

the **FRUIT** of the Spirit is

GOODNESS



MAIN IDEA

God is good and loving to me all the time.

VERSE

For it is God who is at work in you, enabling you both to will and to work for God's good pleasure.

[Philippians 2:13 NRSV]

GOODNESS

Models Christ's actions of love, humility, and forgiveness. It shows integrity, honesty, and compassion towards others. This is possible through God's love at work in creation, the world, and in my own life.

READ

Days of Creation
(Genesis 1-2)

Spark Story Bible
pages 2 - 13

HANDS ON

Goodness on the Inside
Banana Object Lesson

CREATE

Taste & See
Citrus Stamped
Painting

MAKE

Blueberry Smoothie

FRUIT IN ACTION

In what ways do you see God's goodness? Go outside on a walk or hike with your family and name out loud the ways you see God's goodness reflected in creation. Ask God to help you share His goodness with others this week.

INSTRUCTIONS

Fruit of the Spirit:

GOODNESS

Goodness on the Inside Banana Object Lesson

HANDS ON

Supplies: Bananas (When picking the ripeness, be sure to consider when you are going to do the object lesson. You'll want them to be yellow with no or few brown spots for the lesson), Pens or Sharpie Marker (Depending on your kids ages & your bravery level with permanent markers)

Instructions:

1. Pass out a banana to each member of your family.
2. Instruct everyone to decorate the outside of their banana.
3. Once everyone is finished decorating, peel open the bananas. Talk about how what we see on the outside appearance of a person doesn't show us what is on the inside (in their heart). Only God sees our hearts. If someone opens up a banana that has brown spots, that's a great opportunity to reiterate how what's on the outside doesn't always show us what's on the inside.



Taste and See Citrus Stamped Painting

CREATE

Supplies: Taste and See Printable, Lemon or Lime or Orange or Grapefruit, Apple, Paint, Knife (to cut fruit in half)

Instructions:

1. The Taste and See printable.
2. Cut the citrus fruit of your choice and an apple in half.
3. Put paint onto a plate.
4. Dip the fruit in the paint and then stamp it on the paper.
5. Let dry completely before hanging up.



Make a Blueberry Smoothie

MAKE

Supplies: 1 cup Frozen Blueberries, 1/2 cup Vanilla (or plain) Greek Yogurt, 1 Cup of Your Favorite Milk, Optional: Frozen Banana and/or Honey (to taste), Blender

Instructions:

1. Add all of the ingredients to the blender.
2. Blend together for a delicious blueberry smoothie!

