

# FRUIT OF THE SPIRIT

WHAT COMES OUT WHEN YOU GET SQUEEZED?



## Scripture References

1 Corinthians 13  
1 John 4

## Lesson Goals

Understand the meaning of  
“agape” love  
Understand that Jesus was sent  
because of God’s love for us  
Understand that our love for God  
is shown in our obedience

## Memory Verse

We love  
because God  
loved us first.  
1 John 4:19 (CEV)

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

Last week we talked about who the Spirit is and what kind of fruit He gives? So, let’s review. Who is the Spirit? What do you remember from last week? (Prompt your students if necessary.) We talked about how, if we let Him guide us, the Holy Spirit causes good things to grow in our life much the same way fruit grows from a tree. So if that fruit isn’t bananas and apples, what is it? (Help your students begin reciting the fruit of the Spirit.) What is the first thing on that list? Love, L-O-V-E. What do you know about love? What do you love? (Allow your students to give a few ideas.) I love my mom. I love daffodils in the spring. I also love Pepsi! (Share the things you “love.”) Let’s see what we can learn about love from the Bible.

Did you know that in many languages there are a lot of words for love? That’s much more helpful than the English language where we use the word “love” for people and things. The New Testament was originally written in Greek, and in the Greek language there are four words for love. The word used in the list of the fruit of the Spirit is “agape” (uh-gah-pay). Agape love is the opposite of hate. It has to do with affection for others. This kind of love only wants what is best for someone and it keeps on loving even if the love isn’t returned. This love is a choice you make, not butterflies you feel in your stomach.

Agape love is described in 1 Corinthians 13 (NIV). This kind of love is patient and kind. It doesn’t envy or boast. It isn’t proud, rude, selfish, or easily angered and it doesn’t keep a list of all the ways it has been mistreated. Agape love isn’t delighted with evil, instead it rejoices with the truth. Love always protects, always trusts, and always hopes. Love never gives up or fails.

The Bible also says many other things about love. It tells us about God’s love for us. “Here is how God has shown his love for us. While we were still sinners, Christ died for us.” (Romans 5:8 NIV) God loves us so much that He gave His one and only Son, His perfect Son, to die in our place for our sin. When we accept that gift, we are adopted into the family of God. That happens because of God’s great love (1 John 3:1). God’s love for us is extravagant; it can’t be measured (Ephesians 3:19). The Bible also tells us that, once we belong to God, NOTHING can separate us from His love! (Read Romans 8:35-39 with your students.) Isn’t that good news?

The Bible also tells us about the love we should have for God and others. Our memory verse says that the only way we are able to love is that God loved us first (1 John 4:19). We learn to love from Him when we spend time with Him. If God loves us, we ought to love one another (1 John 4:11). The “one another” we are supposed to love includes other believers (Ephesians 1:15), but it also includes our enemies (Matthew 5:44). In other words, there isn’t anyone we shouldn’t love! Our love shouldn’t be two-faced or hypocritical (Romans 12:9), it

## Application

How about you? What comes out when you get squeezed? You know, when you squeeze a lemon, you get lemon juice. And when you squeeze an apple hard enough, you get apple juice.

If you haven't figured it out already, life is hard. We get in tight situations sometimes that seem to squeeze us hard. What comes pouring out of you when times are hard? When someone is mean to you is it love others see or hate? Can you keep a smile on your face or could you almost kill someone with the looks you give? Do you say and think loving things or are you mean and rude?

You see, when you live God's way, letting the Spirit guide you, love will be what comes out. There's a explanation of this in Matthew (7:15-23). It says that each tree gives a certain kind of fruit. For example: you can't get grapes from a thorn bush. In our lives, good doesn't come out of someone who is bad and bad doesn't come out of someone who is good. That means that if the Spirit is guiding you it will be clear. Agape love can't come out of someone who doesn't know God.

So, do you know God? If not, don't leave today without giving your life to God. When you do, God will give you the Holy Spirit to help you. And if you do know God, are you still trying to control your life and making a mess of it? If so, tell God and ask for His forgiveness. And if you are "walking by the Spirit," keep up the good work!

should be sincere (2 Corinthians 8:8). It's not easy to love everyone, especially our enemies, but we should put up with the things that bother us because of the love of God in us (Ephesians 4:2). Just as God is extravagant with His love, we should be, too (Philippians 1:9, 1 Thessalonians 3:12). In fact, we should be an example by the love we show (1 Timothy 4:12) and encourage others to do the same (Hebrews 10:24)!

