

THE FRUIT OF THE SPIRIT

Anchors & Junior Section Scripture



THE FRUIT OF THE SPIRIT

USING THE RESOURCE

I think that the greatest privilege in The Boys' Brigade is the opportunity to share Jesus with children and young people. Week by week, through words and actions, we sow the seeds and we pray expectantly that God would work through us to advance His Kingdom.

This new Scripture programme for Anchors and Junior Section is a framework to aid Bible teaching in our Boys' Brigade Companies. Our theme for 22/23 is **Fruit of the Spirit**. Each session contains a selection of pdf resources which can be downloaded and printed for use in your Company.

We anticipate that each Company will use the resources differently, depending on the skills of your leaders. It is not designed to be a formal syllabus that must be followed rigidly but instead, a framework where you can pick the elements you need and add others as required.

Thanks to our CECR panel and the team of volunteers who developed the programme. This is being launched as a pilot and we would love your feedback to help us in the creation of the programme for 23/24. Please tell us how you're using this programme and any additional resources, craft ideas and activities so that we can share them with other leaders.


Lisa Keys, Director, NI

You can contact us at
nihq@boys-brigade.org.uk

Anchors/ Junior Section Scripture

'For as the rain and the snow come down from heaven and do not return there but water the earth, making it bring forth and sprout, giving seed to the sower and bread to the eater, so shall my word be that goes out from my mouth; it shall not return to me empty, but it shall accomplish that which I purpose, and shall succeed in the thing for which I sent it.'

Isaiah 55: 10-11



But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law!

Galations 5:22-23

I CHOOSE...

Anchors/ Junior Section Scripture

[DEVOTIONAL FOR LEADERS]

As you prepare to teach these Bible lessons, take some time to read through this devotional from Max Lucado.

IT'S QUIET. It's early. My coffee is hot. The sky is still black. The world is still asleep. The day is coming. In a few moments the day will arrive. It will roar down the track with the rising of the sun. The stillness of the dawn will be exchanged for the noise of the day. The calm of solitude will be replaced by the pounding pace of the human race. The refuge of the early morning will be invaded by decisions to be made and deadlines to be met. For the next twelve hours I will be exposed to the day's demands. It is now that I must make a choice. Because of Calvary, I'm free to choose. And so I choose.

I choose love

No occasion justifies hatred; no injustice warrants bitterness. I choose love. Today I will love God and what God loves.

I choose joy

I will invite my God to be the God of circumstance. I will refuse the temptation to be cynical... the tool of the lazy thinker. I will refuse to see people as anything less than human beings, created by God. I will refuse to see any problem as anything less than an opportunity to see God.

I choose peace

I will live forgiven. I will forgive so that I may live.

I choose patience

I will overlook the inconveniences of the world. Instead of cursing the one who takes my place, I'll invite Him to do so. Rather than complain that the wait is too long, I will thank God for a moment to pray. Instead of clinching my fist at new assignments, I will face them with joy and courage.

I choose kindness

I will be kind to the poor, for they are alone. Kind to the rich, for they are afraid. And kind to the unkind, for such is how God has treated me.

I choose goodness

I will go without a dollar before I take a dishonest one. I will be overlooked before I will boast. I will confess before I will accuse. I choose goodness.

I choose faithfulness

Today I will keep my promises. My debtors will not regret their trust. My associates will not question my word. My wife will not question my love. And my children will never fear that their father will not come home.

I choose gentleness

Nothing is won by force. I choose to be gentle. If I raise my voice, may it be only in praise. If I clench my fist, may it be only in prayer. If I make a demand, may it be only of myself.

I choose self-control

I am a spiritual being. After this body is dead, my spirit will soar. I refuse to let what will rot, rule the eternal. I choose self-control. I will be drunk only by joy. I will be impassioned only by my faith. I will be influenced only by God. I will be taught only by Christ. I choose self-control.

Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. To these I commit my day. If I succeed, I will give thanks. If I fail, I will seek His grace. And then, when this day is done, I will place my head on my pillow and rest.

Excerpted from *When God Whispers Your Name* by Max Lucado
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Getting Into It

INTRODUCTION



THE BIG IDEA

When we are saved by Jesus and follow Him we are helped and guided by the Holy Spirit. The Bible tells us the qualities we can expect to see in Christians. In Galatians Paul refers to them as the 'fruit of the spirit'.



MEMORY VERSE

See Resource FOS4 Ideas for Learning Memory Verses.

Galatians 5:22-23 (ESV)

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.



KEY VERSE

John 15:5 (ESV)

I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing



DISCUSSION

Either put the children in groups or have them think individually for a few minutes. Ask them to write down things they know about each other or a friend they think of. This should not be physical traits but their character eg. James is 'intelligent, funny and honest' or Samuel is, 'quiet, but creative'.

Ask the children how they are able to say this about each other, how have they noticed

these qualities in each other. Ask them to think about what others may say about themselves.

If the group has good Bible knowledge ask them to describe the qualities of Jesus. Hopefully a few will be the same as the fruit of the Spirit. If not then describe qualities of Jesus yourself emphasising the qualities we will come to look at during this programme.

Resources



Praise Songs

FOS-05: Love, Joy, Peace, song by Shelley Spiers

Fruit of the Spirit Children's Song

https://bit.ly/FOS_Song



Games

See Resource FOS1

Fruit Salad

Apple Apple Pear



Crafts

See Resource FOS2

Fruit Bowl

Fruit of the

Spirit Garland

Fruit Pinwheel

Grapes

3D Apple



Programme Card

Fruit Art

https://bit.ly/AB_Fruit_Art



The Talk

Ask: **“Where do you get your fruit from?”**

Most fruit grows on a tree, and we usually buy it from a supermarket. But did you know that only one kind of fruit will grow on each tree? So if you see a tree and apples are growing on it, then you will only ever see apples on that tree. You might see trees that grow fruit in the park or the forest, some people even have fruit trees in their gardens, but if someone wants to grow lots of fruit they will do it in a very special place.

That special place is called an orchard. An orchard will have lots of trees growing the same kind of fruit. There are some good reasons for this. Firstly, it makes it easier for the person who owns the orchard to grow lots of the one kind of fruit, which makes it easier to sell. But the main reason is that fruit grows better if it is surrounded by lots of other trees growing the same kind of fruit. So if you see one apple tree, the apples might be ok, but normally you would only see birds eating those apples, they would not be sold in shops. The apples we get in Tesco are all grown on fruit trees in orchards, they taste much better.

Now, this year in BB we are going to talk about a very special kind of fruit mentioned in the Bible. It's called the 'Fruit of the Spirit'.

Ask - **“Have you ever heard of the 'Fruit of the Spirit'?”**

Maybe you're wondering, what is this fruit and what is the Spirit? Now the Bible isn't talking about a fruit that you can eat, but it calls it fruit for a reason. When Jesus was teaching people about who He was, He told them, **‘I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing. (John 15:5 ESV)**

Vines are similar to trees because fruit can grow on them as well. Grapes grow on a vine. But Jesus was saying if you cut a branch off the vine, or the tree, then it won't grow fruit anymore. That makes sense, doesn't it? If you

cut a branch off a tree nothing will grow on it, not even a leaf. So Jesus told His followers to keep following Him and trusting Him, and they will 'bear fruit'. That's just a fancy way of saying fruit will grow. Jesus was talking about this very special kind of fruit, the 'Fruit of the Spirit'.

The Spirit mentioned is the Holy Spirit. We believe in one God in three parts; God the Father in Heaven, God the Son who is Jesus, and God the Holy Spirit. After Jesus died, rose again, and went to Heaven, God sent His Holy Spirit to help those who follow Him. We as Christians, believe that when we follow Jesus, the Holy Spirit is with us, helping us to tell others about Him.

So the 'fruit of the Spirit' is not fruit you can eat but a set of qualities in a person. A quality might be something you can tell about a person, not what they look like, but what they are like on the inside. So you might be able to tell whether a person is kind, generous, caring or thoughtful.

The 'Fruit of the Spirit' is one set of nine qualities that you might see in a person who follows Jesus. Remember we talked about how one tree will only grow one kind of fruit? Well, it's like that here as well. You see these nine qualities might be separate things, but the 'Fruit of the Spirit' is all of them together.

So what are the nine things that make up the 'Fruit of the Spirit'? Galatians 5:22-23 tells us they are:

**Love | Joy | Peace | Patience | Kindness
Goodness | Faithfulness | Gentleness
Self-Control - see poster [insert ref]**

Over the next few weeks in BB, we will look at what these nine qualities are. We will look at times when different people in the Bible showed these qualities and how they followed God. We will learn what all nine are and what they mean as well. Don't worry if you are struggling to remember them now, we will have plenty of time to learn them. But for now remember that when we choose to follow Jesus, He will send His Holy Spirit to help us, and the Holy Spirit will help us reflect these nine qualities, the 'Fruit of the Spirit'.

Getting Into It

INTRODUCTION



THE BIG IDEA

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MEMORY VERSE

See Resource FOS4 Ideas for Learning Memory Verses.

Galatians 5:22-23 (ESV)

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NB the word 'forebearance' used in the ESV has been replaced with 'patience' for the purposes of this programme for children.



KEY VERSE

John 15:5 (ESV)

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DISCUSSION

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Love

[The Good Samaritan]



THE BIG IDEA

Love your neighbour as yourself.



MEMORY VERSE

See Resource FOS4 Ideas for Learning Memory Verses.

Galatians 5:22-23 (ESV)

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

KEY VERSES



ANCHORS:

1 John 4:19 (ESV)

We love because he first loved us.

JUNIORS:

Luke 10: 27 (ESV)

You shall love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind, and your neighbour as yourself.



READ

Luke 10: 25-37

Resources

▶ Praise Songs



See Resource FOS5

Love, Joy, Peace, by Shelley Spiers

YouTube

Fruit of the Spirit Children's Song

https://bit.ly/FOS_Song

▶ Activity



See Resource FOS2

Role Play

▶ Craft



See Resource FOS3

Helping Hands

▶ Programme Card

Love Object Lesson

https://bit.ly/AB_Love_worksheet



Discussion

▶ How would you 'love your neighbour' in each of these situations?

Depending on the group, these scenarios could be discussed as one large group or in multiple smaller groups. In large companies,

each group could be given one scenario to discuss and then report back to the group as a whole.

Use the easier questions for Anchors.

1. Your friend falls over in the playground and hurts himself.
2. Your friend's favourite football team wins a big match. You don't like the team, as they beat your favourite team last season.
3. Your Granny hurts her arm and can't do all the jobs around her house that she usually does.
4. You see someone being unkind to your friend in school.
5. Your Mum or Dad has had a very busy and tiring week at work.
6. You and your friend are eating some crisps. Your friend drops their crisps and they spill all over the ground.
7. There is an earthquake in a country far away and lots of people have lost their homes and everything they own.
8. A new pupil joins your class. He has just arrived from another country and does not speak English.
9. You find a wallet lying on the footpath. Inside, there is a lot of money, as well as a name and address.



The Talk

When we live for Jesus, His Holy Spirit comes to help us say no to sin and yes to Jesus. The Holy Spirit helps us to grow to become more and more like Jesus every day. As we grow to be like Jesus, other people will be able to see some really good things beginning to show in our lives – we call these things the 'Fruit of the Spirit.' These are things that we need God's help for.

We read about the Fruit of the Spirit in the Bible. The first fruit mentioned is love – not mushy, lovey-dovey love that sometimes makes us giggle or blush; but the type of love that means going out of our way to help other people; caring for others even when it isn't easy, and putting other people's needs before our own. Let's see what the Bible has to say about love!

