

LESSON 12

THE FRUIT OF THE HOLY SPIRIT



BEFORE YOU TEACH

A tree bears fruit because it has life. In the same way, we can practice righteousness only if we are connected to the living God and depend on the power of the Holy Spirit. Just as a good tree would not be fruitless or bear bad fruit, we will be accompanied by good works when we live a Spirit-filled life (Mt 7:16-20).

Whereas the works of the law seek to carry out the letter of the law superficially, the fruit of the Spirit is an outflow of the righteousness of God from the heart (Rom 2:29). In this sense, we are freed from the bondage of the law and mere outward observance. Consequently, we may live out the spirit of the law by faith in Christ and the power of the Spirit.

UNDERSTANDING YOUR STUDENTS

Young students long to have the approval of their parents, their teachers, and their peers. In their desire to meet others' expectations, some students may gradually become adept at going through the motions of "godly behavior" that are not solidly built on genuine belief or faith.

As teachers, we should remind students that true spiritual character should not be founded on external acts of religious devotion or charity, but rather internal attitudes based on biblical principles.

If students seek to be filled with the fullness of the Holy Spirit, doing good will result from the right motivation and will be a natural byproduct that is pleasing to both God and men.

BIBLE TEXT

Galatians 5:22-25

BIBLE TRUTH

The Holy Spirit can help us bear spiritual fruit that pleases God and helps others.

LESSON OBJECTIVE

To understand the different virtues of the Holy Spirit and what it means to live them out in our daily life.

MEMORY VERSE

"If we live in the Spirit,
let us also walk in the Spirit."

(Galatians 5:25)

PRAYER

In the name of the Lord Jesus, we pray. Dear Lord, we thank You for gathering us to learn about Your Holy Spirit and the virtues He can help us bear. We want to become more like You every day, and we pray that Your Holy Spirit will fill us so that the spiritual fruit we bear in our daily lives will glorify You and be an example to our families and friends. In this coming week, please let our thoughts, words, and actions be guided and taught by Your Holy Spirit. We thank You and praise You. Hallelujah! Amen.

VOCABULARY

famine: when an area or land experiences a mass shortage of food either because of severe climate conditions or as a result of war

rod: a sturdy stick; sometimes used to beat or punish someone

decree: an official order given by someone in power that everyone must follow

longsuffering: patiently enduring troubles or problems with something or someone

faithful: trustworthy, reliable, dependable, and loyal

devour: to eat hungrily and passionately without self-control

adultery: not being faithful and breaking marriage vows

virtue: exemplary conduct and behavior that is morally good and desirable

REVIEW

Last week, we learned about a person in the Bible who remained blameless and upright, even when he encountered extreme difficulties. Do you remember who it was? (Job.) That's right! What happened to Job? (He lost all his children and all his possessions in one day; later, he developed sores all over his body.) Job did not deserve any of this suffering; Satan was only testing Job's faith because God told Satan that Job was righteous. When Job was going through this tremendous suffering, did he sin against God and blame Him for all his problems? No! Not even once! Throughout all his suffering, Job remained as righteous as before. Even when his friends were judging him, he still did not get angry at God and sin. In the end, God blessed Job even more than before since he didn't sin against God during his trials. We learned from Job that even in difficult times, we should still be joyous and remain righteous. Just as Job's suffering brought him closer to God, our suffering can bring us closer to God, too.

BIBLE STORY

1. Love (Genesis 44)

*"Greater love has no one than this,
than to lay down one's life for his friends."*

(John 15:13)

There was a great famine in the land. Boys and girls, can you imagine how hungry everyone must have been because they could not find any food eat? Their stomachs must have been grumbling with hunger.

Because of the famine, little Benjamin and his older brothers went to see a mighty official who could give them food. When they were on their way home with the food they had received, one of the official's men went after them and said that one of them had stolen the official's silver cup. Whoever had stolen from the official would be punished and become a slave. A slave could not go home and had to do everything his master ordered him to do. How awful! The brothers were sure that none of them had taken anything valuable from the official's house. After searching through their bags, the silver cup was found inside Benjamin's bag. How could this have happened? Poor Benjamin!

The group of brothers returned to the official's house.

The official told the brothers that Benjamin had to stay behind and be his slave because he had stolen the silver cup. Judah, one of the older brothers, loved his father and brother very much. He knew that if they went home without Benjamin, his father would be very sad and might even die because of his great sadness. Even though Judah had not stolen the cup, he was willing to stay behind and take the punishment for Benjamin. He was willing to give up everything so that his little brother could return home safely. The official was greatly moved by the love Judah had for Benjamin and did not punish either of them.

Boys and girls, raise your hand if you remember this story. This story happened in the Old Testament. Benjamin and his brothers traveled to Egypt to buy food from Pharaoh's official, Joseph. Judah showed his love for Benjamin and for his father Israel (Jacob) by offering to stay in Egypt and become Joseph's slave. He would have given up his life, his freedom, and his family for little Benjamin. Judah's love for his brother was very touching.

Love is being willing to sacrifice something important for another person. What are some ways our parents show us their love? How did Jesus show His love for us? What are some ways we can show our love to our brothers and sisters?

