

# FRUIT OF THE SPIRIT

WHAT COMES OUT WHEN YOU GET SQUEEZED?



# Lesson 1

# The Holy Spirit

## Scripture References

John 14, 16  
Romans 8:1-39

*(Begin by singing the Fruit of the Spirit song.)*

Have you ever thought about the words to that song? If we aren't talking about coconuts, apples, and watermelons, what fruit are we talking about. And what is the Spirit? That is precisely what we are going to talk about all summer! We will get to "the fruit" later, but let's begin by trying to understand what, or better yet who, "the Spirit" is.

## Lesson Goals

Introduce the Holy Spirit  
Understand the work of the Holy Spirit  
Introduce the Fruit of the Spirit

The first information available to us about "the Spirit" is from the beginning of time as we know it. Before God said, "Let there be light," we read that, "the Spirit of God was moving over the surface of the waters." (Genesis 1:2-3) "The Spirit" or "the Spirit of God" is part of who God is. God can be described as three-in-one. God is (one) God-the-Father, (two) God-the-Son (Jesus), and (three) God-the-Spirit (Holy Spirit) all in ONE God. Think of a peach. A peach has fuzzy skin, flesh, and a pit. Those three things don't make it three peaches, instead it makes up a whole peach that doesn't lack anything.

## Memory Verse

Only those people  
who are led by God's Spirit  
are His children.  
Romans 8:14 (CEV)

When we read about the Holy Spirit in the Old Testament, we understand that He fills people, usually for only a short period of time, to do a specific job or task. But some of the best information we have about "the Spirit" is what Jesus said while He lived on earth. We find this information in the first four books of the New Testament, the gospels - Matthew, Mark, Luke, and John. It was by the Spirit that Mary became pregnant with Jesus. (Mt 1:18, Lk 1:35) Once Jesus had grown and was ready to begin His ministry, the Holy Spirit appeared at His baptism in the form of a dove. (Mt 3:16, Mk 1:10, Lk 3:22, Jn 1:32-33) Then the Spirit led Jesus into and out of the desert where He was tempted by the devil. (Mt 4:1, Mk 1:12, Lk 4:1, 14) This was the same kind of work the Holy Spirit had done throughout the Old Testament, though.

And then, Jesus began to teach about how the Holy Spirit would come to a person and stay forever. Jesus explained how it would happen and why. When the Holy Spirit is given, He is given by God (Luke 11:13) and God is not stingy with His gifts! (John 3:34) Jesus said that the Holy Spirit would be like Him. (John 14:16-17, 26) He also said that the world cannot receive the Holy Spirit. What does that mean? Who can receive the Holy Spirit, then? The Holy Spirit is God's gift to Christians, those who have accepted God's salvation in Jesus' death and resurrection and have put their faith and trust in Him and who follow Him. God's salvation is offered to everyone!

At the moment a person believes, God gives the Holy Spirit who comes to live within us. In 1 Corinthians 6:19 we read that the body of a believer is the temple of the Holy Spirit. Once that happens, we no longer belong to ourselves - we don't run the show any longer, God does! We are to live by the Holy Spirit and not by desiring all the things we want. In fact, it is the Holy Spirit working in our lives that shows other people that we are God's children (Romans 8:13-16).

## Application

How about you? Who's running your life? Are you the one in control, doing exactly what you want and doing it when you want to do it?

Sound like a great life, but the Bible says it is really slavery, and who wants to be a slave? Think about this: Have you ever kept doing the wrong thing over and over again and wondered why you couldn't stop? You don't have to keep living that way. When the Spirit enters your life there is liberty, not slavery. Will you admit that you are a sinner who deserves to die because of your sin (Rom 3:23, 6:23)? And will you accept God's gift of life as you put Him in control?

When you do that, "your sinful nature does not control you. The Holy Spirit controls you. The Spirit of God lives in you. Anyone who does not have the Spirit of Christ does not belong to Christ." (Romans 8:9) And when the Spirit is controlling you, instead of you controlling yourself, gifts from God begin to appear in your life.

(Galatians 5:22-23) Love begins to appear as well as joy. Peace and patience appear. Kindness appears along with goodness and faithfulness. And gentleness is evident along with self-control. We will begin to talk about these next week.

The Holy Spirit helps us to know what to do (Acts 16:6, 20:28) and what to say (Mt 10:20, Mk 13:11). The Holy Spirit helps us to know what is true (Jn 16:5,13) and strengthens us to tell other people about God (Acts 1:8). The Holy Spirit knows the thoughts of God (1 Corinthians 2:11) and prays for us when we don't know what to say (Romans 8:26-27).

The Bible says that where the Spirit is there is life and liberty (2 Corinthians 3:6, 17). Without Christ in our lives, we live a life of slavery that will ultimately lead to death. Without Christ, we are slaves to sin, doing the wrong thing over and over again and unable to fully enjoy life. When we decide to give our lives to Christ, though, (and when we are given the Holy Spirit), we are adopted into the family of God. Our relationship with God is like that of a young child who looks up to his daddy. Have you ever seen a father come home and his children run to him with open arms, shouting because they are so excited to see him? Do you run to your heavenly Father with open arms?

This adoption gives us all the rights of being God's children, even receiving the same inheritance Jesus will receive (Romans 8:14-16)! Our receiving all the rights as children of God comes with responsibility, though. As we spend time with Him, we should become more and more like our Father (God) every day. We should be interested in the things that interest God and we should follow in His steps just as a young child stretches his legs to step where his earthly father has stepped. With this adoption comes assurance, not fear (Romans 8:15) There is no room for fear when we realize that the Holy Spirit within us is greater than the power of the devil (1 John 4:4) who roams around looking for someone to devour (1 Peter 5:8).

"But what happens when we live God's way? He brings gifts into our lives, much the same way fruit appears in an orchard." (Galatians 5:22 MSG) And the fruit that appears is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. (Galatians 5:22-23 NIV)



# Activities

- **Memory Verse Activity:** Label 9 different fruits with a different characteristic of the fruit of the Spirit. Bring them in a fruit basket and encourage your students to order the fruit correctly according to Galatians 5:22-23.
- **Sing:** “No Condemnation” from Romans 8:1, “Father, I Adore You” with “Spirit” verse, “Blessed Assurance,” “The Fruit of the Spirit,” and “Amazing Love.”
- **Play Fruit Games.** Adapt your favorite games to be played with fruit. For example: Bring fruit flavored cereal O’s. Provide each of two teams with 100 O’s each and yarn. Compete to see which team can thread their cereal onto the yarn first!
- **Begin a “Fruit of the Spirit Mobile.”** Make a large origami dove and hang it at the highest point. Set the mobiles aside until next week.
- **Make Fruit Pizza.** Layer yogurt onto a large flour tortilla (or a large sugar cookie). Top with your favorite fruits.
- **Make Fruit Smoothies.**
- **For Further Study:** (If you meet several days a week, use these lessons to reinforce what your students have already learned about the Holy Spirit.)
  - 1) Nicodemus - John 3:1-16  
Focus on being born again - being born of the Spirit. Be sure that your students realize the importance of a relationship with Jesus Christ. Be clear in your presentation of the gospel.
  - 2) Peter and John - Acts 2-4  
Focus on the giving of the Holy Spirit and the power and boldness of Peter and John.
  - 3) Romans 8:1-17  
Focus on living for the Spirit and not according to our sinful nature. Then stress vs 15-17.



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Romans 8:14**

# Word Search



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

LOVE

JOY

PEACE

PATIENCE

KINDNESS

GOODNESS

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GENTLENESS

SELF-CONTROL

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