A man came to Jesus with an important question. He knew that it was a tricky question and he wanted to test Jesus. He said, "I want to live forever. Can you tell me what to do?" Jesus was sure that this man knew lots of things about God's law, so Jesus asked him what the law said.

The man answered, "Love God completely and love your neighbour as you love yourself." Jesus replied, "That's the right answer! Do this and you will live!"

The man had another question. Maybe he had started to realise that what Jesus had told him to do wasn't so easy after all.

He asked, "Who is my neighbour? Is it just my friend? Is it the person that I see every day? Is it the man who lives next door?"

To answer his question, Jesus told a story.

Luke 10:25-37

A man was travelling from Jerusalem to Jericho. It was a long, twisty and bumpy road. It was a road with many dark corners, where robbers loved to hide and lie in wait, ready to jump out when someone walked past. That is exactly what happened. Robbers beat the man, stole all that he had; and left him lying on the road, very badly hurt. He was bleeding and bruised. He needed someone to rescue him – who would say yes?

Along came a priest, who worked in the temple. He knew about God's law, so surely he would help. Or would he? When the priest saw the man, he crossed over to the other side of the road. The man needed someone to rescue him – **but the priest said no!**

Next came a Levite, who also worked in the temple. He knew about God's law, so surely he would help. Or would he? He also passed by on the other side of the road. The man needed someone to rescue him – **but the Levite said no!**

Then a Samaritan came travelling along the road. Now, the man on the road was a Jew; and Jews hated Samaritans. They were the people that the Jews didn't want to be near and didn't want to speak to. No one would expect the Samaritan to stop to help. Everyone would expect him to walk by on the other side of the road. The man needed someone to rescue him – **the Samaritan said Yes!**

The Samaritan saw that the man needed help, so he helped him. He bandaged up all of his cuts and bruises; he put the man onto his own donkey and took him to find a place to stay. He looked after him there, and when he had to go, the Samaritan left some money with the innkeeper to make sure the man was cared for until he was well again. He promised to come back and pay the innkeeper any more money that he owed.

Jesus asked the man, "Who was the sick man's neighbour? Was it the priest, the Levite or the Samaritan?"

The man answered, "The one who helped." Jesus told him to go and do the same, because his neighbour would be anyone who needs his help.

Jesus used the story to teach an important lesson. We should show love to other people and help anyone who needs our help, even if they are people who don't look or sound like us, or people that we wouldn't usually spend time

with.

Jesus told the man to love God completely and to love his neighbour as he loved himself. This is an important lesson for us to follow, but it is something that is far too difficult for us to do by ourselves.

Even when we try to love God completely and to love other people well, we make mistakes and do things that we shouldn't do. Jesus is the only person who has ever loved perfectly – we all fall short of God's perfect standards because of our sin. We need someone to rescue us... and **Jesus said yes!**

Jesus died to rescue us from sin – this is the greatest love that we will ever know! He rose again and is alive today.

Trusting Jesus to forgive your sin is the only way to be part of God's family and to have life that lasts forever. The man in the story really asked the wrong question because there is absolutely nothing that we can do to live forever. We can only have eternal life because of what Jesus has already done!

If you trust Jesus to rescue you from sin, God's Holy Spirit will come to live in you and will help you to say no to sin and to live for God. He will help you to show love to those around you. How can you show God's love to someone else today?



Next Page:

Alternative re-telling of the story in rhyme. If you choose to use this you could also ask some children or adults to act out parts of the story as it is read.

The Good Samaritan in Rhyme

Someone came to Jesus;
It was a very clever man.
He said, "I want to live for ever,
can you tell me how I can?
Jesus said, "Think of the law.
What does it say to do?"
The man replied, "It says love God
and love your neighbour too."

Jesus told the man that he
had got the answer right:
Love God and others perfectly
and have eternal life.
The man knew what the law required
and may have read it every day
but he couldn't love so perfectly
for sin got in the way.

He had another question
to put Jesus to the test.
He asked, "Who is my neighbour?
Just the person I like best?"
So Jesus told a story
as he often chose to do.
So now, relax and listen
as we hear that story too.
A man went on a journey
along a road one day
from Jerusalem to Jericho –
such a long and winding way.
Now, robbers often stole from those
who journeyed past that way.
They beat the man and left him there
and badly hurt, he lay.

A priest came walking down the road
and saw him lying there.
He crossed the road and walked on by.
He showed no love or care.
Then came a Levite and, he too
crossed to the other side.
Would no-one stop? Did no-one care
that this poor man could die?

Another man came down the road
A Samaritan this time.
Jews didn't like Samaritans.
Surely he'd just walk on by.
But no, he helped the injured man
and cared for him that day.
He took him on his donkey
to find a place to stay.

He paid the man who owned the inn
so the injured man could stay.
He'd call again to pay his debt
When he came back that way.
When Jesus told a story,
He always had a plan.
So, Jesus asked, which one had been
a neighbour to the man?

"The one who helped," the man replied.
He didn't say his name.
Jesus said, "Yes that's correct,
Now go and do the same."

Love God and love your neighbour too,
is how we should live today.
But we can't do this by ourselves
For sin gets in the way.
Our sin has kept us far from God
and out of heaven too
but God gave us his perfect Son
to rescue me and you.

Jesus died to pay for sin.
He rose up from the grave.
He'll give eternal life to all
who trust in Him to save.
How can I live forever?
Jesus is the only way.
We love because He first loved us.
Will you trust in Him today?

Joy

[Jesus is Born]



THE BIG IDEA

Joy is a God-given gladness that doesn't change if good or bad things happen in our day.



MEMORY VERSE

See resource FOS4 Ideas for Learning Memory Verses.

Galatians 5:22-23 (ESV)

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.



KEY VERSE

Psalm 16:11 (ESV)

In your presence there is fullness of joy.



READ

Luke 2: 1-12



DISCUSSION

Tonight we are going to think about the second fruit of the spirit – Joy. Before we think about it together, let me ask you, what is joy?

I think that lots of people would say joy is a feeling of happiness, but that's not quite right, because happiness and joy are two different things.

Happiness is a feeling that we get when something good happens, but happiness

Resources



Praise Songs

Joy of the Lord by
Rend Collective



Counting on God
by Shout Praises Kids



Activity

See Resource FOS2

Smiley Face Fruit Snacks



Crafts

See Resource FOS3

Joy Banana
Joy Apple



Pictures

See Additional Resources

Session 3 Pictures



Programme Card

Nativity Crossword

https://bit.ly/Prog_Jnrs_nativityCW

disappears when something bad happens (then we feel sad, which is the opposite of happiness.)

I am going to show you all some pictures, and I want you to tell me whether you feel happy or sad when you see each one by putting your thumbs up or down. Are you ready? Let's go!

[You can maybe ask a few of the boys why they've put their thumbs up or down as you go through each one]

Use pictures from Additional Resources: Session 3 Pictures or use props.

1. Pizza
2. The beach
3. Someone who has hurt themselves
4. A games console
5. A bad test score
6. Brussel sprouts
7. A present

It is unlikely that someone would feel happy about all of those things because happiness is a feeling that is based on our circumstances and what is happening around us. Happiness comes and goes all the time – it is an emotion that changes day by day depending on what is going on.

Joy is different though. Joy isn't based on what is happening around us, but it is something that comes from God, who lives within us. Let's look at two verses from the

Psalm 16:11

You make known to me the path of life; in your presence, there is fullness of joy; at your right hand are pleasures forevermore.

Psalm 126:3

The Lord has done great things for us; we are glad.

The Bible tells us that joy is a God-given gladness that doesn't change if good or bad things happen in our day. Joy comes from God and so we can be joyful even in unhappy moments. Let's take a look at some people in the bible who were given news of great joy – let's head to Luke 2.



The Talk

Read Luke 2:1-12

[Ask] Can you name at least 5 things that the angels told the Shepherds?

For emoji pictures see Additional Resources: Session 3 Pictures.

The first surprising (display a shocked emoji) thing about this story is that the good news came to shepherds.

Shepherds back in those days wouldn't have expected any visitors because most people stayed away from them. Their job was a tough job so they would have been pretty smelly (display a queasy emoji), and dirty and their clothes wouldn't have been very nice. Shepherds weren't very important in people's eyes – but God loved them (display a heart emoji) and they were important to Him, so He decided to give them some amazing news (display a newspaper emoji) before anyone

else heard about it. It was news that was going to bring great joy (display a smiling emoji) to all people.

What was the news?

It's the news that Jesus had been born, and this is news that changed the world (display a world emoji) forever because it is the best news we could ever be given.

Why is it such good news?

The angels explain because they tell us that Jesus is our Saviour; the Messiah; the promised one of God. You see, ever since sin entered the world in the garden of Eden, God's people and God's world have been waiting for the one that God said would come and make everything right and new again.

We see that when we read Genesis 3:14-15, So the Lord God said to the serpent, 'Because

you have done this, cursed are you above all livestock and all wild animals! You will crawl on your belly and you will eat dust all the days of your life. And I will put enmity between you and the woman, and between your offspring and hers; he will crush your head, and you will strike his heel.'

God's Rescue Plan

From the very beginning, God had a great rescue plan, and as the angels announced Jesus' birth to the shepherds in the field, they were announcing that Jesus was the one who was going to deal with sin once and for all, and that is exactly what He did when He died on the cross and rose back to life again.

Now, when we put our trust in Him, we can know that we are forgiven and that we have a place in Heaven. So no matter what comes our way, good or bad, we can always know joy because our hope is secure in Jesus, the one who is always with us and always for us.

Joy comes from God and it leaves us content in any circumstance. Other things don't provide that. The things that people really

want in the world – popularity, success, money, relationships – will never satisfy us or make us complete. They will make us happy for a little while, but they won't and can't give us lasting joy – only Jesus can give us that.

A teacher and pastor called RC Sproul once said this:

"We rejoice in the Lord, and because He never leaves us or forsakes us, we can rejoice always."

What he is saying is that joy is found in knowing Jesus, and because He has promised to never leave us, then we can always have joy. We have joy because God has delivered us from sin. We have joy because God is good and right, and just. We have joy because God invites us to be in His family forever.



***In your presence
there is fullness
of joy.***

Psalm 16:11 (ESV)

Peace

[Jesus Calms the Storm]



THE BIG IDEA

We don't need to be afraid when Jesus is with us.

MEMORY VERSE

See Resource FOS4 Ideas for Learning Memory Verses.



Galatians 5:22-23 (ESV)

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

KEY VERSE

Mark 4:39 (ESV)



And He awoke and rebuked the wind and said to the sea, 'Peace, Be still!' And the wind ceased, and there was a great calm.



READ

Mark 4:35-41



DISCUSSION

Discuss the following questions with the children. Depending on numbers divide the children into groups and have leaders, lead the discussion.

1. If you were in a little boat on the sea during a big storm, how would you feel?
2. Would you be scared?
3. When have you felt scared, worried, like you are in a storm?
4. How did you feel when what was worrying or scaring you is gone?
5. What is peace?
6. Have you ever felt a sense of peace in your life before?
7. How can God bring you peace?

Resources

▶ Praise Songs



See Resource FOS5

Love, Joy, Peace, by Shelley Spiers

YouTube

Fruit of the Spirit Children's Song

https://bit.ly/FOS_Song

Peace Like a River

https://bit.ly/FOS_Song2

▶ Games



See Resource FOS1

Toss The Boat

Running Quiz

▶ Craft



See Resource FOS3

Peace Apple

▶ Programme Card

Weather

https://bit.ly/AB_Weather

▶ Video

Jesus Calms the Storm

<https://bit.ly/vid-storm>



The Talk

Tell the story of Jesus calming the storm. You could use a children's illustrated Bible, a video clip or use this summary of the Bible story.