2. Joy (Acts 16:16-34)

"My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience." (James 1:2-3)

Paul and Silas were on their way to church when they met a slave girl. She worked day and night to make money for her masters. After several days of seeing her, Paul decided to help her.

When the slave girl's masters found out, they were angry. They wouldn't be able to make any more money by forcing the slave girl to work. The slave masters were so mad that they took Paul and Silas to the judges. Because the slave masters lied and said Paul and Silas had done bad things, the judges punished the two innocent men by having them beaten with rods and thrown into jail. What a terrible and painful punishment!

Boys and girls, let's close our eyes and imagine how we would feel if we were Paul and Silas. Someone lied about us and we were unfairly punished. Our whole body hurts because we were beaten. We are now in a cold and dark place. We don't know when we will be able to get out or go home. What would we do if we were in their shoes? What did Paul and Silas do? Did they complain? Did they cry? Did they give up hope?

About midnight, Paul and Silas were praying and singing hymns to God. Their cheerful hearts could not be tied down by their chains. They were so joyful they could sing. God showed that He was with them by sending an earthquake. The earthquake opened all the prison doors and all the chains. Instead of escaping, Paul and Silas stayed so they could share their joy with the jailer and his family. Before the morning came, when they would be freed from jail, Paul and Silas preached to the jailer and his family, and then baptized them.

This is a story about Paul and Silas that can be found in the New Testament. Why were they so joyful when others would have been scared or sad? It was because they trusted God. Even in the cold and dark prison, they knew that God was with them and would take care of them.

Joy is being happy from the deepest part of our hearts and it does not depend on what happens around us. If God is with us and we trust in Him, we can feel this joy all the time. If we remember that Jesus Christ sacrificed His life so that we could have the hope of salvation, we can be joyful every day. If we count all the many ways God has blessed us, we will feel this joy. Raise your hand if you felt joyful in the last week? What made you joyful? How do we show we are joyful? How can we help others be joyful?

3. Peace (Gen 26:12-30)

"Blessed are the peacemakers, for they shall be called sons of God." (Matthew 5:9)

When Isaac returned to his birthplace in Gerar, he needed to find water for his flocks and family. Therefore, he dug wells. God blessed Isaac, so the people of Gerar were jealous of him. They filled his wells and ordered Isaac to leave. Isaac was a peacemaker, therefore he left quietly without any argument. He could have argued and demanded his rights based on his father's work or he could have taken revenge, but he didn't. Later, King Abimelech, who wanted Isaac to leave, came and made peace with him, saying, "We saw clearly that the Lord was with you." Isaac showed that he was a peacemaker by willingly giving up something as important as water to make peace.

God's peace is greater than all the fears in the world combined. We can receive His peace by making a habit of praying to Him with thanksgiving. There are many people in the world who don't know that they can also have this wonderful peace in their hearts. Boys and girls, let's think about someone we have talked to or seen in the last week who seemed worried, frustrated, afraid, or maybe just tired. What are some ways that we can share our peace with them? How do you think God's peace can change their lives for the better?

4. Longsuffering (Patience) (Lk 15:11-24)

"Be patient with all." (1 Thessalonians 5:14b)

A father had two sons. One day, the younger son decided he wanted to travel to a far off country where he could enjoy a more interesting and exciting life. He went to his father and asked for his part of the family money. The younger son did not think or care about how hard it would be on his father or older brother. The family would have less money and would have less help with all the work that needed to be done. The father loved his younger son very much, so he gave his younger son his allotted share of the inheritance.

A few days later, the younger son left on his adventure. He went to a country far away from home. There were many amazing sights to see, expensive things to buy, and delicious foods to eat. Days turned into months and months turned into years. When famine came to the land, the younger son suddenly realized that he had wasted all of his money on fun and did not even have a penny for food. He needed to find a way to earn enough money to buy food, so he decided to work on a farm feeding pigs. His work gave him a place to stay but no food to eat. He was starving; even the pigs' food looked yummy. Does anyone know what pigs eat? Raise your hand if you think that you would be willing to eat pig food if you were very, very hungry. No, most of us wouldn't be. The younger son didn't want to eat it either.

The younger son started thinking of his father and the wonderful life he had before. Even his father's servants would have more food than he did, now that he had

wandered so far from home and wasted all his money. The younger son decided to go back to his father's house, repent before his father, and humbly become one of the servants.

The father was walking in his fields, looking out toward the horizon. Every day, he walked, watched, and waited, hoping his younger son would return. It didn't matter that he had been heartbroken and sad when his younger son left. It didn't matter that life was difficult for the family because they couldn't count on the money his younger son had taken. All that mattered was that his son come back safely. As the father waited, the days had become months and the months had become years. Time passed and the father still waited patiently for the younger son he had lost.

While the father was taking his daily walk, he saw a figure in the distance. He could not believe his eyes, it was his younger son! The father saw his son and was filled with compassion. He ran as fast as he could towards him, and then hugged and kissed him. While his younger son was still repenting, he was already making plans for a big feast to celebrate his younger son's return. New clothes, new shoes, a new ring, and the best meat were brought out to show how happy he was to have found his younger son again. All his tears, his prayers, and his patient waiting had finally paid off. His lost son was home again.

