

FRUIT OF THE SPIRIT

WHAT COMES OUT WHEN YOU GET SQUEEZED?



Scripture References

Acts 15:40-16:40
Philippians 4:6-9

Lesson Goals

Understand that peace is not simply the absence of war.
Understand that only believers can experience peace.
Understand that where there is peace, there is no confusion or fear.

Memory Verse

I give you peace,
the kind of peace
that only I can give.
It isn't like the peace
that this world can give.
So don't be worried or afraid.
John 14:27 (CEV)

(Begin by singing the Fruit of the Spirit song. Make up new motions to go with fruits you haven't yet sung about!)

What is the fruit of the Spirit? (love, joy, peace, patience, etc.) We know that apples and oranges grow on trees, but where does love, joy, peace, etc. come from? (It comes from the Holy Spirit.) We talked about love and joy already. What do you remember about them? (Allow time for your students to answer, prompting them when necessary.) Let's see what we can learn about peace.

Normally, when we think about peace, we think about there not being war. But peace is not so much about what's going on around you as it is about what's going on inside of you! Peace is the absence of confusion, worry, or fear.

The Bible says that wicked, or evil, people have no peace (Isaiah 48:22, 57:21). You cannot experience peace if you don't have respect for God (Romans 3:17-18). That is because peace is given by God, through the Holy Spirit, and the Holy Spirit is only given to those who follow God. So, peace comes to those who are sure of their salvation through Jesus Christ who gave His life for us (Romans 5:1).

The Bible tells us that we should search for, follow, or go after peace (2 Timothy 2:22, 1 Peter 3:11). We should do this as we run away from the evil things we want to do (2 Timothy 2:22, 1 Peter 3:11). That seems like a hard thing to do, but when we remember that Jesus has won the battle over the world we can have peace because of Him, even when life is hard (John 16:33).

There is a story in the Bible that helps us understand peace a little better. In Acts, chapter 16, we read that Paul, Silas, and others were traveling around to encourage and help the churches that were beginning to grow. More and more people were believing in God every day.

Paul and his friends tried to go one direction to encourage churches, but God sent them the other direction, to a place called Philippi. While there, Paul helped a young slave girl to be free of an evil spirit. The slave girl's owners were furious because the young girl made them a lot of money telling fortunes.

The slave owners grabbed Paul and Silas and dragged them into the center of town. As punishment, Paul and Silas were ordered to be stripped and then beaten. "They were whipped without mercy. Then they were thrown into

Application

Make lemonade, limeade, or orange juice for your students. Present the application part of the lesson as you serve each student a drink.

How about you

Can peace be seen in you when the difficulties of life don't seem fair? Do you sing and pray through problems or do you tend to fear and fret?

If your answer isn't "sing and pray," then why not? Is the Holy Spirit at work in your life or are you at the head, calling the shots? Won't you let God be in control? There will be no peace in your life until you do.

And if you have already given your life to the Lord, trust Him and run after and search for peace until you find it! It can never be completely understood, but it's wonderful to have.

prison. The jailer was commanded to guard them carefully." (Acts 16:23 NIV) Paul and Silas were put deep inside the prison with their feet in stocks (or fastened so they couldn't escape).

That's not a great reward for doing the right thing, is it? Paul and Silas could have worried. They could have complained. But they didn't do either of those things. The Bible says that, "about midnight Paul and Silas were praying. They were also singing hymns to God." (Acts 16:25a NIV) Can you believe it? They weren't in church, so why were they singing and praying? How could they sing and pray at a time like this?

Paul and Silas were at peace, even in the deepest part of the prison, as they were being punished for doing something good. Paul and Silas believed in God, they were followers of Jesus Christ, and they were sure of their salvation. The things that happened to them didn't matter nearly as much as Who was in control of all those things—and they knew that God is in control!

While Paul and Silas were singing and praying, there was an earthquake that shook the prison. "All at once the prison doors flew open. Everybody's chains came loose." (Acts 16:26 NIV) But instead of escaping, all of the prisoners stayed where they were. In the process the jailer was so amazed and relieved that he rushed in to Paul and Silas' cell and asked, "What do I have to do to be saved?" (Acts 16:30 MSG) That very night the jailer and his family found the joy we talked about last week as they accepted the good news that Jesus died for their sins!

It makes no sense to be peaceful when everything around you seems so scary. "God's peace can never be completely understood." (Philippians 4:7b NIV) But when we let the Holy Spirit produce peace in us, others will take notice and long to have what we have.



Activities

- **Memory Verse Activity:** Make a bookmark from construction paper. Print the memory verse on the bookmark and decorate as desired.
- **Sing:** “Peace Give I To You,” “It Is Well,” and “I’ve Got Peace Like a River.”
- Make prayer boxes or prayer journals.
- Work on your “Fruit of the Spirit Mobile.” Add a dove to your mobile. (Doves symbolize peace.) Set the mobiles aside until next week.
- Bring Dove® chocolates for snack today.
- The Spanish word for “dove” is “paloma.” “Palomitas” literally means “little doves,” but is also the word for popcorn in Spanish. Enjoy popcorn for a snack!
- **For Further Study:** (If you meet several days a week, use these lessons to reinforce what your students have already learned about Peace. Be sure to review the main lesson everyday, too.)
 - 1) Paul - Philippians 1:21-30
Focus on the peace in Paul’s life that led him to be content with whatever happened to him.
 - 2) Thief on the cross - Matthew 27:33-44 and Luke 23:32-43
Focus the thief (robber) who began hurling insults at Jesus but died with the hope of heaven. Talk about what brought about that change.
 - 3) Rahab - Joshua 2, 6 and Hebrews 11:31.
Share Rahab’s story, then focus on Hebrews 11:31 and the faith Rahab had in a God she didn’t know - and the peace that resulted.

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John 14:27

Word Search



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

PEACE

NOT CONFUSION

NOT WORRY

NOT FEAR

BELIEVERS

NOT THE WICKED

PAUL AND SILAS

SING AND PRAY

JAILER

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

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K	I	L	O	G	E	S	S	E	W	I	N
O	J	S	O	P	A	E	I	C	N	T	E
D	E	G	O	O	D	R	E	S	G	O	D
S	K	I	S	I	N	G	T	R	O	L	E
S	L	O	S	W	O	R	R	Y	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	G	I	V	E	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	D	O	N	T	S

GOD

GIVES

PEACE

SO

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WORRY

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

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