Suggested props:

- Give the children steamers to act out the stormy waves;
- Use a parachute while telling the story - children sit around the edge holding the parachute. Use an inflatable as a 'boat' on the parachute. The children can gently flap the parachute when the waves are small and then create big 'waves' during the storm.
- Use a toy boat in a dish or water - blow through a straw to create waves.

Jesus had been busy talking to crowds of people. It was late in the day and Jesus asked his disciples to take him to the other side of the lake, maybe for some peace and quiet. They got into the boat and set sail across the lake.

All of sudden, a huge storm whipped up and the boat rocked from side to side. Water crashed into the boat and the disciples were really scared. Many of the disciples were fishermen and had probably seen lots of storms before but this one must have been bad to make them so afraid.

Amid all the drama of the storm, guess what Jesus was doing? He was asleep in the boat! The disciples woke him up. 'Wake up and help us! The boat is going to sink and we're all going to drown', pleaded the frightened disciples.

Jesus woke up and commanded the wind the waves to be still. The disciples watched as the wind calmed down and the waves got smaller and smaller until eventually it was peaceful on the lake once again. Wow! Jesus is so powerful he can even change the weather.

When all was calm Jesus scolded his disciples for being afraid when they had Jesus in their boat. He said, 'Why are you such cowards? Don't you have any faith at all?' (Mark 4:39-40 The Message). The disciples had Jesus in their boat so they didn't need to be afraid. If we love Jesus and have asked him to be our forever friend then we don't need to be afraid either. We don't have Jesus right beside us in person but He has promised to be with us wherever we go. We can't see him but He's there helping His friends today just like he did with His disciples.

The disciples in the boat with Jesus that night were totally amazed by what they had seen. Jesus had calmed a raging storm just by telling the wind to stop. They realised the Jesus was someone very special, He is God's son.

The disciples had been on lots of adventures with Jesus and saw Him do some amazing things but they didn't always understand. When He calmed the storm, they saw His power in action. It was very real because they were right there in the boat, feeling scared and Jesus calmed the storm right in front of them.

Jesus is more powerful than a storm and the disciples forgot that when they panicked. Sometimes we are like that too. When bad things happen to us or we feel a bit scared, we forget that we have a friend who can help us with anything. He might not take the scary thing away for us, but He will help us to feel calm and able to cope. We need to trust that God is in control.



Patience

[Moses and the Israelites]



THE BIG IDEA

Patience is trusting God to keep His promises in His perfect timing.



MEMORY VERSE

See Resource FOS4 Ideas for Learning Memory Verses.

Galatians 5:22-23 (ESV)

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.



KEY VERSE

Psalm 37:7a (ESV)

Be still before the Lord and wait patiently for him.



READ

Exodus 12:31-40; 16.



DISCUSSION

Give each child a sweet to hold. Explain that they must not eat the sweet but wait until you tell them they can eat it.

What other things do we have to wait for?

Birthday? Christmas? Summer holiday? What is it like having to wait? Do you like waiting? Why not?

Waiting for something that we really want can be hard because we just want it now. Especially if it's something we've had to wait for a long time to happen.

The Bible teaches us about waiting. It teaches us that we need to have patience.

What is patience?

Can anyone tell me what they think it means to be patient? Patience is trusting God to keep His promises in His perfect timing. It is being willing to wait for something without being annoyed or restless. Waiting with a good attitude. You have to be patient when you wait for your brother or sister to finish playing with a toy or video game that you want to use. You have to be patient when you wait for a BB leader to give you a sweet. Those things usually only take a few minutes, but could you ever be patient enough to wait for something for 40 years? The people in our story today had to wait 40 years on a promise God made them.

Resources



Praise Song

See Resource FOS5

Love, Joy, Peace, by Shelley Spiers



Games

See Resource FOS1

The Waiting Game

Pass the Parcel



Crafts

See Resource FOS3

Planting a Pot Plant

Patience Pear



Programme Card

Maze

https://bit.ly/Jnr_Maze



The Talk

Patience in a Bible Character

In Exodus, we read about Moses. He was the person God chose to help millions of Israelites, who were working as slaves in Egypt, escape and move to a new country, known as the Promised Land. Firstly, he had to convince Pharaoh, who was like the King of Egypt, to free the Israelites. But of course Pharaoh didn't want to let his slaves be free and even though God sent nine very unpleasant punishments, called plagues, such as sending lots of flies to fill the skies, giving people lots of painful lumps on their skin and turning the skies dark, Pharaoh continued to refuse to let the Israelites go. Eventually, after a tenth plague that meant all the Egyptians who didn't worship God, lost their oldest child, Pharaoh finally agreed to let the Israelites go.

Moses then had the job of leading millions of people out of Egypt and across the desert to the country that would become their new home. This journey was very long and difficult for them all; it took 40 years to complete. During this time, Moses taught them lessons from God and helped form them into a great nation.

Unfortunately for Moses, the Israelites did their best to frustrate him, complaining about the food, threatening to return to Egypt and challenging Moses' authority. They thought he shouldn't be their leader as to them he seemed to not know where he was going.

Throughout this whole time, Moses showed great patience, especially when the others were being very impatient and making life difficult for him. Of course, Moses was human and sometimes got impatient as well but for forty years he faithfully led the Israelites safely to the border of the Promised Land because he knew God would keep His promise.

Patience in Me

Tell the children they can now eat the sweet. Congratulate them for waiting so long and highlight how good it is to finally be able to eat the sweet.

So what does it look like to be patient when you are Anchors/Juniors age? It could be that you wait for your turn when you're playing a game at school. Or maybe you could be patient by not being angry when you don't get to see your friends when you had planned to. Be patient in these kinds of things, and God will bless you!

If you become impatient about God's promises, you are actually saying one of two things. Either you don't believe that God always keeps His promises, or you don't believe that God's timing is perfect. But does God know best? Of course He does! He knows everything, and He will keep His promises. If we believe this, if we have faith, then we will be patient like Moses (and like Jesus). God has given you His Holy Spirit to remind you of His truth so that you can be patient in all things.

Prayer

Dear God

We thank you that You are perfect and that even though we can become impatient as we wait for things to happen, You are patient. We thank you that Your Holy Spirit helps us to be patient just like You. Help us when we get tired of waiting and help us to be thankful that You work all things for good in Your own perfect timing. Help us to accept this, as hard as it may be, and be ready to wait until Your will is done.

In Jesus's name I pray, Amen.

Kindness

[Mephibosheth]



THE BIG IDEA

God shows great kindness to us, so we can be kind to others.



MEMORY VERSE

See resource FOS4 Ideas for Learning Memory Verses.

Galatians 5:22-23 (ESV)

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.



KEY VERSE

2 Samuel 9:7 (ESV)

David said to him, "Do not fear, for I will show you kindness for the sake of your father Jonathan, and I will restore to you all the land of Saul your father, and you shall eat at my table always."



READ

1 Samuel 20:12-17; 2 Samuel 4:4; 2 Samuel 9.



DISCUSSION

Give everyone a piece of paper and a pencil. Ask them to write down something kind they will do for someone in the coming week.

They fold it, write their name on the front, and put it in a box. The following week hand them out again. Each child can read what they said they would do and see if they have done it. The children should only tell the group about these if they want to.

Resources

▶ Praise Songs

See Resource FOS5



Love, Joy, Peace, by Shelley Spiers

YouTube

Fruit of the Spirit Children's Song

https://bit.ly/FOS_Song

▶ Game

See Resource FOS1



Musical Pair Chairs

▶ Crafts

See Resource FOS3



Portraits

Kindness Kid (PDF)

▶ Programme Card

Jars of Sunshine

https://bit.ly/AB_Sunshine_Jars

Ideas to get you started

- Share your sweets
- Talk to a new child at school
- Write a thank you note
- Sharpen all the pencils at your desk
- Ask a new child in the street to play
- Put your coat away without being asked
- Give someone a compliment
- Donate some old toys to charity



The Talk

[Ask] "Have you got a best friend?"

[Give the children time to tell you who their friend is.] Well, there were two boys in the Bible who were really good friends. Their names were David and Jonathan. They were such good friends they would have done anything for each other.

Jonathan was a prince - His father was the king, King Saul. David wasn't a prince and yet God had told David that he would be the next king, not Jonathan. That seemed really strange, but David and Jonathan were still really good friends. They didn't know all that was going to happen, but they knew they always wanted to be friends. David promised that no matter what happened, he would always be kind to Jonathan and his family.

Many years later so much had happened. There had been a big war and Jonathan had been killed and Jonathan's father the King had been killed. So David was now the new king, just like God had said. Even though so much had happened and so many years had passed, David remembered his promise and wanted to keep it. He wanted to be kind to Jonathan's family. Normally in those days, a new king didn't care about the family of the old king. Normally the new king wanted rid of the old king's family. David wasn't like that. He had made a promise. "Is there anyone from old King Saul's family alive, so that I can show them kindness?, he asked one day. "One of Saul's servants is still around", his servants answered, "We could ask him". So, they brought in the servant of the old King. His name was Ziba. "Is there anyone still alive from King Saul's family who I can show God's kindness to?" asked David. David wanted to show God's kindness to others. He knew that God was good and that God had been kind to him, and so he wanted to show God's kindness to others.

[Ask] Did you know that God has been kind to us too? What do you think God has given you

to show His kindness? [Give the boys time to answer']

God gives us so many things but the greatest thing that God did to show His kindness to us, was send Jesus into the world to die for us. You see, we have all done things that are wrong. We've all sinned but God loved us so much He sent Jesus into the world to take our sin by dying on the cross. That means that we can be forgiven from our sin and one day live with Him forever in Heaven. God showed kindness in sending Jesus for us. If we have trusted Jesus to be our Saviour, then we can be kind to others because we know how kind God has been to us.

David found that there was still someone alive from Jonathan's family. He was a young man called Mephibosheth. That's a hard name to say, isn't it? Meh-fib-o-sheth. Can you try to say it? Mephibosheth had been dropped on his feet when he was only 5 years old and he had never been able to walk properly again. His life must have been hard, but David had made a promise to Jonathan that he would always be kind to his family, so he sent for Mephibosheth. Mephibosheth came in front of David and he must have been terrified. What was going to happen to him! David said to him, "Mephibosheth, don't be afraid. I'm going to show you kindness because of your father, Jonathan. I'm going to give you land and servants, and you're going to come and eat at my table every day." Wow! Can you imagine how Mephibosheth felt? The king was going to be kind to him! He was going to have his own land and his own house, and he was going to eat at the King's table every day! How amazing it all was.

God had been kind to David and now David was kind to Mephibosheth. **God has been kind to us too!** He sent Jesus into the world for you, and you can trust in Jesus to be your Saviour and forgive all your sins. Then you can go out and be kind to others because God has been kind to you.

Goodness

[The Four Friends]

Anchors/Junior Section Scripture
Goodness: Session 7



THE BIG IDEA

The children will be aware / know that goodness does not just mean being good but doing good and encouraging others to do good. True goodness comes from God.



MEMORY VERSE

See Resource FOS4 Ideas for Learning Memory Verses.

Galatians 5:22-23 (ESV)

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.



KEY VERSE

James 1:17

Every good gift and every perfect gift is from above.



Read

Matthew 9:1-8; Mark 2:1-12;
Luke 5:17 -26; James 1:17



DISCUSSION

Get all the children to sit down and ask them these questions:

- ▶ What's the best gift you have received?
- ▶ What's the best gift God ever gave you or your family?
- ▶ Why was it so special?

The Bible tells us that every good gift and every perfect gift is from God. He gave us life, a beautiful planet to live on, water to drink, food and everything we need to live. Best of all, He gave us Jesus.

Our story today is about a man who received an awesome gift from Jesus.