This was a parable Jesus told about a father and his wasteful son. What helped the father wait so patiently even though he had been deeply hurt? It was his deep love and concern for his son. Although the father did not know when his son would come back or if his son would ever return, he was willing to hope, pray, and spend as much time as was needed.

Longsuffering is waiting patiently even if we need to suffer for a long time. God is patient with us when we make mistakes, and He forgives us whenever we sincerely repent from the heart. Boys and girls, what is something we would be willing to wait patiently for? What makes it hard for us to be patient? Can we think of anyone you know who is very patient? What can we learn from them?

5. Kindness (Lk 10:30-37)

"And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you."

(Ephesians 4:32)

A man was traveling from one city to another when he was attacked and robbed. The robbers took his clothing and his belongings, and beat him so that he could not chase after them. He lay by the side of the road, bleeding and unable to move. A priest walked down the same road. When he saw the wounded traveler, he crossed to the other side of the road. He didn't know if the man was

dead or alive, but he wanted to stay as far away as possible. Some time later, a Levite walked down the same road. He saw the wounded traveler, but he also crossed to the other side of the road and quickly walked away.

A Samaritan was the next person who came along. He was not as rich, educated, or well-respected as the first two people who walked by, but he had a kind heart. He saw the wounded traveler and had compassion on him. The Samaritan rushed to his side, knelt by him, and cleaned and bandaged the traveler's wounds. The Samaritan then put the traveler on his donkey so that he could be taken to an inn. After taking care of him for the night, the Samaritan left money and instructions with the inn keeper before he left the next day. The Samaritan asked the inn keeper to take care of the wounded traveler and offered to pay for anything else that needed to be done for him. Of the three people who passed by, the Samaritan was the only one who showed mercy to the wounded traveler.

Jesus told this parable about a good Samaritan. This Samaritan did not have religious training like the priest and the Levite who first walked by, and he was not even liked by Jews because of his mixed ethnic background, but he was the only one that was willing to help the wounded stranger. It doesn't take someone with special skills or training to be kind. A willing heart and willing hands are what it takes to make a difference in someone's life.

Kindness is being merciful and proactive in helping different types of people. Someone with a kind heart doesn't need to be told or forced to help; he or she naturally looks for ways to help. How has someone shown kindness to you in the last week? It's usually easier for us to be kind to people we know and like. Why should we be kind to people we don't know or might not even really like?

6. Goodness (Acts 9:36-42)

"Let them do good, that they be rich in good works, ready to give, willing to share."

(1 Timothy 6:18)

Dorcas loved to help those in need. She would prepare food for the poor, take care of the sick, sew clothing for widows, and tell stories about God to the orphans. She always thought about others and put their needs before hers.

One day, she became ill, and soon after, she passed away. Everyone who knew her and loved her was shocked and saddened. How could someone so generous and good be gone? The believers prepared her body and laid it in an upper room. They decided to send two disciples to find a worker of God that was staying in a nearby town, hoping that God would perform a miracle.

The worker of God came back with the two disciples

and went to the upper room. The widows were gathered around Dorcas, tears falling down their cheeks. They showed the worker of God the clothing that Dorcas had made for them and their families when she was alive.

The worker of God asked everyone to leave the room. Then, he knelt down, prayed, and told Dorcas to get up. Slowly, her eyes opened and she sat up. The worker of God helped her stand up and walk out of the room. All the believers were thankful and joyful, praising God for bringing back a sister who had done so much good for them and who would continue to serve them. Because of this miracle, many in the city came to believe in God.

This story happened in the city of Joppa. Dorcas, also known as Tabitha, was a sister who was rich in good works. She made the most of her time by helping those around her. When she died, the believers asked Peter to come and help. Her good works moved God to return her to life so that more people could come to believe.

Goodness is doing what is right before God and serving those around us with love. As human beings, we tend to be selfish, thinking first about what makes us happy. Dorcas was happy when she made others feel comfortable. Even though she may not have had much on earth, all the good she did for others worked to store up treasures in heaven. What are some good deeds that we can do on our own at church, at home, or at school? What are some good deeds that we can do with our brothers and sisters? Can we do good deeds with the wrong motivation? What happens if we don't have any good deeds stored up?

7. Faithfulness (Dan 6)

"Well done, good and faithful servant; you were faithful over a few things, I will make you ruler over many things. Enter into the joy of your lord."

(Matthew 25:21)

Daniel was an excellent worker. He was honest, hardworking, intelligent, and faithful. He believed in God and set a Christian example with his words and actions. He did such a good job that his king put him in charge of other leaders. The leaders were jealous of Daniel and looked for ways to harm him or trap him. The leaders convinced the king to sign a decree that would force everyone to pray only to the chief for one month. Anyone who disobeyed the decree would be thrown into a den and devoured by wild animals.

Boys and girls, what do you think Daniel did when he heard the decree? Did he start praying to God secretly, where no one could see him? Did he start praying to his king? Or did he stop praying to anyone?

