

# FRUIT OF THE SPIRIT

WHAT COMES OUT WHEN YOU GET SQUEEZED?



## Scripture References

Zephaniah 3:17  
Luke 15: 1-32

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

We are studying the fruit of the Spirit this summer. We have talked about how fruit appears on a tree when the tree is in good soil and receiving enough water, when the tree is healthy. “Fruit” happens in your life after you have decided to follow Jesus and the Holy Spirit comes to live in your life. The fruit appears when you walk in obedience to God, when you let the Holy Spirit guide you.

## Lesson Goals

Understand that joy is a fruit of the Spirit  
Understand that joy isn't dependent on circumstances  
Understand that our greatest joy should be over sinners turning to God

Who can tell me what we talked about last week? LOVE! What do you remember about love? (Give your students an opportunity to share what they remember.) So, if you are letting the Holy Spirit call the shots in your life, how should you act towards the people around you? You should be loving. But love isn't the only part of the fruit of the Spirit. What is the second thing in our list? Joy.

## Memory Verse

I could have no greater joy than to hear that my children are following the truth.  
3 John 1:4 (AMP)

To have “joy” is to be glad. It is the opposite of being sad, or in pain, or bitter. Sometimes joy is expressed with shouting or singing. The Bible talks about joy a lot of times, 172 times just for the actual word “joy,” not to mention the times it is used as a verb in the form “rejoice.” The Bible tells us that people had joy, or were glad, for many different reasons. People were full of joy when they won a battle (1 Samuel 18:6) and when God offered protection, the people sang for joy (Psalm 5:11). There was joy when the Old Testament prophets promised the birth of Jesus (Zechariah 2:10). And in the New Testament, once Jesus had been born and then been crucified, there was joy and gladness when Jesus rose from the dead (Matthew 28:8, Luke 24:41)!

We should serve God with joy because we want to (Deuteronomy 28:47). We should rejoice before God and we should rejoice in things that are good (Deuteronomy 12:7, 2 Chronicles 6:41). Jeremiah even said that sorrow and sadness could be turned into joy (Jeremiah 31:13), but we can also be joyful (rejoice) while we are in the middle of a difficult situation (2 Corinthians 7:4, James 1:2).

The Bible says that things like trees, rocks, meadows, and valleys sing for joy to God (1 Chronicles 16:33, Psalm 65:13, Luke 19:37-40)! And the Bible even says that God sings for joy over YOU (Zephaniah 3:17)!

The way joy is used in Galatians 5 with the fruit of the Spirit shows us that we should be joyful when the gospel (good news) is shared and when people turn from their sin and turn toward Jesus. Jesus once told a story about sheep to illustrate this point (Luke 15:1-7). He said, “Suppose you have 100

## Application

How about you?

When you squeeze an orange, what do you get? Orange juice! And even though we aren't talking about fruit, like an orange, what fruit are we talking about? The fruit of the Spirit, and joy in particular. Is joy what comes out when situations are difficult? Yes, God can turn sad situations into something joyful, but He doesn't always choose to. Are you willing to be happy, or joyful, even when life is hard and doesn't seem to get any better?

It is God's Holy Spirit in you that brings joy, even when life doesn't seem joyful. Will you let His Spirit guide you? Make a choice today, to be God's man or woman and represent Him well.

Are you thinking, "I'm not so sure about this 'Holy Spirit' stuff? You can be! The Holy Spirit is God's gift to those who choose to follow Him. The Holy Spirit helps us do what is right and say what is right. If you're interested, let's talk more about it!

sheep. One of your sheep wanders away and gets lost. Wouldn't you leave the 99 that are safe to go look for the one, lost sheep? And you would look until you found him, too. And when you finally found that one, lost sheep, you would joyfully put it on your shoulders and carry it all the way home. Then, you would call your friends and neighbors together. You would want them to be as excited and joyful as you are. "Be joyful with me," you might say. "I have found my lost sheep."

After sharing this story, Jesus explained why He shared it. He said, "I tell you, it will be the same in heaven, There will be great joy when one sinner turns away from sin." Why should that make us joyful? Well, if you think about it, a sinner turning from his sin to God should make us glad (joyful) if nothing else does! Does it make you glad (joyful) when a friend decides to follow Jesus? Or do you get more excited over the newest movie or the newest color of nail polish?

Think about it? Do the things that make Jesus happy make you happy? They should. If not, talk to God. Ask Him to help you see what is really important. Ask Him to help you be joyful about bringing people to Him.

Our memory verse says, "I could have no greater joy than to hear that my children are following the truth." (3 John 1:4 ) Once you've turned from your sin to God, your walk with God leads you to the truth of His Word. It is a joyful thing when believers want to know the truth!



# Activities

- **Memory Verse Activity:** Make a folded paper doll chain. Write one word of the memory verse on each “doll.”
- **Sing:** “I’ve Got the Joy, Joy, Joy, Joy,” “I’ve Got Joy,” “The Joy of the Lord is My Strength,” “Isaiah 55:12,” “Serve the Lord with Gladness,” and “Rejoice in the Lord, Always.”
- Have a “Jump for Joy” relay. Divide your students into two or more teams. Teams compete against each other by jumping from a specified starting point, around an obstacle, and back to the starting point. Make the relay a bit more challenging by requiring your students to jump while carrying fruit in a spoon (either in their hand or between their teeth!).
- Work on your “Fruit of the Spirit Mobile.” Add a happy face to your mobile. Set the mobiles aside until next week.
- Play hide and seek inside with a stuffed sheep. Or play outside with students pretending to be sheep, bleating even as they hide.
- Bring items for snack today that begin with “J”. (jelly and crackers, Jello®, juice, etc.)
- **For Further Study:** (If you meet several days a week, use these lessons to reinforce what your students have already learned about Joy. Be sure to review the main lesson everyday, too.)
  - 1) Job - Job 1-2  
Focus on Job’s attitude in spite of suffering. Stress Job 1:21, 2:10
  - 2) Jesus’ Birth Announcement to the Shepherds - Luke 2:1-20  
Focus on “Good News of great joy. . .”
  - 3) Prodigal Son - Luke 15:11-32  
Focus on the father’s response (joy) in verse 32. Explain that this parable shows us how our Heavenly Father rejoices over us when we turn from our sin to Him.



I could have  
no greater joy  
than to hear  
that my children  
are following the truth.  
3 John 1:4

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

JOY

NOT SAD

GLAD

SING

REJOICE

VICTORY

JESUS' BIRTH

TURN FROM SIN

WALK IN TRUTH

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

JOY

NOT SAD

GLAD

SING

REJOICE

VICTORY

JESUS' BIRTH

TURN FROM SIN

WALK IN TRUTH

# Word Search



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

JOY

GLAD

SING

NOT SAD

LOST SHEEP

FOUND



# Word Search

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

JOY

GLAD

SING

NOT SAD

LOST SHEEP

FOUND