Resources

▶ Praise Songs



See Resource FOS5

Love, Joy, Peace, by Shelley Spiers

YouTube

Fruit of the Spirit Children's Song

https://bit.ly/FOS_Song

▶ Activity



See Resource FOS02

Obstacle course

▶ Craft



See Resource FOS03

The Friend on the Mat (PDF)

▶ Programme Card

Be a Good Egg

<https://bit.ly/Jnr-GoodEgg>



The Talk

What you'll need

- 4 strips of card about 2-3 cm wide
- 3 split pins

Cut and join strips of card for telling the story as shown in the diagram.
Practise telling the story with the strips of card.



Watch this YouTube video for inspiration:

The Four friends by Steve Harris

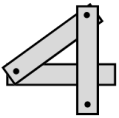
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This is a basic outline of telling the story but it can easily be expanded upon.

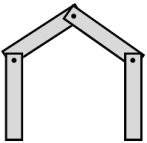
The Four Friends



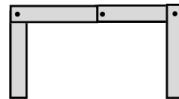
There was a man who couldn't walk. He just lay on his mat all day.



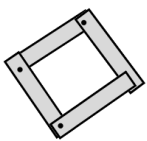
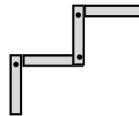
The man had 4 friends. They wanted to help, so they took him to Jesus.



They got to the house where Jesus was - but it wasn't a house like we have, it had a flat roof.



So many people had come to see Jesus that they couldn't get through the door. So they climbed the stairs on to the roof...



...and made a hole in it.

They tied ropes to the mat, and let it down through the roof to Jesus.



When Jesus saw the man he said, "Your sins are forgiven." Some people were cross. "How can Jesus forgive sins?", they asked. Jesus said, "Is it easier to say, your sins are forgiven, or...Get up, pick up your mat, and go home"



The man stood up straight,

folded up his mat, and went home.



When Jesus was on earth He showed goodness to every single person He met. Jesus was just like His Father in every way so everything about Jesus was good because everything about God is good.

This was a wonderful day for the paralysed man. Jesus not only healed him so that He could walk, but he forgave his sins so that he would no longer be separated from God.

We can do good when Jesus is leading and guiding us every day.

The Holy Spirit will help us keep our motive for doing good. We can show God's love through goodness when we help a friend who is sad or lonely, help our parents, listen and do what our BB leaders or teachers say. We can encourage our friends to make wise choices too.

Faithfulness

[Noah Built an Ark]



THE BIG IDEA

Being faithful means keeping your promises or doing what you say you will, even when you think it's not a good idea any more or you are afraid of looking silly. God keeps His promises to us and so we should be faithful in following Him.



MEMORY VERSE

See resource FOS4 Ideas for Learning Memory Verses.

Galatians 5:22-23 (ESV)

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.



KEY VERSE

1 Thessalonians 5:24

The one who calls you is faithful, and he will do it.



READ

Genesis 7 & 8



DISCUSSION

▶ What does the word faithful mean?

Lead the discussion around to the most basic point. When you say you will do something, you will do it no matter what.

In the Bible when we think of people being faithful it means that when they decided to follow God. They did it even when it might have been dangerous or looked a bit silly.

Resources

▶ Praise Songs



See Resource FOS5

Love, Joy, Peace, by Shelley Spiers

Other

Mr Noah Built an Arc

▶ Games



See Resource FOS1

Do This Do That

Simon Says

What's the time Mr Wolf?

Port/Starboard

▶ Crafts



See Resource FOS2

Floating Boats

▶ Programme Card

Edible Rafts

https://bit.ly/Jnr_raft





The Talk

▶ **God told Noah to build an ark.**

In the first book of the Bible, Genesis, we read a story about a man called Noah. Noah was a good man who followed God, but most of the other people around did not. He and his family were faithful to God.

Now, where Noah lived it was quite warm and there probably wasn't a lot of rain, not like here in Northern Ireland! So it came as a surprise to Noah when God spoke to him and told him there would be a flood. There had never been a massive flood before and it would have been easy for Noah to ignore God and say it was impossible.

However, Noah believed God and God told him to build a huge boat. This boat was called an ark. Now Noah must have looked very silly to build this huge boat when he was miles away from any water for it to float on. It would be even more silly than putting your stocking out in July or wearing your shorts and flip-flops in December. It just did not make any sense. No doubt the people who knew Noah thought he was mad for building this boat.

Noah was faithful to God, and so he did just as God asked him. He believed God was right and there was a reason for this, he trusted that God didn't want to make him look silly and that this ark would protect Noah and his family when the flood arrived.

Noah spent a lot of time building his boat and eventually he finished it. The flood was coming and God sent Noah some of every kind of animal so that they would be protected too. God sent a pair of each animal and seven pairs of other kinds of animals.

▶ Ask the children – does anyone have any pets? Do the animals ever get a bit smelly? Do they ever have to pick up a dog poo or change dirty water for a fish?

Now imagine being on a small boat with all of these animals. It must have been really smelly, Noah and his family must have had a lot of cleaning up to do!

It rained for 40 days and 40 nights. Now it may not have been exactly 40 days and 40 nights, but when the Bible says this it means the amount of time someone could survive without eating food. So it was a really long time. When it stopped raining there was a huge flood, the water did not disappear right away!

40 days after the rain stopped, Noah sent out a dove to see if it could find any dry land but the dove came back because it couldn't find any dry land. After another 7 days he sent the dove out again and this time it came back with a leaf, so he knew the tops of trees were above water. He sent the dove out again after 7 more days but the dove didn't come back! This meant it has found dry land and was able to make a nest somewhere.

The flood was gone and Noah, his family and all of the animals were safe! God kept His promise to protect Noah from this terrible flood and because Noah believed Him, even when he might have thought it was silly, he was saved.

Sometimes there are people out there who think it is silly to follow Jesus today.

When we are faithful to Jesus, He will be faithful to us. Noah did not care if he looked silly and he was saved. Jesus can save all of us. He offers us eternal life with Him in Heaven if we follow Him. So, if you decide to follow Jesus, remember that those who are faithful to God will be rewarded, just like Noah was. ▶

Gentleness

[Feeding of the 5000]



THE BIG IDEA

Jesus is gentle with people, and we can be too.



MEMORY VERSE

See resource FOS4 Ideas for Learning Memory Verses.

Galatians 5:22-23 (ESV)

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.



KEY VERSE

Matthew 14:14

When he went ashore he saw a great crowd, and he had compassion on them and healed their sick



READ

Matthew 14:13-21, Mark 6:31-44, Luke 9:12-17, John 6:1-14



DISCUSSION

Put the children into groups, each group with an officer. Each child is given several pre-cut oval shapes. They are encouraged to draw different faces on each shape e.g. angry, tired, excited, sad, annoyed.

Talk about what they should do when they feel these ways, to make sure they are gentle with others.

Resources



Praise Songs

See Resource FOS5

Love, Joy, Peace, by Shelley Spiers



Games

See Resource FOS1

Follow the Leader

Gentle Balloon Toss



Activities

See Resource FOS2

Warm Fuzzies and Cold Pricklies



Crafts

See Resource FOS2

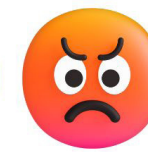
Interactive Loaves and Fish



Programme Card

The Plastic Fish

https://bit.ly/AB_Fish





The Talk

Read 'Five minutes peace' by Jill Murphy. You could borrow it from the library or from a friend who has young children. Or show the YouTube video of the story being read.

In this story, Mrs Large has been busy with her children around her so much, that she just wants five minutes to herself. If we are tired we can end up getting a bit cross and annoyed with people. If we feel a bit like this, how can we calm ourselves down?

Get the children to hold up their left hands. Using the pointing finger on their right hand they run their finger slowly around the outside of their hand. As they go up a finger they breathe in deeply, and as they go down a finger they breathe out. This is called finger breathing. Repeat with the second hand. Explain that when we are feeling cross or annoyed we can do this to help us calm down.

What about Jesus. How does He act when He is tired? Does He get impatient with people and lose His temper?

The Bible tells us a story of a time when Jesus had been very busy. He had been teaching and doing miracles and so had the disciples. Because they were all tired, Jesus decided to take the disciples over to the other side of the lake, to a quiet place, so that they could rest. However, the crowds of people who followed Jesus weren't prepared to let him go...there were people wanting to be healed and people wanting to hear what He had to say! So, the crowds, seeing that Jesus was sailing across the lake, ran around the side of the lake to find Him.

Think for a moment. How would you feel if you were Jesus? What would Jesus say? Would he shout, "Leave me alone, I just want five minutes peace"? I think that's what I would say. Jesus didn't say that. The Bible says that when Jesus saw the people, He felt sorry for them and cared for them, and so He treated

them gently. He didn't snap at them or lose His temper. He welcomed them and gathered them around Him, taught them and healed the sick people.

Then He did more! The people were hungry after a long walk around the lake and a day of listening to Jesus, and they had no food, so Jesus fed them. The disciples wanted to send them all away, but Jesus took five small rolls and two fish and he got the people to sit down in groups. Then He broke the bread and the fish and thanked God for it. He gave the food to the disciples and got them to pass it around. Do you know what? The food grew and grew and multiplied and multiplied, until five small rolls and two fish, really only enough for one person to eat, became enough to feed everyone who was there. And do you know how many were there? Over 5000! They all ate and felt full. Jesus had gently cared for them all. The Bible even tells us that there were twelve basketfuls of food left over for the disciples to pick up!

Jesus loved these people and He knew that they needed Him. That is why He was so gentle with them.

Do you know that Jesus loves each one of you too? He loves you and He knows that you need Him as well. Jesus died for us so that we can be forgiven for all the wrong things we've done. Even when He died, He was thinking of us and wanting to care for us. When we trust in Him, He will become our Saviour and our friend and will be with us always.

Have you asked Jesus to be your Saviour? If you have, He is always with you. He is gentle with you – loving you and caring for you. You can ask Him to help you care for others, even when you are feeling tired.

Practise the finger breathing again. Pray with the children as they breathe. Thank God that He is always with His children. Thank him for His gentleness. Pray that the boys and girls will be able to be gentle with others, just as Jesus is gentle with them.

Self Control

[Stop. Think. Pray]



THE BIG IDEA

Self control is saying no to the things that are not good for me and yes to what God says because it is good for me.



MEMORY VERSE

See resource FOS4 Ideas for Learning Memory Verses.

Galatians 5:22-23 (ESV)

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.



KEY VERSE

2 Timothy 1:7 (ESV)

For God gave us a spirit not of fear but of power and love and self-control.



READ

Matthew 4:1-11



DISCUSSION

Talk about how in football, if someone gets fouled, the referee will give a free kick. The team will try to shoot and score from a free kick.

To make it harder for them to do that, the opposing team will make a wall in front of the ball to try and block the shot. The goal is safer when the wall is in place. The Bible tells us that our hearts are safer when we have self-control. The devil wants to tempt us and get us to disobey God and so God helps us by giving us self-control through the Holy Spirit.

Resources



Praise Songs

Give me self-control,
Sovereign Grace Kids
It's a light and a hammer, Awesome
Cutlery



Activities

See Resource FOS2
Blowing Bubbles



Crafts

See Resource FOS3
Decorating Cupcakes/Biscuits



Programme Card

Fitness Bingo
https://bit.ly/Jnr_FitnessBingo

You could act out a free kick with the boys if you have space.

Self-control is saying no to the things that are not good for me, and yes to what is good for me. It means listening and acting how God wants me to rather than reacting or doing what I want to do.

In tonight's Bible lesson, we are going to see how Jesus had self-control when He was tempted to do the wrong thing.



The Talk

I want to start tonight by asking you a question that might make us all really hungry – what are your favourite crisps, and what is your favourite chocolate bar?

