



## OVERVIEW

This program entitled 'Fruitalicious' is all about choosing to be led by the Holy Spirit. When we choose to be led by the Holy Spirit, we live our life according to the ways of Jesus. The Holy Spirit helps us to follow Jesus by writing God's law on our hearts and reminding us to follow His ways. The Fruits of the Spirit are first shown to us by God. The more time we spend with Him, the more the Holy Spirit will help us to grow these God-fruits in our lives! In this program, we want kids to know what the fruits of the Spirit are and how the Holy Spirit empowers them to grow them in their lives. **The Holy Spirit gives us the power to follow Jesus' example and grow God-fruits in our lives!**

**Memory Verse:** "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)

**Repeated Phrase:** The Holy Spirit gives us the power to follow Jesus' example and grow God-fruits in our lives!

**This weeks key point:** The Holy Spirit prompts us to follow Jesus.

## RESOURCES

- Game: Floor markers, post-it-notes and a sharpie.
- Illustration: Lead pencil, rubber and paper or chalk marker, whiteboard and cloth (preferred).
- Connect Groups: The Week 1 Activity Sheets, Bibles and colouring pencils.

## 1. WELCOME & OUR BIG THREE RULES

- **Welcome the kids and introduce the program:** We are in Week 1 of our program 'Fruitalicious' where we are learning that **the Holy Spirit gives us the power to follow Jesus' example and grow God-fruits in our lives!**
- **Go through our three big rules:** We are kind, we listen, we obey. Give practical examples (raising hands to speak) and explain any reward system in place such as prizes for good listeners, stars on star charts or team points.

## 2. GAME: OSTRICH DANCE

Play a game with the kids! Here is a game idea you can use, or select another game of your own.

- Setup this game by writing fun 'code words' on post-it-notes for each child (don't peel them apart just yet).
- The aim of the game is to discover other people's code words before they discover yours!
- Have kids stand in a line and pop a post-it-note code word on each child's back, this is their code word. On 'go,' they must run around trying to discover other children's code words before someone finds out theirs! If they call out someones code word successfully, they can collect the post-it-note, keeping it in their hand, while the other child must sit down.
- The last person standing wins, or alternatively have the final three show the post-it-notes they've collected - the most, wins!

You might like to go over the big three rules and do a second welcome if kids are just arriving after the game.

## 3. WORSHIP, MEMORY VERSE, OFFERING & ANIMATION

- **Have praise and worship time** with the kids, if they haven't already with the adults at the start of church.
- **Go through the memory verse** with the kids and have them repeat it after you. Make it fun by having them say it backward, splitting them into teams to say one word each, using accents... be creative!
- **Give a 1-2 minute offering** encouragement of why we give and then pray over the [offering](#). See our 'Offering' ideas for help
- **Play the animation** before the preach - this helps introduce the concept of the week in a fun and visual way.

## 4. PREACH - WALK BY THE SPIRIT

This week we want the kids to know that the Holy Spirit is our helper who prompts us to follow Jesus. He does this by reminding us of God's ways and helping us face a situation where we don't know what to do, according to how Jesus would respond. In order to be prompted by the Holy Spirit we must spend time with God so it's easy to hear His voice guiding us and follow it!

**Our key point this week is:** The Holy Spirit prompts us to follow Jesus. Here is a snapshot of the preach:

- **The Holy Spirit prompts us to follow Jesus.** - The Holy Spirit reminds us of all Jesus taught and guides us to the truth.
- **Be led by the Holy Spirit** - to be led by the Holy Spirit, we must spend time with God so we can easily sense Him guiding us.
- **The more time you spend with God, the easier it is to make good choices.** Spending time with God causes His good character to rub off on you so we can easily follow Jesus' example.

## 5. CONNECT GROUP QUESTIONS

Connect groups are a time for building friendships and discussing the preach. Remember to keep it fun and to pray! Afterward, you can do the worksheet and/or choose a fun activity to play together to build friendships.

- Have the kids read John 14:26 and John 16:13 - What are some ways that the Holy Spirit helps us to follow Jesus?
- **How do you think the Holy Spirit prompts us to follow Jesus? What does it feel like?**
- **How can we make it easier for ourselves to follow God's ways?**
- Why do you think spending time with Jesus will help us to become more like Him?
- Have you ever faced a dilemma and not known what to do? How can we include the Holy Spirit to help us face dilemma's?

Pray together that God will help the kids to follow His ways and carry His commandments in their heart all their days.