Even though his life was in danger, Daniel was brave and faithful to God. He went home and did what he did every day. Three times a day, he knelt down by a window where he prayed and gave thanks to God.

The leaders went and told the king that Daniel had disobeyed the decree. Although the king didn't want to punish Daniel because he was a good and faithful worker, the king could not go against his own decree. Daniel was taken and thrown into a den with lions. In the morning, the king went to check if Daniel was still alive. What do you think the chief found? Had the lions eaten him up?

Daniel came out of the den safe and sound. God had sent an angel to protect him from the lions because he was innocent and had stayed faithful to God. The evil leaders that had tried to trap Daniel were thrown into the den and eaten by the lions.

Boys and girls, raise your hand if you remember this story about Daniel in the Old Testament. He was faithful to God because he continued to pray three times a day even though he knew that he would be punished for it. God saw how much Daniel was willing to risk for his faith and sent an angel to close the mouths of the lions so that they couldn't harm him.

Faithfulness is being trustworthy and loyal even when it is very difficult or even when we may be the only ones doing what is right. How will God bless us if we are faithful? What will happen if we are not faithful? Can anyone share two or three things we should be faithful with at church, at home, or at school?

8. Gentleness (Mt 26:36-67; Mt 27:14)

"Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls."

(Matthew 11:29)

Jesus was a gentle person. He could have called for twelve legions of angels to rescue Him, but He willingly allowed the soldiers to capture Him (Mt 26:52-53). Then they spat in His face and beat Him, while others struck Him with their hands. While this was happening, Jesus didn't seek revenge. When He was being accused by the priests and elders, He did not answer to even a single charge (Mt 27:14). Jesus is indeed a loving and gentle person. He gave Himself up for all mankind. In gentleness, He spoke words of forgiveness for those who had crucified Him.

Gentleness is being thoughtful and kind. It can be seen in the way we do things or even in the way we say things. Being gentle is being soft, warm, friendly, and helpful without expecting anything in return. How do we feel when someone treats us with gentleness? When our parents ask us to do a boring chore or to help with something we don't really enjoy, how can we respond in a gentle way? When someone treats us rudely or roughly, how would gentleness improve the situation?

9. Self-Control (Gen 39)

*“He who is slow to anger is better than the mighty,
and he who rules his spirit than he who takes a city.”*

(Proverbs 16:32)

Joseph went to work for Potiphar. The Lord was with Joseph, and He blessed Joseph in everything he did. The house was always kept in order and the fields were fruitful. Potiphar was very pleased with Joseph’s work and made him the manager of his house and his business.

Joseph was young and handsome. Potiphar’s wife looked at him and liked him very much. She wanted to tempt him to do evil by sleeping with her. Boys and girls, we know that adultery (sleeping with someone that is not your husband or wife) is against God’s commandments. Joseph knew that Potiphar trusted him and that God blessed all his work. Joseph feared God, and he would not dare to sin against God. He could have anything he wanted in the house, but he had self-control when it came to his boss’ own wife. Potiphar’s wife tried to convince him to sin day after day, but Joseph would not listen to her and did what he could to stay away from her.

One day, Potiphar’s wife trapped Joseph when he was working alone in the house. She grabbed his coat and told him to sin with her. Although nobody else was in the house at that moment and nobody would know, Joseph knew that God would not be pleased if he listened to Potiphar’s wife. He left his coat in her hand and ran outside. She was furious that he would not stay with her. Potiphar’s wife called all the workers back into the house and lied about Joseph. She said that he had tried to take advantage of her, and that she had shouted for help, but he escaped. Potiphar’s wife held up Joseph’s coat as proof of her lie.

When Potiphar came home, his wife repeated the lie about Joseph. Potiphar believed what she said and felt disappointed and very angry with Joseph. He sent poor Joseph to prison. How unfair, right? Joseph got into trouble for doing the right thing and not sinning against God.

Throughout this trial, God stayed by Joseph’s side because he feared God and had self-control. God had mercy on him while he was in prison. The prison caretaker put Joseph in charge of all the prisoners. God continued to bless Joseph in everything he did, and he eventually became a prime minister of Egypt, second only to Pharaoh.

This is the story of Joseph when he lived in Egypt with Potiphar, one of Pharaoh’s officials. God blessed his work and Joseph had power over everything in Potiphar’s home and fields. He did not abuse his power and think that he could do whatever he wanted with his master’s belongings or family members. He knew when to control his own needs and wants.

Having self-control means knowing when to say no,

even if something seems fun or interesting, or even if no one else will know. When God blesses us and we have plenty, it is easy to take advantage of the situation. We can learn from Joseph’s humility and faithfulness, which helped him to control his thoughts and actions. In your daily life, what is one thing that you find hard to control? Is it eating sweets, watching TV, playing video games, or having a bad temper? Having self-control is like having a brake in a car. What happens if we don’t act with self-control? How does having no self-control affect our loved ones? How does it affect our relationship with God?

Boys and girls, let’s review—what is the fruit of the Spirit? The fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, and self-control. Each one is a step closer to God’s heart. The more we live by the Spirit, the more we are able to follow in Jesus’ footsteps, obeying God and sharing the good news with our friends and family. By working together to bear the fruit of the Spirit, each believer grows stronger, and the church can grow more and more to be like our heavenly home.