We all have favourites, and if you are like me, whenever you get your favourite crisps or chocolate and you open it up to have some, it can be really hard to just take a little bit and then put it away for another time. In fact, I wonder have you ever eaten more than you should? Maybe you got a big bar of chocolate, or a share size bag of crisps, and before you knew it, they were pretty much all gone.

I have some Pringles with me tonight because their motto is “Once you pop, you just can’t stop!” They think that their crisps are so good that you won’t be able to stop yourself from eating them all. They don’t think that people will be able to have self-control because their crisps will be too tempting to say no to.

The Bible talks a lot about self-control, and here is one thing we read in the book of Proverbs:

Proverbs 25:28 (ESV)

A man without self-control is like a city broken into and left without walls.

We’ve all had moments when we’ve been really hungry. Maybe we slept in and didn’t have time for breakfast; maybe we were enjoying playing outside so much that we just quickly ate half of our lunch and left the rest. When we get hungry, lots of us can become a bit grumpy and angry – we can lose control of our emotions and our behaviour. Imagine for a moment that you are really hungry. You can hear your stomach gurgling and asking for food. Then imagine someone comes along and gives you your favourite McDonald’s meal. It’d be impossible to say no, wouldn’t it? When we are hungry, our ability to turn down food grows weaker and weaker by the second.

With that in mind, look at what our passage for tonight begins by telling us – Jesus has been fasting for a long time and is now very hungry. Humanly speaking, He is bound to be at His weakest – and look at what the devil does – he comes along and tempts Jesus with food. This is so sneaky and cruel.

Jesus tells us in John 10:10 (NIV), “The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.”

The devil tries to get us to do what God wouldn’t want us to do. We see that in this encounter with Jesus. The devil tries to tempt him with short-term happiness, fame and attention, power and position – things that I am sure we would all love to have. (And things that aren’t always bad). But Jesus has self-control and doesn’t give into temptation. He stands strong against the devil. How? Well, we can see for ourselves. Three times Jesus is tempted, and three times He responds with the words, “IT IS WRITTEN.”

Jesus is able to resist temptation and have self-control because He knows God’s word and chooses to put it as top priority in His heart.

Self-control grows in us when we spend time with God and learn what the Bible teaches us about how we should live. God is able to help us understand what is right and what is wrong; what is good for us and what will harm us; and then He gives us the power that we need to obey Him and do what He says. The Holy Spirit working in our hearts helps us, and when we are tempted we can stop, think, and pray for God to help us obey Him.

STOP Stop what I’m doing.

THINK Think about what God’s word says and how He wants us to live.

PRAY Pray for help to obey God.



▶ FOS1 - Games

[Numbers = Session numbers]

- 1 **Introduction:** Fruit Salad, Apple Apple Pear
- 4 **Peace:** Toss The Boat, Running Quiz
- 5 **Patience:** The Waiting Game, Pass The Parcel
- 6 **Kindness:** Musical Pair Chairs
- 8 **Faithfulness:** Do This Do That/Simon Says, What's The Time Mr Wolf, Port/Starboard
- 9 **Gentleness:** Follow The Leader, Gentle Balloon Toss

▶ FOS2 - Activities

[Numbers = Session numbers]

- 2 **Love:** Role Play
- 3 **Joy:** What makes you happy pictures, Emoji pictures, Smiley-Face Fruit Snacks
- 7 **Goodness:** Obstacle Course
- 9 **Gentleness:** Warm Fuzzies and Cold Pricklies
- 10 **Self-Control:** Blowing Bubbles

▶ FOS3 - Crafts

[Numbers = Session numbers]

- 1-10 **General Crafts:** Fruit of the Spirit Garland, Grapes, Pin Wheel, 3D Apple, Fruit Bowl.
- 2 **Love:** Helping Hands
- 3 **Joy:** Joy Banana
- 4 **Peace:** Peace Apple
- 5 **Patience:** Planting A Pot Plant, Patience Pear
- 6 **Kindness:** Kindness Kid, Portraits
- 7 **Goodness:** The Friend On The Mat
- 8 **Faithfulness:** Floating Boats
- 9 **Gentleness:** Interactive Loaves And Fish
- 10 **Self-Control:** Decorating Cupcakes/ Biscuits

▶ FOS4 - Ideas for learning memory verses

Volume Control
Memory Verse Ping Pong
Changing Voices
Treasure Hunt
Speedy Jigsaw
Memory Verse Poster

▶ FOS5 - Song

Vocal track
Instrumental track to sing along to
Piano sheet music & words



FOS1 - RESOURCES:GAMES

▶ Session 1: Introduction

Fruit Salad

Spread a parachute on the ground and ask the children to all stand around it. Going around the circle, give each child a different fruit name (use 4-5 options depending on how many children you have) When their fruit is called they have to run under the parachute and swap places with someone else. When the leader shouts 'fruit salad', everyone has to run and avoid being trapped under the parachute.

Apple, Apple, Pear

Similar to duck, duck, goose – but change the words to apple, apple, pear. One person is "it" and walks around the circle. As they walk around, they tap people's heads and say whether they are an "apple" or a "pear". Once someone is the pear they get up and try to chase "it" around the circle. The goal is to tap that person before they are able to sit down in the pear's spot.

▶ Session 4: Peace

Toss the boat 'parachute'

Spread the parachute on the floor with the children sitting around it. Use a small plastic container such as an ice cream tub) or a small toy to use as a boat.

To play, place the boat in the middle of the parachute. Get the children to move the parachute up and down to create a wavy sea. The aim is to keep the boat in the sea. Get the children to take it in turns to shout "Peace, Be Still". You could indicate whose turn it is by tapping them on the shoulder. When they shout this, everyone has to stop and make "the sea" be still.

Running Quiz/Games

Start in the centre of the room for each question. Highlight which side of the room the children should run to for True and False. Read each statement out. Explain to the children, if they think the statement is true, they should go to the "true" side of the room and smile. If they think the statement is false, they should go to the "false" side of the room and frown.

Read the following statements:

Jesus was busy at the side of the lake telling the crowd stories and teaching them. [T]
Jesus was with the disciples in the boat. [T]
The boat was on the Atlantic Sea. [F]
All night the lake was calm. [F]
Water started filling the boat. [T]
Jesus helped the disciples scoop out water from the boat [F]
When Jesus spoke the wind and lake calmed [T]
When Jesus woke up he was angry. [F]
The disciples were in awe at what Jesus had done. [T]

▶ Session 5: Patience

The Waiting Game

Set a watch or stopwatch - the challenge is for the children to guess when two minutes are up (for anchors you could make this one minute). The children are to stand while they count and sit down when they think two minutes are up. Whoever is closest wins. Encourage them to patiently wait.

▶ Session 6: Kindness

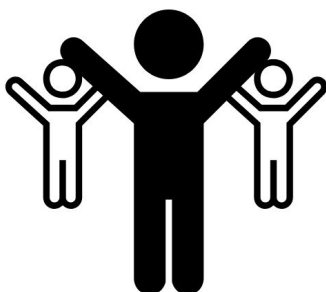
Musical Pair Chairs

Place two rows of chairs back to back. Put the children in pairs – each pair then sit back to back. When the music plays the children from each row stand up and form a circle and spin around. When the music stops each child must get back to their chair and sit back-to-back with their original partner. The last pair sitting down, are to stay seated for the rest of the game. Keep going until there is one winning pair.

▶ Session 8: Faithfulness

Do This Do That

Either a leader can call out the instructions or let the children take turns.



Simon Says

Similar to 'do this do that' except children copy only what Simon says.

Pass the Parcel

Wrap a small gift in different coloured paper (you can add a forfeit on each layer if time allows). This will teach the children to wait patiently on their turn.



What's the time Mr Wolf?

A leader or a child can act as 'Mr Wolf'. The wolf stands at one end of the room with his back to the rest of the group. Group should be at the back of the room, side by side in a line looking towards Mr Wolf.

Children call, "What's the time, Mr Wolf?" Mr Wolf responds by calling out any time (between 1 and 12 O'Clock).

The children take that number of steps towards Mr Wolf eg 2 O'clock is 2 steps. Repeat several times and children will move closer to Mr Wolf. At any time, Mr Wolf can change his response to 'dinner time', turn around and try to catch one of the children. The player who is caught becomes the next Mr Wolf and the game continues.

(another game on next page)

Port/Starboard

A leader is the 'captain' and the children are the crew. The captain calls out commands and the children follow the instructions. Last child to follow the instruction is 'out'. (Alternatively, just play as a game with everyone 'in' until they're tired.)

Start with the crew lined up in the middle of the room. Here are some commands to get you started:

Port - Crew run to the left of the room.

Starboard - Crew run to the right of the room.

Bow - Crew run to the front of the room.

Stern - Crew run to the back of the room.

Midships - Crew return to the middle of the room.

Captain's Coming - Crew stand to attention and salute.

Scrub the decks - Crew drop to their knees and pretend to scrub the floor.

Climb the rigging - Crew pretend to climb a ladder.

Man Overboard - Crew hold on to a partner.

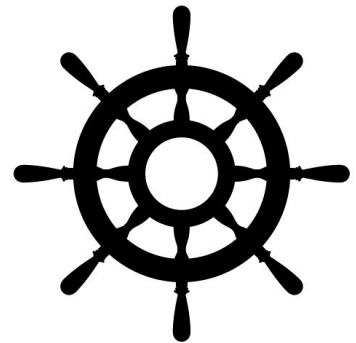
Man the lifeboats - Crew get into pairs, sit and pretend to row.

Bombs Away - Crew crouch down with hands over their heads.

Walk the Plank - Crew shout "splash".

Seagull Attack - Wave arms frantically in the air.

Sharks - Get to side of hall and off floor.



▶ Session 9: Gentleness

Follow the Leader

Have all the children stand at the back of the hall with a leader in front of them. The leader is to walk up the hall in front of the children. They take a certain number of steps counting out loud e.g. one, two, three, four, five. The children copy and come behind the leader taking the same number of steps while shouting out the leader's name 3 times. The leader continues, with different numbers of steps each time. Then they suddenly shout, "I just want five minutes peace". They turn and chase the children back down the hall, trying to catch one. After the children have tried this a few times, one of them could take a turn at the front.

Gentle Balloon Toss

Give each child a blown up balloon. Explain that gentleness is something we have to practice every day so that we can get better at it. When we practice gentleness, it gets easier to treat people gently. When we treat others gently, they will often begin to treat us more gently too. This game requires us to be gentle.

Divide the group into two teams that face each other. Instruct the children to gently toss the balloon back and forth between the teams, making sure to keep it off the floor and keep it from popping.

FOS2 - RESOURCES: ACTIVITIES

▶ Session 2: Love

Role Play

Following the story, an adult could take on the role of either the Samaritan or the injured man; and the children could ask questions, which would then be answered in role. It is always a good idea to have a bank of questions ready, just in case the children's questions veer off topic.

Suggested questions for the injured man could be:

1. How did you feel when the robbers attacked you?
2. How did you feel when the Priest and the Levite walked past?
3. Did you think the Samaritan would stop to help?

Suggested questions for the Samaritan could be:

1. How did you feel when you saw the injured man?
2. Why did you stop to help, even though Jews and Samaritans don't like each other?
3. Were you afraid as you travelled along the road?

▶ Session 3: Joy

Smiley-face fruit snacks

Make smiley-face fruit snacks by using an apple or orange slice for the mouth, grape halves for the eyes, a kiwi triangle or banana slice for the nose

As the kids eat their smiley face snacks, encourage them to say things that make them happy. Then let the children think and share ways they can make others happy.