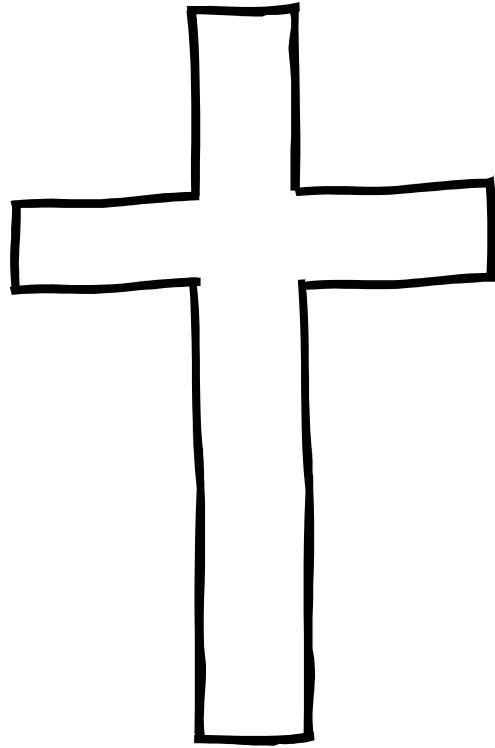
Don't just give lip-service to love, saying the words and meaning nothing. "If someone has enough money to live well and sees a brother or sister in need but shows no compassion—how can God's love be in that person?" (1 John 3:17 NLT). That includes our relationship to God, too. Loving God, really loving Him, shows itself in obedience. If you love God, you will obey Him. And, "If anyone boasts, 'I love God,' and goes right on hating his brother or sister, thinking nothing of it, he is a liar. If he won't love the person he can see, how can he love the God he can't see? The command we have from Christ is blunt: Loving God includes loving people. You've got to love both." (1 John 4:20-21 MSG)

The Bible tells us that, "The greatest way to show love for friends is to die for them." (John 15:13 MSG) You may not ever be called to give your life for one of your friends, but Jesus was. We don't deserve that kind of love, but He offers it to us anyway. Jesus showed His love for you and for me by giving His life on the cross. Are you willing to give your life to Him today?



# Activities

- **Memory Verse Activity:** Make a paper chain, writing one word of the verse on each strip of paper. Be sure to include the reference.
- **Sing:** “1 John 4:7-8,” “Love is Patient (I Corinthians 13),” Sandy Patty’s “Love in Any Language,” “I Love You, Lord,” “This is My Commandment (John 15:12, 17),” “No Excuse,” “I Love You With the Love of the Lord,” “For God So Loved the World (John 3:16),” “They’ll Know We Are Christians By Our Love,” “Blessed Be the Lord, God Almighty,” “We Are One in the Bond of Love,” “How Marvelous (I Stand Amazed),” “In Moments Like These,” “The Gospel in a Word is Love,” etc.
- Have a watermelon roll! Provide two small watermelons, one for each of two teams. Race to see which team can be the first to roll the watermelon to a determined place and back. For an added challenge, have your students roll the watermelon with their nose!
- Work on your “Fruit of the Spirit Mobile.” Add a cut-out heart to your mobile. Set the mobiles aside until next week.
- Run a “Love One Another Relay.” Place a heart between the knees and hop to the end of the room and back. Pass off the heart to the next runner of each team.
- Make Lemonade. Enjoy!
- Bring fruit pies or fruit roll-ups for snack.
- **For Further Study:** (If you meet several days a week, use these lessons to reinforce what your students have already learned about Love. Be sure to review the main lesson everyday, too.)
  - 1) Jesus Death - Luke 23:33-46  
Focus on Jesus’ death (because of His love for us) and the repentant thief’s response.
  - 2) 1 John 4  
The book of 1 John mentions “love” 41 times! Focus on chapter 4 verses 7-11.



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1 John 4:19**

# Word Search



D I F A T H E H R T D I D T S  
L F V N O I P C E S N R P P H  
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LOVE

PATIENT

KIND

OBEY

JESUS DIED

GOD



# Word Search

D E V C P E A C E Y E V  
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