CHECK FOR UNDERSTANDING

1. **How did Judah show his love for Benjamin?** He was willing to sacrifice his life, his freedom, and his family to save Benjamin.
2. **How did Paul and Silas show their joy while they were in jail?** They sang hymns and prayed to God.
3. **What did Isaac do to make peace?** He didn't argue and left the wells that he had dug to the people.
4. **How did the father of the lost son show his longsuffering (patience)?** He waited for his son every day and hoped that he would return.
5. **How did the good Samaritan show kindness to the traveler?** He showed mercy by helping him when no one else would.
6. **How did Dorcas show her goodness to the poor?** She made clothing for the widows.
7. **How did Daniel show his faithfulness to God?** He continued to pray to God three times a day even though his life was in danger.
8. **How did Jesus show His gentleness to those who wanted to crucify Him?** He didn't say a word. He was gentle and lowly.
9. **How did Joseph show self-control when he was tempted by Potiphar's wife?** He left his coat in her hand and ran out of the house.
10. **What are the nine fruit of the Spirit?** Love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, and self-control.

MEMORY VERSE PRACTICE

Please reinforce the memory verse every week.
You can practice the memory verse with your students anytime during class.

"If we live in the Spirit, let us also walk in the Spirit." (Galatians 5:25)

HOMEWORK ANSWER KEY

1. Isaac; peace
2. Daniel; faithfulness
3. Judah; love
4. Dorcas; goodness
5. Father of the Lost Son; longsuffering
6. Joseph; self-control
7. Jesus; gentleness
8. Good Samaritan; kindness
9. Paul and Silas; joy
10. Answers may vary.

SPIRITUAL TEACHING & LIFE APPLICATION

Now that we have learned about the fruit of the Holy Spirit, let us apply them into our daily lives. Matthew 7:21 says, "Not everyone who says to Me, 'Lord, Lord,' shall enter the kingdom of heaven, but he who does the will of My Father in heaven." In other words, not everyone who claims to be a Christian will enter the heavenly kingdom. Today, we must also bear the fruit of the Holy Spirit in order to be children of God (Rom 8:16).

Cindy is a true follower of God who bears the fruit of the Holy Spirit. Let me share some of her stories with you.

LOVE

Ally was an immigrant from China. For a while, she had a hard time looking for a job and lived in very poor conditions. When she first came to church, she was very quiet and didn't want to talk to other members because she only spoke Mandarin. She didn't make any friends, and she had no family members with her at that time.

One Saturday, Cindy saw Ally eating by herself at the back of the fellowship hall. This was her first time seeing Ally. Cindy told her daughter, "Go sit with your friends and eat, okay? I want to sit down next to a new church member." After Cindy's daughter left, Cindy sat next to Ally and started talking to her. Ally felt a little shocked at the beginning, but later she felt very comfortable talking to Cindy. In their conversation, Cindy found out more about Ally's situation and background. She gave Ally her phone number so that she could call her if she needed any help.

The next Saturday, Cindy gave Ally a Bible as a gift. She knew that Ally was so poor that she didn't have money to buy herself her own Bible. Ally was very touched. She didn't expect to meet someone so loving and caring when she was only a stranger. Moreover, Cindy knew that Ally had only brought one piece of luggage with her when she moved from China, so she also gave Ally some extra clothes for the winter and some daily necessities that Ally didn't have.

As time went by, Cindy and Ally became closer friends. Cindy often invited Ally to go to her house for dinner and to join her family for fun activities. Not only did Ally no longer feel lonely, she felt like she had a new family. Cindy also helped Ally find a job in her brother's company. Thinking back, Ally really thanked God for bringing Cindy into her life. Ally could not imagine how life would have been without the love, care, and support that Cindy showed her when she first moved from China.

Now that Ally has a job, a nice home, and her own

family, she never forgets to help those in need around her, extending the love that Cindy had shown her!

Reflection

The Bible says, "Therefore, whatever you want men to do to you, do also to them" (Mt 7:12a). When we feel lonely, we want others' company. When we are in need, we want others to help. In the same way, when other people need us, we shouldn't hesitate but help them with love. "Freely you have received, freely give" (Mt 10:8b). Ally didn't ask Cindy for help, but Cindy offered to help her anyway because she knew that she had received so much from God already. Today, we have so much from God that we didn't even have to ask for. We should also pray to God, and tell ourselves to extend love beyond our immediate family members. There are many people who need love.

JOY & FAITHFULNESS

When Cindy's daughter was fifteen, she became ill and was immediately hospitalized. It all happened so suddenly that Cindy's family didn't know how to react. At that time, Cindy received phone calls every day from church members, her family, and friends asking about her daughter's situation. They all seemed very worried and were calling to comfort Cindy. However, instead of being comforted, Cindy seemed very positive and was actually the one who comforted her family and friends. Some people wondered and asked Cindy, "How come you don't seem very worried? How's your daughter?" Cindy answered, "Everything is in God's hands. I know that God will take care of my daughter." In fact, not one second went by where Cindy was not thinking about her daughter. She was concerned about her health. But as she said, she knew that everything was in God's hands. Even though she didn't understand why God had allowed her daughter to become ill, she didn't lose faith. Whenever she had time every day, she would pray for her daughter. She had faith that God would listen to her prayers and heal her daughter, no matter what the doctors said.