▶ Session 7: Goodness

Bean Bag Obstacle Course

Create an obstacle course in the hall, using whatever equipment you have available (chair, tunnel, table, hoops, ropes etc.) Give each child a bean bag. The aim of the activity is that the children will balance the bean bag on their heads as they complete the obstacle course.

▶ Session 9: Gentleness

Warm Fuzzies and Cold Prickles

Have two boxes, one named Warm Fuzzies and the other Cold Prickles. Place your items around the church/hall for the children to find. They then decide if the items are Warm Fuzzies or Cold Pricklies and put them into each box. Share your findings and talk about different behaviours. Positive behaviours are warm and fuzzy – they make people feel loved, valued, and respected. Negative behaviours are cold and prickly, they make us sad, worried, upset etc. Talk about our behaviours and how Jesus wants us to behave.

Suggestions for Warm Fuzzies are: Cotton wool, teddy, marshmallows, blanket, or cushion. Cold and Prickly items could be: leaf, stone, ice pack, holly, sandpaper, ice cold can of juice.

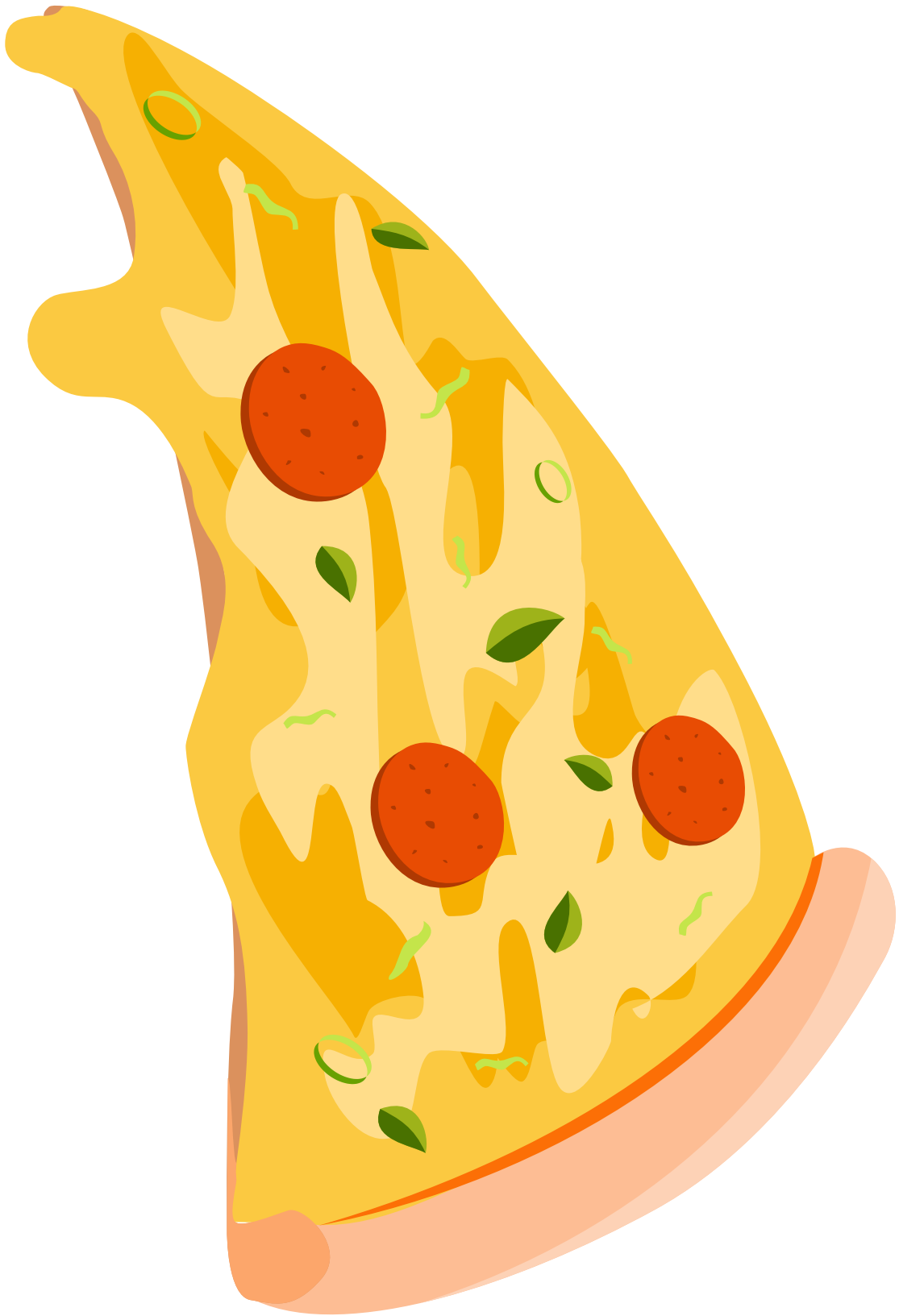
▶ Session 10: Self-Control

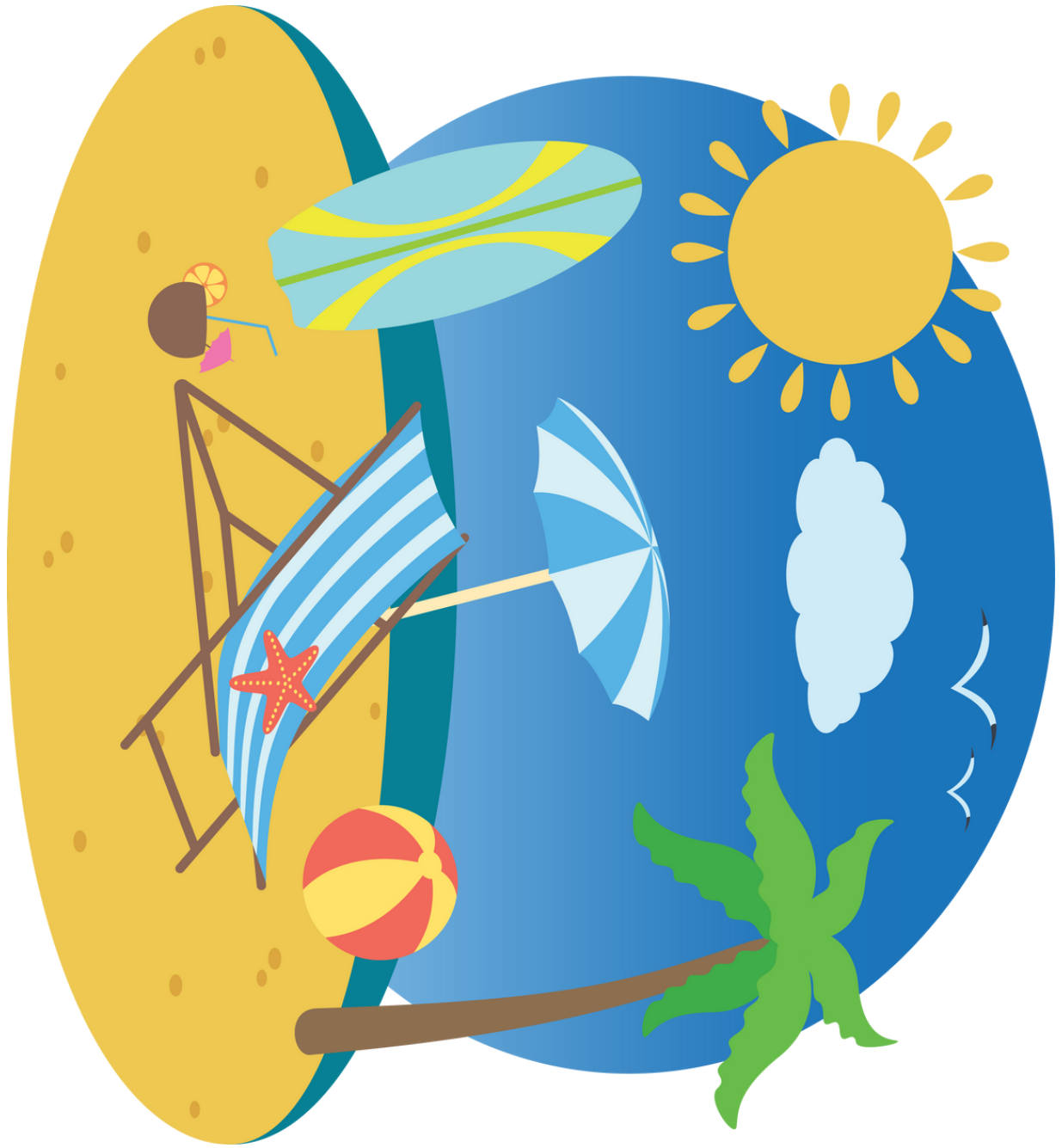
Blowing Bubbles

Gather the children close to you and let them know that you are going to blow bubbles into the air. Ask them to pop them all the first time you do it – but the second time, tell them not to pop any. At the end ask them whether they found it hard not to pop them – or talk about why some children kept popping them even though you asked them not to.

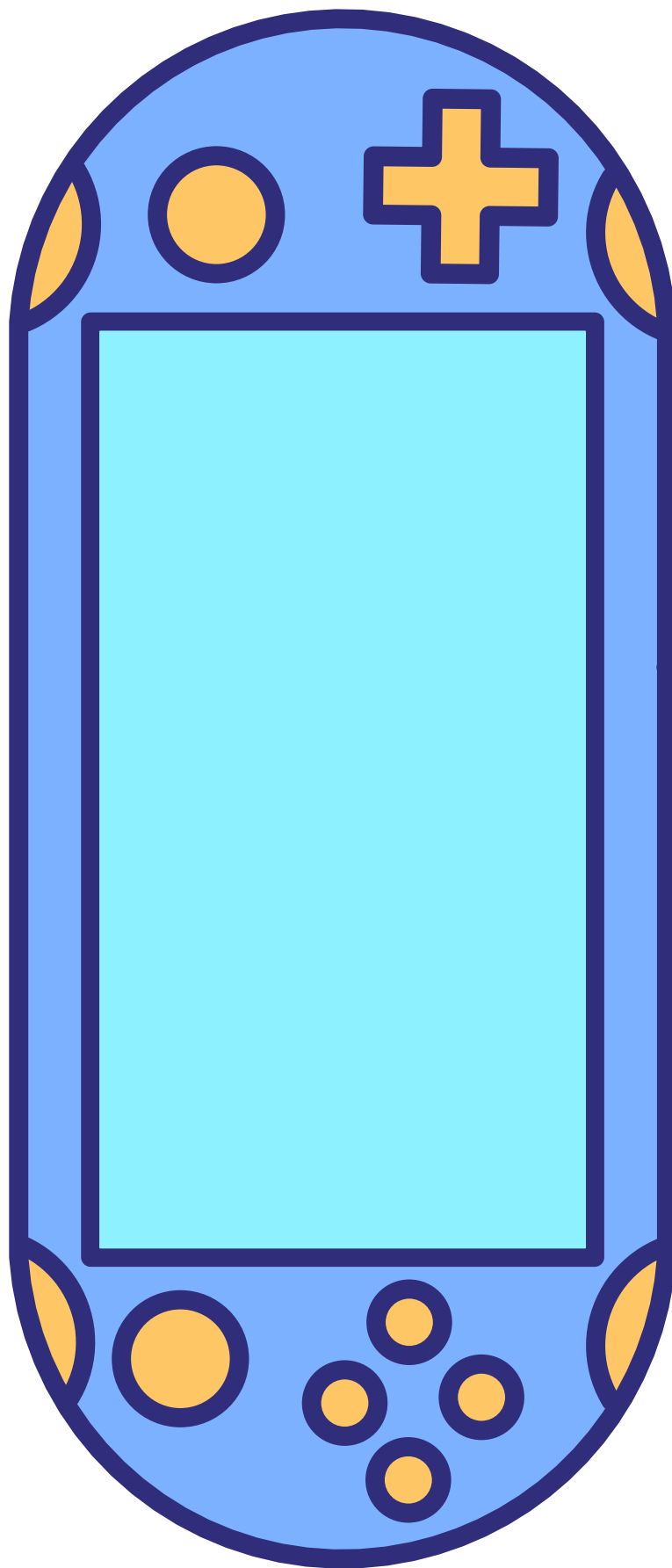


What makes you happy?
[Session 3: Joy]

