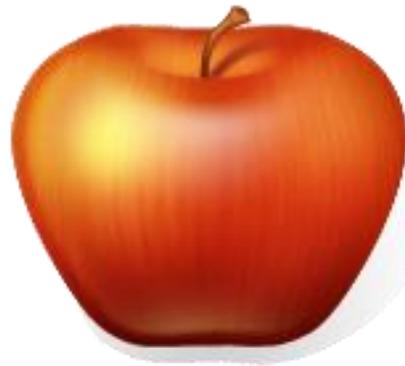


Cultivate the Fruit of the Spirit



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

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How can you tell an apple tree from a banana tree? Will an apple tree grow bananas? No. Will a banana tree grow apples? No. Apple trees grow apples. Banana trees grow bananas. You can always tell a tree by the kind of fruit it grows.

The Bible says people are like trees. You can tell what someone is like on the inside by looking at the "fruit" they produce on the outside. Their fruit is what they say and do. Some people live trying to be the king of their own lives. The selfishness in their hearts causes them to be jealous and angry, which leads to arguments and fights. But when you trust in Jesus, something amazing happens. The Holy Spirit comes and lives inside of you. He changes your heart and helps you to live with Jesus as your king. The Spirit causes you to produce fruit like love, joy, peace, patience, and more. When others see the good fruit of your life, they'll know you belong to God and they'll want to follow Jesus, too.

- ☆ Can you think of a situation where God helped you to show one of the fruits of the Spirit? Where are you showing love, or kindness, gentleness, or self-control?

- ☆ Which fruit do you most need to grow in? Ask your dad or mom to help you think about one or two specific situations where this fruit is needed. What would it look like to exercise the fruit of the Spirit in these situations? Pray and ask God to help you.