After a year, Cindy's daughter had fully recovered. Even though it was a long time, Cindy never lost faith. She never complained to God but had joy in her heart knowing that God was watching over her daughter.

Reflection

Many people fail to see God's presence in their lives when they meet difficulties. But the Bible says, "Count it all joy when you fall into various trials" (Jas 1:2b). Why? Because we know that even trials are part of God's plan for us. We just need to have faith that God Himself will restore us when the right time comes (1 Pet 5:10). There is nothing too difficult for Him.

PEACE, LONGSUFFERING, & GENTLENESS

One time, Cindy's dad wanted to repaint his house by himself. But Cindy was worried that he would hurt himself while painting, so she wanted to hire someone to help him instead. However, Cindy's dad insisted that he paint the house himself in order to save money. After a long conversation, Cindy's dad began to raise his voice and became angry. At that time, Cindy realized that their conversation was leading into an argument. Even though Cindy felt a little misunderstood, she decided that she would stop the conversation with her dad immediately so that the situation wouldn't get worse. Cindy said to her dad, "It's getting late. Why don't we talk about this tomorrow? I'll call you. Have a good night, Dad." So Cindy left and went home. As soon as Cindy got home, she went into her room, locked the door, and started praying. She prayed that her dad would understand her worries. She also prayed for God to give her more patience and gentleness so that she could talk to her dad calmly without having to raise her voice.

The next day, Cindy called her dad back. With a gentle voice, she explained to him her worries and listened patiently to everything that he wanted to say. In the end, Cindy's dad finally agreed that he should hire someone to paint the house for his own safety. He even thanked Cindy for the patience and gentleness she showed throughout their conversation.

Reflection

Right from the beginning, Cindy had been right about hiring someone to paint the house. She knew that her father would risk his safety if he painted it himself. However, Cindy did not keep arguing with her dad when she realized that he was getting angry. Instead, she stopped the conversation and went home to pray. She didn't want to make the situation worse; she wanted to be a peacemaker. The Bible says, "A soft answer turns away wrath, but a harsh word stirs up anger" (Prov 15:1). If Cindy also raised her voice and became angry, her dad would only become more and more angry. But instead, Cindy used patience and gentleness, instead of anger and frustration, to talk to her dad. In the end, Cindy and her dad were able to come to a peaceful agreement.

KINDNESS & GOODNESS

It was a brisk winter day. Cindy went to get a cup of hot coffee in the morning before she went to work. Since the coffee shop was packed and the parking lot was full, she had to park her car somewhere far from it and walk there. Cindy didn't want to be late to work, so she walked very fast. When she had almost reached the coffee shop, she saw a homeless woman sitting against a cold concrete wall at the corner of the street by herself. Even though this woman was wearing a long

sleeve top, she seemed very cold. She was curled up and her lips were purple. Cindy thought to herself, "This homeless woman probably doesn't have enough warm clothes. She needs more than what she's wearing now for this brutal winter!" Suddenly, Cindy remembered that she might have an extra winter coat in the back seat of her car. So she went back to her car and checked—there it was! Cindy immediately took it out of her car and walked all the way back towards the coffee shop. On the way there, she also took the scarf from around her neck. Finally, Cindy gave her scarf to the homeless woman, along with her winter jacket. When the homeless woman received the scarf and the jacket, she brightened up. As Cindy went back to her car, she said a short prayer for this homeless woman before she started driving to work. She prayed that her scarf and winter coat would bring warmth to her this winter.

Reflection

When Cindy saw this homeless woman, there were many reasons for her not to help her. Firstly, Cindy didn't know her. She didn't have the responsibility to help. Secondly, she was in a rush to get to work, and she might be late if she walked all the way back to her car to get her extra winter coat. Thirdly, she wasn't even sure if she had her extra winter coat in her car. But despite all these reasons, Cindy decided to sacrifice her time to help. She went back to her car, found the jacket, and went right back to the homeless woman! Moreover, along with her extra jacket, Cindy also gave the woman her scarf. She took an extra step to help. Oftentimes, we also need to make a sacrifice and take an extra step in order to show kindness and goodness to those in need. It might not be our responsibility to help, but God wants us to go beyond our duties and love others around us. We, too, can brighten up people with our kindness and goodness.