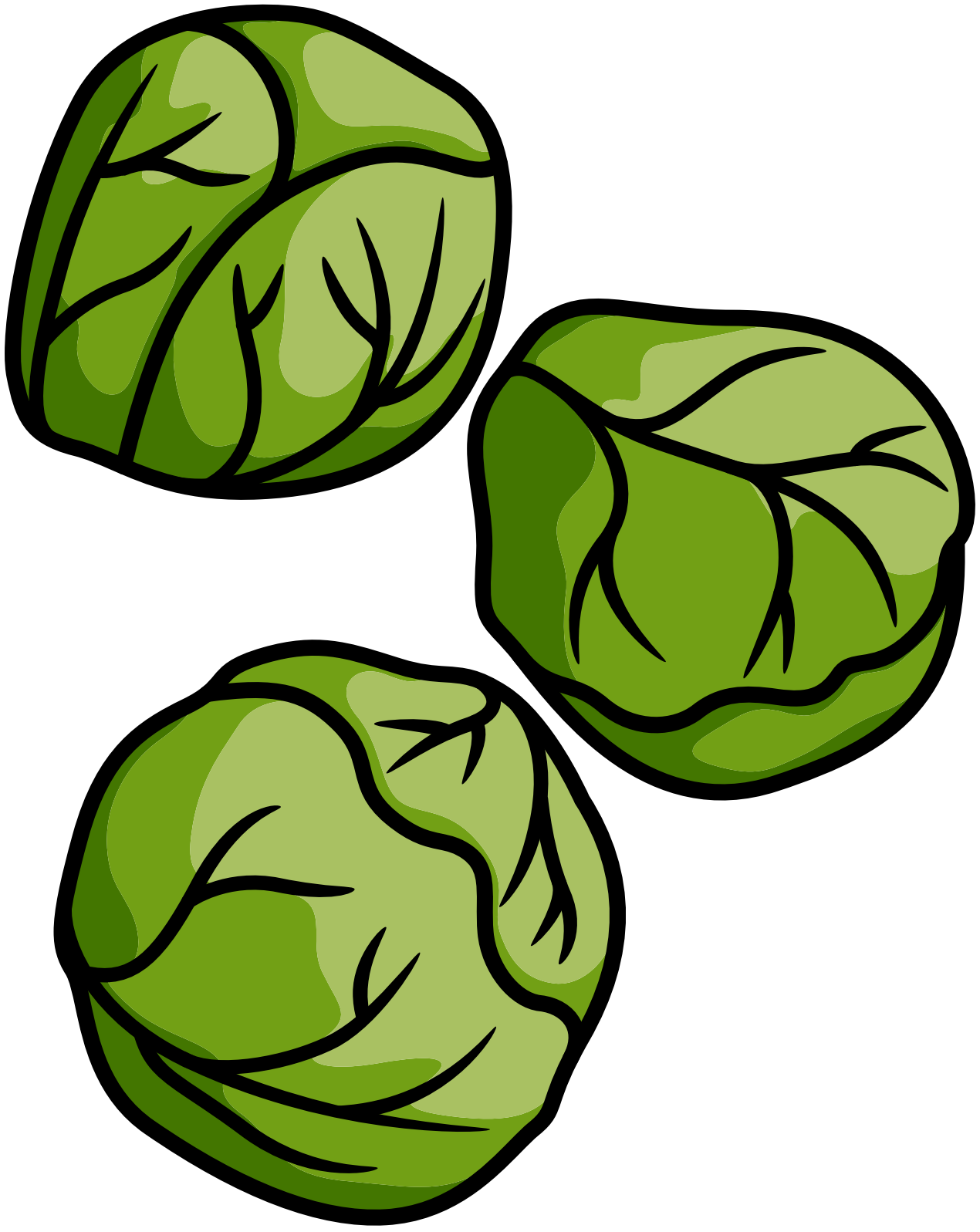


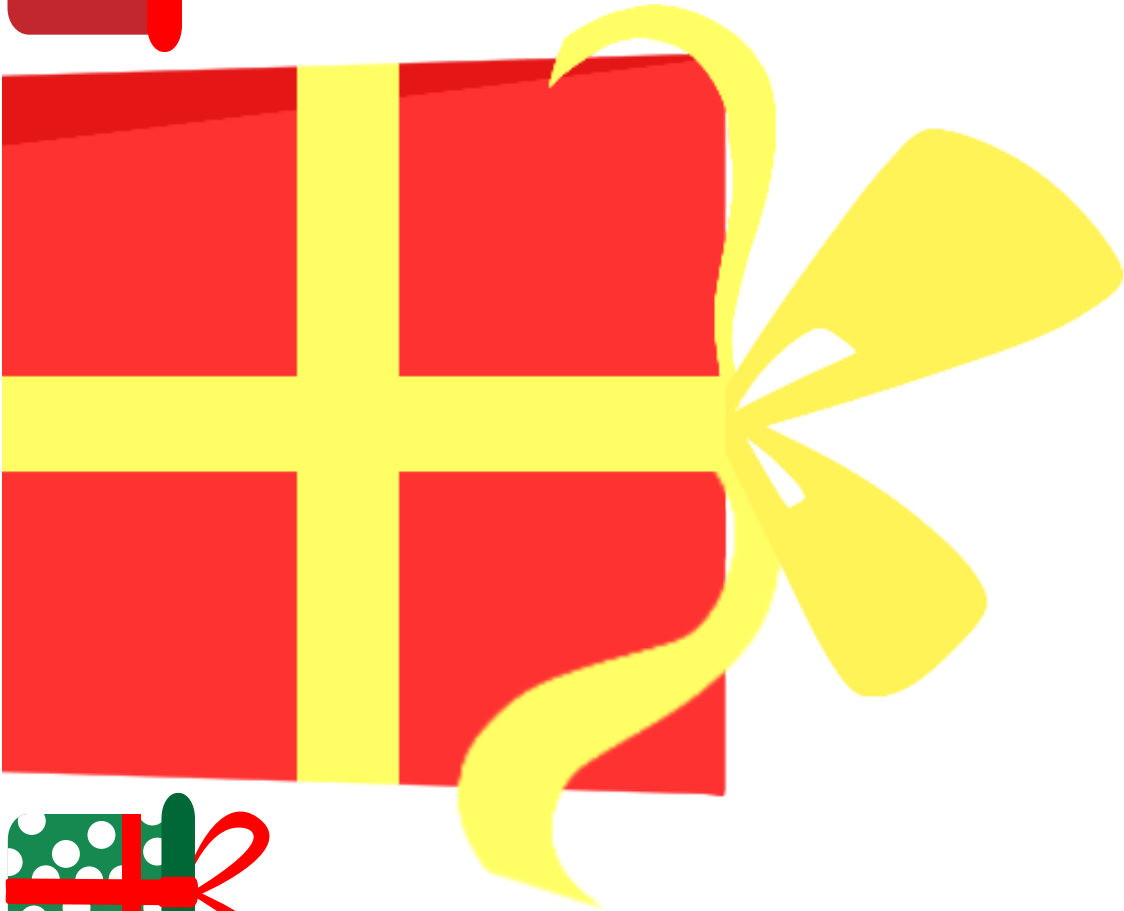




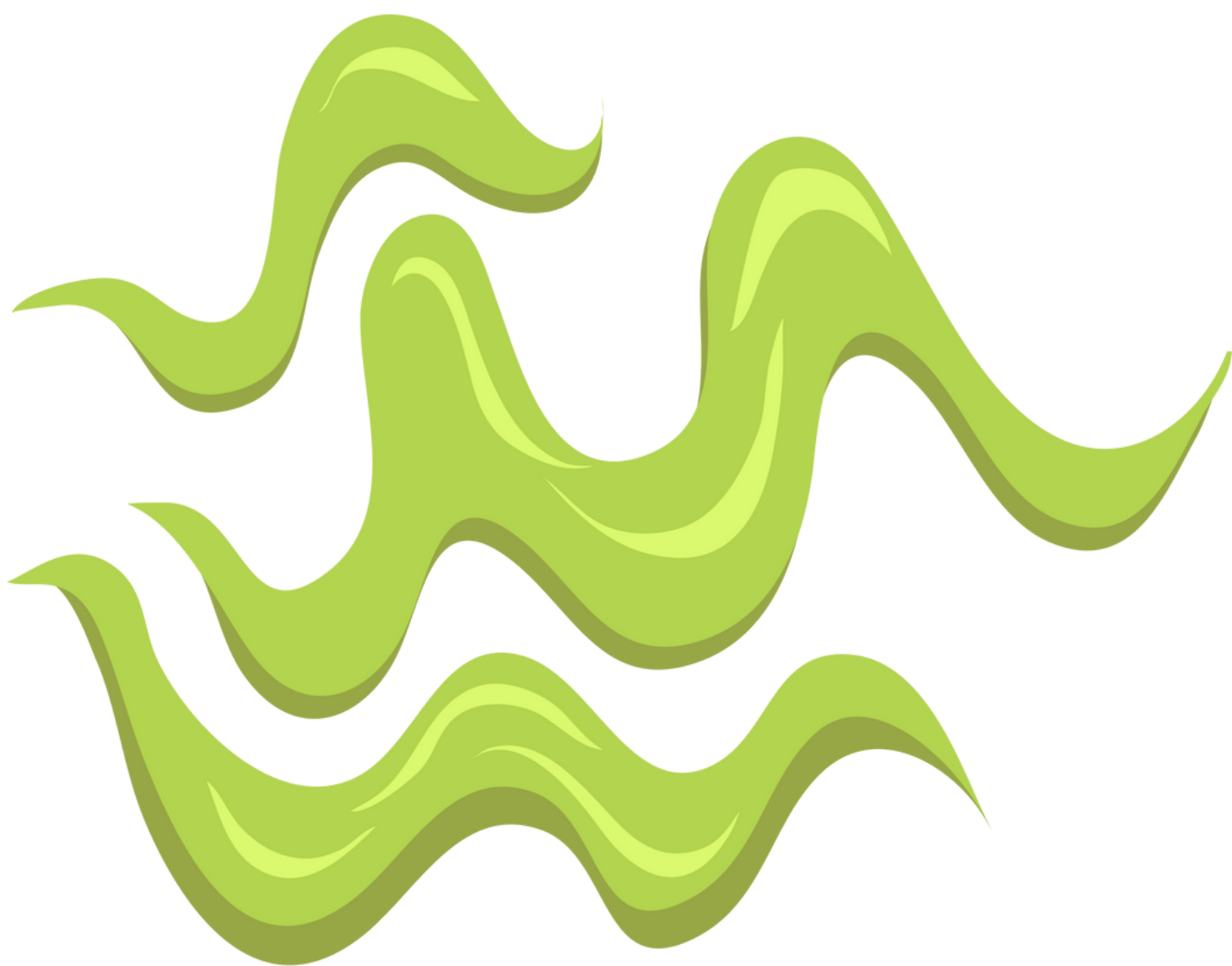


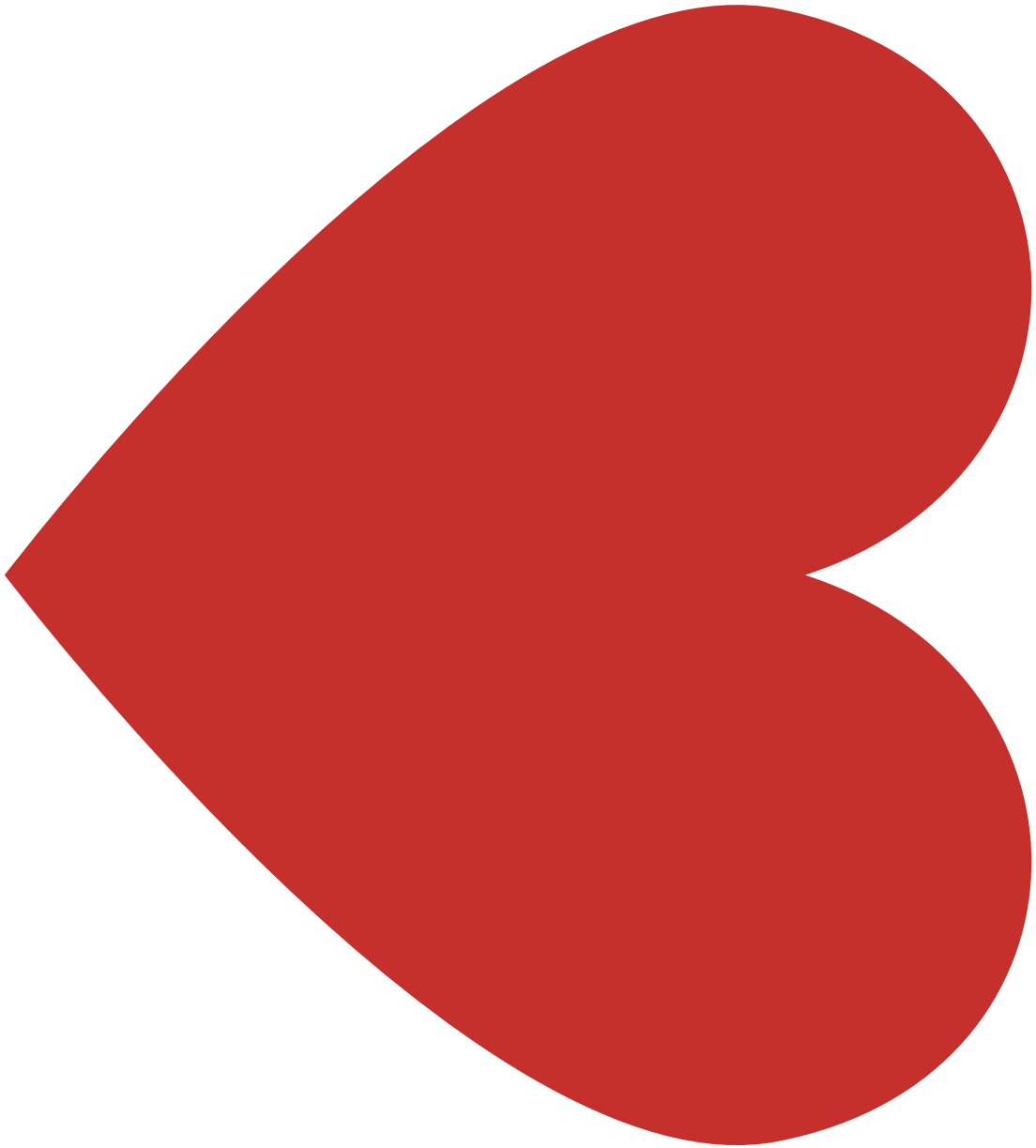


















FOS3 - RESOURCES: CRAFTS

▶ Any Session

Fruit of the Spirit Garland (PDF - Craft 01)

Print the Fruit of the Spirit PDF onto A4 paper, one for each child. Cut out each circle and mark a hole for the string using a hole punch. Get the children to colour in the circles. Give each child a piece of string and 10 beads and get them to string on the circles to make the garland, adding a bead between each circle.

Items required: PDF printout for each child, pencils/ felt tips, 10 beads, string, hole punch.

Grapes (PDF - Craft 02)

Print the Grapes PDF for each child onto A4 paper. Cut out the fruit circles. Get the children to stick the circles onto the base page creating a bunch of grapes. Instruct the children to colour and decorate the craft. (You could use tissue paper or pompoms to decorate.)

Items required: printout for each child, glue, scissors, pencils/ felt tips.

Pin Wheel (PDF - Craft 03)

Print a Pin Wheel Template for each child onto A4 paper. Cut out each of the circles. Get children to colour in their circles. Place the title circle on top of the fruit segment circle. Insert a split pin into the centre to hold the two together. The circles should be able to spin round. (For older children use the blank fruit circle and ask them to write the fruit of the spirit on them, challenge them to see if they can remember all nine fruits without help)

Items required: PDF printout for each child, scissors, pencils/ felt tips, split pins.

3D Apple (PDF - Craft 04)



Print the Apple PDF for each child. Get the children to colour in the page first. Once coloured, cut out the shapes. You should have 9 strips and 2 leaves. Stack the strips on top of each other with the words facing upwards. Hole punch one end of the stack and insert a split pin. On the other end, add the leaves to the stack, hole punch and insert the pin. Once this is complete you should then be able to separate each strip to make the 3D shape of an apple.

Items required: printout for each child, split pins, scissors, pencils/ felt tips, hole punch.

Fruit Bowl (PDF - Craft 05)

Give each child a paper plate and ask them to write their name on the back. Each week, on coloured paper, draw and cut out different fruit shapes and write the name of the Fruit of the Spirit you have been learning about onto the shape. Glue the shape onto the plate.

Items required: paper plates, coloured paper, scissors, glue, pencils/felt tips.



▶ Session 2: Love

Helping Hands

Give each child a piece of coloured paper. Have them draw around their hands and then cut out the templates. Glue on to different coloured or white paper. Ask the children to write on each hand a way that they could help others either at home, school or in BB.

Items required: coloured paper, scissors, glue, colouring pencils.

▶ Session 3: Joy

Joy Banana (PDF - Craft 06)

Print out the PDF template on to card if possible. Cut out the bananas. Give the children time to colour and decorate the bananas. Place one banana shape on top of the other with the words facing upwards. Then create a hole where advised on the banana, using a hole punch if possible, and insert a split pin.

Items required: A4 white card/paper, felt tips/pencils, split pins, scissors, hole punch.

▶ Session 4: Peace

Peace Apple (PDF - Craft 07)

Print out the PDF template on to card if possible. Give each child approximately 35 coloured breakfast cereal hoops (or similar). Glue the hoops around the letters and colour in the apple.

Items required: A4 white card/paper, multicoloured cereal hoops, glue, colour in pencils

▶ Session 5: Patience

Plant a pot plan

Plant some seeds/bulbs eg sunflower, strawberry plant. Explain that although they are planting the seed today, they will have to be patient and wait for it to grow.

Items required: small pot, compost, seeds/bulbs.

Patience Pear (PDF - Craft 08)

Print out the Patience PDF onto A4 paper. Either colour in the picture or give the children small pieces of tissue paper to fill in the picture (stained glass window effect).

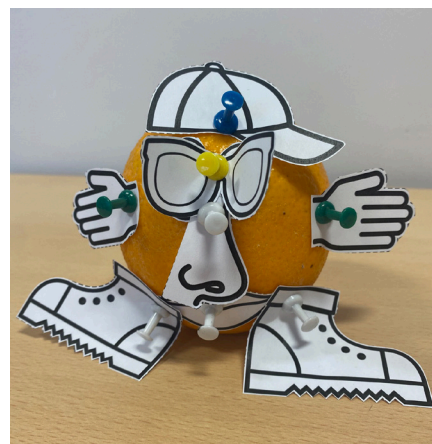
Items required: PDF printout for each child, tissue paper, glue.

▶ Session 6: Kindness

Kindness Kid (PDF - Craft 09)

Print off the Kindness Kid PDF. Give each child an orange. Cut out the body parts and colour them in. Stick each body part onto the cocktail stick, then insert it into the orange to make your Kindness Kid.

