

# FRUIT OF THE SPIRIT

WHAT COMES OUT WHEN YOU GET SQUEEZED?



## Scripture References

Matthew 9:1-8  
Mark 2:1-12  
Luke 5:17-26  
Hebrews 11

## Lesson Goals

Understand that faith is acting on a belief.  
Understand that it is impossible to please God without faith.

## Memory Verse

Without faith it is impossible to please God  
Hebrews 11:6a (NIV)

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

As we have learned all summer about the fruit of the Spirit, we have talked a little bit about fruit like apples, oranges, and lemons. And so, "what happens when we live God's way? He brings gifts into our lives, much the same way that fruit appears in an orchard. . ." (Galatians 5:22 MSG) What are the gifts that come into our lives? (Love, joy, peace, etc.) So far, we have studied about love, joy, peace, patience, kindness, and goodness. What is next? Faithfulness! Let's see what we can learn about faithfulness in our lives.

Faithfulness, or faith, is a conviction, a belief in the truth. Faith is the opposite of disobedience, confusion, and lies. Faith is the opposite of acting as if something is true, it is an actual belief in the truth of something that you show by your confidence. And there is only one being who deserves our complete confidence—God!

Faith can grow (Luke 17:5, 2 Thessalonians 1:3) and faith can fail (Luke 22:32). The amount of your faith isn't as important as the fact that you actually have faith. Even a small amount of faith can expect great things (Matthew 17:20).

Like goodness, faith is action. It is a demonstration of what you believe. If you believe that a chair will hold your weight, then you will sit in it. Sitting in the chair demonstrates your belief of its strength. Faith, without the action (works), is dead (James 2:17, 20).

Faith is something that can be seen. We read in the Bible that Jesus was in the town of Capernaum. Some men heard that Jesus was there. They had a friend who needed help and they believed that Jesus was just the one to help him. Their friend couldn't walk, so they carried him to Jesus. By the time they arrived, though, many "people heard that he had come home. So many gathered that there was no room left, not even outside the door, and he preached the word to them." (Mark 2:1-2 NIV) But the men couldn't get their friend anywhere near Jesus with the crowd. What would you do? Would you just give up and go back home? Would you wait at the back of the crowd simply hoping for a look at Jesus? Or would you do anything to get to Jesus?

Because these men couldn't get to Jesus because of the crowd, "they made an opening in the roof above Jesus and, after digging through it, lowered the mat the paralyzed man was lying on." (Mark 2:4 NIV) Can you imagine? I wonder what Jesus and the others thought when dust started to fall and then pieces of the roof. These men were not going to give up just because a crowd surrounded Jesus! They believed Jesus had the power to heal their friend. Because they believed, they had to see Jesus, no matter what it took.

## Application

How about you? Do you believe in God, the kind of belief that springs to action in faith that trusts the one true God? Have you trusted your life to Him? "Without faith it is impossible to please God, because anyone who comes to Him must believe that He exists and that He rewards those who earnestly seek Him." (Hebrews 11:6 NIV)

The Bible says that "faith comes from hearing the message. And the message that is heard is the Word of Christ." God's Word says that you are a sinner (Rom 3:23) and deserve to die as punishment for that sin (Rom 6:23). The Bible also says that while you were still sinning, Jesus died in your place to take the punishment you deserve (Rom 5:8). If you believe that, will you take action right now and choose to follow the One who loved you enough to give His life for you?

And if you are a believer, did you know that the Bible talks about examining or testing your faith to make sure you are really true to it. (2 Corinthians 13:5) It is always a good idea to evaluate how you live.

And Jesus, "when [He] saw their faith, he said to the paralytic, "Son, your sins are forgiven." (Mark 2:5 NIV) This upset some of the church leaders who were there. They didn't believe that Jesus is God's Son. Jesus knew what they were thinking and so He said, "Is it easier to say to this man, 'Your sins are forgiven'? Or to say, 'Get up, take your mat and walk'? I want you to know that the Son of Man has authority on earth to forgive sins." (Mark 2:9-10 NIV) So Jesus told the man who couldn't walk, "I tell you, get up. Take your mat and go home." (Mark 2:11 NIV) The man stood up, picked up his mat, and walked home. And everyone watching was amazed!

The paralyzed man received what his friends had hoped he would receive—he walked! What else did the man receive? Forgiveness of sins! It is faith in the One who is worthy of our belief that saves us. Your faith can save you, if you take action on what you believe. Not everyone has faith (2 Thessalonians 3:2). But the Bible says that without faith it is impossible to please God. (Hebrews 11:6) Are you pleasing to God?



# Activities

- **Memory Verse Activity:** Make memory verse posters.
- **Sing:** “Faith, Faith, Faith,” “Have Faith in God,” “Galatians 2:20,” “I Will Sing of the Mercies of the Lord,” “Great is Thy Faithfulness,” “Great is the Lord,” “Ascribe Greatness,” “Be Bold,” “At the Cross,” “Holiness” with the verse “Faithfulness,” “You Have Been Good,” “Ancient Words,” or “I Will.”
- Make mustard seed crafts and talk about Matthew 17:20 and Luke 17:6.
- Look at 2 Timothy 4:7. These were some of Paul’s last written words. Review Paul’s life, starting with the Road to Damascus experience (Acts 9). Discuss living life in such a way that you come to the end of it able to say as Paul did, “I have fought the good fight, I have finished my course, I have kept the faith.” (KJV) Look up 2 Timothy 4:7 in several translations.
- Talk about the Marine cry “Sempre Fi” meaning always faithful. Talk about ways that we can make that the motto of our lives as well.
- Work on your “Fruit of the Spirit Mobile.” Add a mustard seed mounted to cardstock to your mobile. Set the mobiles aside until next week.
- **For Further Study:** (If you meet several days a week, use these lessons to reinforce what your students have already learned about Faithfulness. Be sure to review the main lesson everyday, too.)
  - 1) The Faith of the Centurion - Luke 7:1-10  
Focus on Jesus’ words to the centurion.
  - 2) Rahab - Joshua 2, 6  
Focus on Rahab’s faith in a God that was previously unknown to her.
  - 3) The Faith Chapter - Hebrews 11  
Focus on how belief was acted upon in the faith of each person listed.
  - 4) Abraham - Genesis 15, 18, 21-22 and Hebrews 11:17-19  
Focus on Abraham trusting God’s promise to bless him with a son.

Without

F A I T H

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to please God.

Hebrews 11:6

# Word Search



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

FAITHFULNESS

FAITH

CONFIDENCE

TRUST

ACTION

PARALYZED MAN

FRIENDS

SINS FORGIVEN

HEALED

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

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

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# Word Search

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

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