SELF-CONTROL

When Cindy was still a teenager, her mom owned a snack shop and Cindy used to help her mom there every day when she would go pick up Cindy's younger siblings from school. Cindy was allowed to pick some snacks for herself after school from the store. Even though her mom had warned her not to eat too many snacks, Cindy didn't listen to her. After her mom would leave, Cindy would indulge in her favorite snacks: chocolates, potato chips, crackers, etc. After a certain period of time, "over-snacking" had become a habit for Cindy. She always felt like eating. Sometimes, Cindy would eat so much that she skipped dinner because she was full from the snacks she had eaten. One day, her mother found out that Cindy didn't have any appetite at dinnertime because of all the snacks she had during the day. So she explained to Cindy, saying, "Our body is the temple of God, and it is our responsibility to keep

it healthy. Right now, you're eating too many snacks each day to the point where you want to skip dinner. When you skip your main meals, you're not getting enough nutrients in your body. You'll become weak and get sick easily. This is not what God or I want to see. I'm sure you don't want to be unhealthy either, right? You need some self-control!"

Cindy understood what her mom said. Ever since then, whenever Cindy got hungry, she would eat some fruits instead of the snacks her mom had in her store. Once in a while, Cindy would pick a snack from the store to eat,

but she always made sure that she wouldn't eat so much that she had no room for dinner.

Reflection

While snacking is not wrong, the amount that Cindy ate directly affected her health. Snacks almost became like an addiction to her. The Bible certainly doesn't encourage addictions because they can take away our focus on the word of God. In this case, Cindy failed to take good care of her own body, the temple of God, because of her overeating problem. Let us exercise self-control so that we can pursue the truth of God without any distractions!

The fullness of the Holy Spirit helps us bear spiritual fruit in the form of love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, and self-control.

We bring praise to God and are helpful to our brothers and sisters when we show that we bear the fruit of the Spirit in our lives.

1. Of the nine, which do you think is the easiest to bear? Why?

The fruit that may be the easiest to bear is love. There are people all around us who love us (our parents, siblings, close friends), and it is quite natural to respond to their love with love.

2. Of the nine, which do you think is the hardest to bear? Why?

The fruits that may be the hardest to bear are self-control and patience. We live in a world full of distractions (Internet, video games, toys), distractions that take away our time for God. The Bible teaches us to seek first the kingdom of God and His righteousness (Mt 6:33). We must have self-control over these worldly distractions in order for us to place God first in our lives. On the other hand, patience may also be one of the hardest fruits to bear. We need to have patience and learn always to submit to God's will and His timing. In everything, there's God's wonderful purpose and divine plan. Knowing this, we must learn not to complain all the time but be patient in waiting for God's will to be revealed to us.

3. How does prayer help us bear spiritual fruit?

Prayer helps us bear spiritual fruit because it connects us to the spiritual source of nourishment, the Holy Spirit itself. When the living water of God cleanses our souls from impurities, it also strengthens us so that we can act, think, and feel in God's own likeness.

4. How does reading the Bible help us bear spiritual fruit?

Reading the Bible plants seeds in our hearts so that we can grow in a way that is pleasing to God. The more we learn about God's nature and His magnificent plan of salvation, the more we are motivated to imitate His different spiritual facets in our daily lives.

5. For each person in your family, name one or two fruit of the Spirit that would describe them.

My father bears the fruit of _____.

My mother bears the fruit of _____.

My brother bears the fruit of _____.

My sister bears the fruit of _____.

My uncle/aunt bears the fruit of _____.

My grandfather/grandmother bears the fruit of _____.

6. How can we help others bear spiritual fruit?

We can help others bear spiritual fruit by praying for them through the Holy Spirit and by sowing more spiritual seeds (i.e., sharing the Bible/gospel with them). Moreover, if we ourselves grow strong in spiritual fruit, others can follow in our footsteps and do the same.

ACTIVITY

1

Fruit of the Spirit Puzzle

Objective: To use Bible stories to illustrate examples of the fruit of the Spirit.

Materials

- Two large posters
- Pencils
- Crayons or colored pencils
- Glue sticks

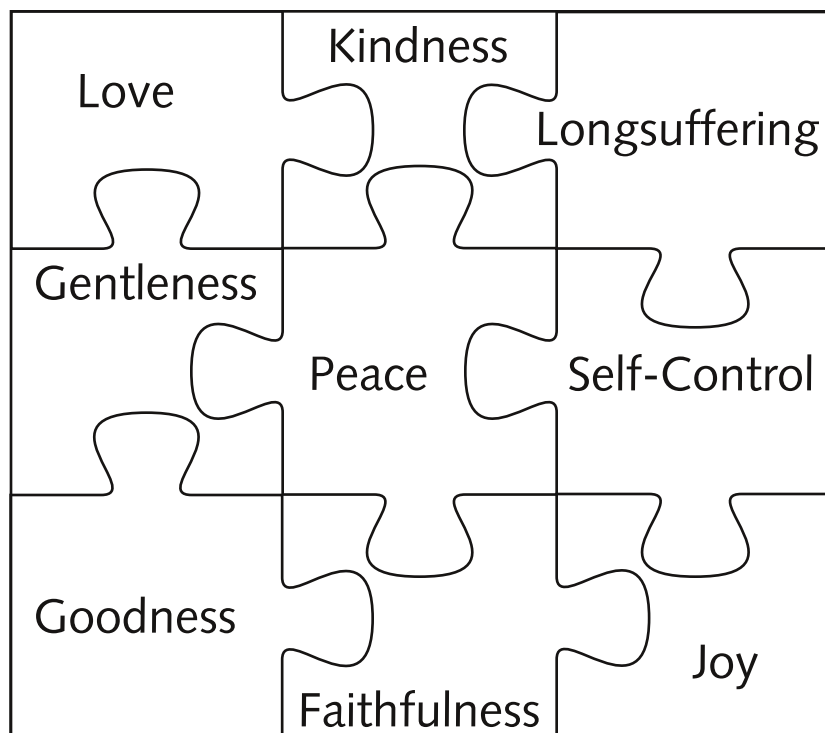
Preparations

1. Write the nine fruit of the Spirit on one large poster. Spread out the words so that there is enough space for illustrations.
2. Draw puzzle shapes around each fruit (see the sample puzzle).
3. Cut out the puzzle shapes.

