the fruit of the Spirit follow this pattern, and faith is no exception.

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Self-Control

Self-control is the ability to control your emotions and behaviors when you get angry.



Sometimes we lose self-control when someone makes us mad.
When you lost self-control? _____

When we lose control we sometimes do things that we regret. Write down some of things that people do when they lose control. One you have experienced when you have lost control.

- | | |
|---------------------------------------|--|
| <input type="checkbox"/> Scream | <input type="checkbox"/> Call names |
| <input type="checkbox"/> Break things | <input type="checkbox"/> Take off |
| <input type="checkbox"/> Hit someone | <input type="checkbox"/> Hurt yourself |

It is very important that you learn healthy ways to control your emotions. Losing self-control can get you into trouble. Write down some ways that you can control your emotions even with the law.

When you feel yourself losing control, _____

Take deep breaths
If you feel yourself starting to get angry, _____
Write the name of each person who helped you.

What other things can you do to help yourself control your emotions?

A big part of growing up is learning to control your emotions. Learning self-control can help you become someone that others can look up to. You will earn respect from others when you show them that you have self-control.

Self-Control

Activity #1 with bubbles from thelittlesandme.com

Self-Control is saying no to the things that are not good for me and yes to what is good for me. It means listening and acting how God wants me to rather than reacting or doing what I want to do. Thankfully God wants to help us put self-control into action. Self-Control isn't always easy. It means fighting against the temptation to sin and keeping our emotions, thoughts, and actions in control. There's good news though! We don't have to do it on our own. The Holy Spirit working in our hearts helps us and when we are tempted we can stop, think, and pray for God to help us obey Him.

Think about how my actions, thoughts, words will impact others.
Pray for help to obey God.
Our words, thoughts, and actions are powerful and can be used for so much good, but as we learned when we talked about Kindness they can easily hurt others if we aren't careful.

Supplies: Bubbles

Grab a bottle of bubbles and head outside.
The first time that you blow them you can pop as many as you want. After a little while of popping to your heart's content. Stop blowing bubbles and change the rules for this next round of blowing bubbles. This time you're going to blow bubbles but not pop any.
Talk about it: After you're all finished talk about how when they really wanted to pop the bubbles but they chose not to, that was choosing self-control. If they popped the bubbles the 2nd time around you can talk about how that wasn't choosing self-control.

Activity #2 - Devo from bible.org

Today we're talking about self-control. Can anyone guess what that means? With self-control, we control ourselves. We control our desires - our "want to's". Through self-control, we keep ourselves from doing something bad that we shouldn't do, and we make ourselves do good things that we should do. Once again, the perfect example of this fruit, self-control, is found in Jesus. Jesus is the one person who had perfect self-control His entire life. The Bible calls Jesus the one who "had no sin" (2 Corinthians 5:21), which means He never sinned at all. Think about that kind of self-control! He never thought, "Just this one time, I can lie to my parents," or, "No one will know if I punch my brother." We might think that no one ever bothered Him, or nothing ever went wrong for Him. He didn't have to live with my sister! We might think that Jesus had lots of brothers and sisters (Matthew 13:55-56). Is it easy to live with brothers and sisters without ever being annoyed or frustrated with them? No way! In fact, the Bible says that Jesus was tempted to sin in every way that we are tempted (Hebrews 4:15) which means His brothers and sisters probably bugged Him sometimes, but He never sinned. He was not mean to them, He didn't hit them, He never stole their candy. He didn't even think bad thoughts about them! That is amazing self-control! Jesus always had the self-control to keep Himself from sinning, and to obey God. The reason He had this amazing self-control was because He was full of the Holy Spirit, and He spent as much time as He could with His Father. The more time we spend with God, the better fruit God will grow in our lives - and Jesus had the most spiritual fruit of anyone.

Just like a lion naturally wants to prowl the jungle or roar at a human, our natural self (our sin nature) wants to do bad stuff sometimes. What are some bad things that we are tempted to do sometimes? You might want to grab what you want right when you want it; you might want to hit someone or yell at someone when you are angry; you might want to push someone when they get in front of you; you might want your own way instead of thinking of others. These are all actions that we must control for ourselves. Also, there are some good things that we should do, that our natural self just doesn't want to do. We should get up and get ready for school in the morning; we should do our homework; we should do our chores that our parents ask us to do. Again, it takes self-control to do the right things that we are supposed to do. The term "self-control" is sort of a tricky phrase. It is "self-control" because no other person is doing it for us. But that doesn't mean we are all on our own! God's Holy Spirit that lives inside of each believer is the One who is really giving us the power to have self-control. When we believe in Jesus, God's Spirit fills us - just like it filled Jesus (Luke 4:1). We can have self-control just like Jesus did when we depend on the Spirit of God. So no matter what is going on around us, we can keep from doing what we don't want to do.