Items required: an orange, glue, scissors, colouring pencils, cocktail sticks.



Portraits

Have each child draw a circle on a page – this will be the face. Have lots of collage materials available – wool in hair colours, bottle tops, tissue paper, egg boxes, rice etc. Each child should make a representation of their friend using the collage materials.

Items required: paper, scissors, collage materials, glue, felt tips.

▶ Session 7: Goodness

The Friend on the Mat (PDF - Craft 10)

Print out the PDF on to A4 paper. Attach a piece of material to each lollipop stick to make a stretcher. Use the template of man to make a body to lie on the mat. Attach the man to the stretcher using a split pin in the middle of the body.

Items required: x2 lollipop sticks, a small piece of material, Sellotape/glue, split pins.

▶ Session 8: Faithfulness

Floating Boats

Make a boat out of an empty butter carton. You can add a sail made out of coloured paper. Attach this to the boat using a skewer. Decorate the boat with coloured tape. Have a competition to see if the children's boats can float in a basin of water. This can be done individually or in teams.

Items required: empty butter carton, coloured tape, coloured paper, skewer, glue/sellotape, basin of water).

▶ Session 9: Gentleness

Interactive loaves and fish

The challenge is to fill the baskets with loaves and fish that the children have made. Divide the groups into teams. Set a basket for each team at the end of the hall. Give the children craft materials to make fish and loaves. Set a timer. When the whistle blows the children stop making and run to fill their baskets. The group with the most fish and loaves in their baskets are the winners.

Items required: one basket per team, paper, scissors, pencils, craft materials.

▶ Session 10: Self-Control

Decorate cupcakes/biscuits

Give each child a cupcake or digestive and using a selection of ingredients, get the children to create a face. The aim of this craft is to decorate their food before they eat it. You could ask them to take it home and see how long they can wait before they eat it!

Items you will need: Digestive/plain bun, chocolate spreads or icing sugar, jelly tots for eyes, jelly beans for mouth and buttons for the nose.

Items required: an orange, glue, scissors, colouring pencils, cocktail sticks.

FOS4 - RESOURCES: IDEAS FOR LEARNING MEMORY VERSES

Volume Control

As the children read the verse, use your hand as a volume control. When your hand is low, they should whisper the verse and as you raise/lower your hand, they should change their volume accordingly. It's important to remind the children that while they can say it loudly, they should not shout at the top of their voices as it is God's word.

Memory Verse Ping Pong

Display the memory verse on flashcards or PowerPoint with alternate words in two different colours. Split the children into two groups and allocate a colour to each group. The groups will read alternate words, creating the effect of a game of ping pong, from one side to another. The switch the colours and try again. You may choose to have a competition to see which group can do the best job!

Changing Voices

After learning the verse together, ask the children to repeat the verse in a different way. Options may include a loud voice, a quiet voice, a sad voice, a happy voice, in slow motion, quickly, in a very polite voice, a high-pitched voice, a deep voice and a robot voice. This is sure to cause a few giggles!

Treasure Hunt

Ask one child to step out of the room/away from the group, while you hide a small object in the room. When the child comes back in, they should begin to search for the item and the other children should begin to recite the verse. As they get closer to the object, their voices should get louder and if they get further from the object, their voices should get quieter. This should guide them to find the object. Then choose someone else and have another go!

Speedy Jigsaw

Split the children into a manageable number of groups. Write the words of the memory verse onto small individual pieces of paper and give a set to each group. The winners will be the group that is able to put the words in order, in the shortest time.

But the fruit of the Spirit is

love, joy, peace
patience, kindness, goodness
faithfulness, gentleness
& self-control;



against such things
there is no law.



 **Galatians 5:22-23** ESV

ANCHORS

ἡλικία