Instructions

1. Distribute one puzzle piece to each student. If there are less than nine students, distribute the remaining pieces among the students. If there are more than nine students, then pair up the students, and distribute the pieces evenly.
2. Students will draw and color a scene from the Bible story discussed during the lesson that illustrates their specific fruit.
3. Once the puzzle pieces have been completed, the students will work together to fit the puzzle pieces back together.
4. After the students piece together the entire poster, each piece will be glued onto the second poster.
5. Review the nine fruit of the Spirit as a class. Each student will give a short description of how the Bible story they drew illustrates their assigned fruit.

Sample



2

Fishing for Fruit

- Objectives:** 1. To become familiar with the different fruit of the Spirit.
2. To memorize the sequence in Galatians 5:22-23.

Materials

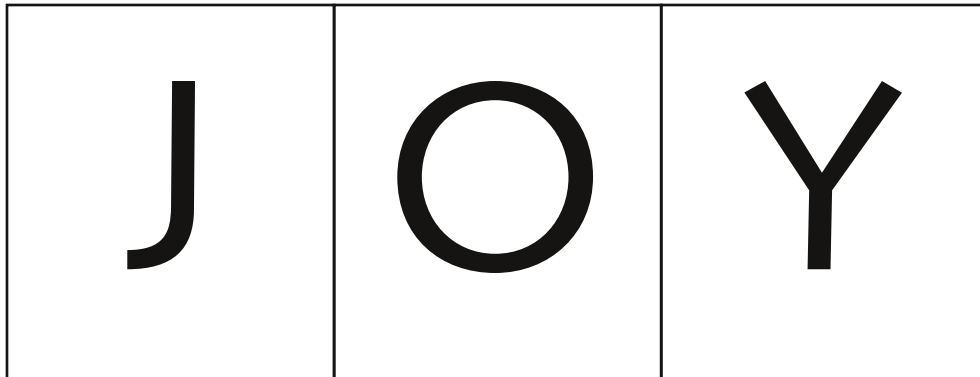
- Paper plates
- Pieces of construction paper in 9 different colors
- Glue sticks
- Magazine cutouts or color printouts of different fruits

Preparations

1. Print or write one fruit of the Spirit on each piece of construction paper in large letters.
2. Cut the words so that there is one letter on each piece of construction paper (refer to sample below). Scramble the letters and then place them on a paper plate. Repeat for each of the remaining fruit of the Spirit.

Instructions

1. Divide the class into groups of three or four students and divide the plates among them.
2. Students will unscramble the letters on the plate to spell out a fruit of the Spirit.
3. Once the word is unscrambled, the students will glue the letters onto the paper plate. Afterward, they can decorate the plate with magazine cutouts or color printouts of different fruits.
4. After completing one plate, the group can move on to the next plate.
5. When all the words have been unscrambled and glued, the class will work together to place the fruit in the right order. For an added level of difficulty, ask the students to put the fruit in order without talking.

Sample

E1 Year 1 Book 3 Lesson 12—The Fruit of the Holy Spirit

Homework Assignment

Name: _____ Parent signature: _____ Date: _____

Bible Truth: The Holy Spirit can help us bear spiritual fruit that pleases God and helps others.

Lesson Objective: To understand the different virtues of the Holy Spirit and what it means to live them out in our daily life.

Bible Reading: Please put a check mark in the space when you complete the reading each day.

Prayer: Please put a check mark in the space on the days you prayed to God.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Bible Reading							
Prayer							

Memory Verse

Please write down this week's memory verse.

(Galatians 5:25)

What I Learned from the Bible This Week

1. _____
2. _____
3. _____

Homework Assignment

Understanding What You Have Learned

1-9. Match the Fruit of the Spirit

Instructions: Fill in the missing vowels (a, e, i, o, u). Then, draw a line to match the Bible character with the fruit of the Spirit that character bears.

Bible Character	Fruit of the Spirit
I S _ _ C	love
D _ N _ _ L	joy
J _ D _ H	peace
D _ R C _ S	longsuffering
F _ T H _ R of the L _ S T S _ N	kindness
J _ S _ P H	goodness
J _ S _ S	faithfulness
G _ _ D S _ M _ R _ T _ N	gentleness
P _ _ L and S _ L _ S	self-control

10. The fruit of the Spirit comes in nine different forms. Pick two of them and describe how you would like to bear them or put them into practice before the next Sabbath.

1. _____

2. _____
