

PSALMS PT. 3 - FRUIT OF THE SPIRIT

The Psalms are some of the most often quoted and referenced verses in the Bible. Through wisdom, praise, thanksgiving, lament and trust, each chapter is a God-centered chorus, ultimately pointing to our faithful King, Jesus Christ. Our study in God's hymnbook is sure to strengthen our hearts with greater faith and open our eyes to the greatness of our Savior.

To finish off our church-wide series on Psalms, we thought it best to work on a response to the Psalms. What better than the fruit of the Spirit? These fruit of the Spirit are the overflow of our heart.

Grades 3-6

Complete this Discipleship Challenge by
September 14 to receive **10 tokens**.

Bring the completed Discipleship Challenge to the KidPix Store.

Parent Signature: _____

(By signing this page, I certify that my
child has completed this Discipleship Challenge.)

Name: _____



Fruit of the Spirit



Read Galatians 5:16-18, 22-23.

Then, watch the video using the QR code.

Unscramble the fruit of the Spirit below.

OVLE

EAORFBRCENA

TFHIALSSEFUNL

OJY

DNSESNIK

LEGNETENSS

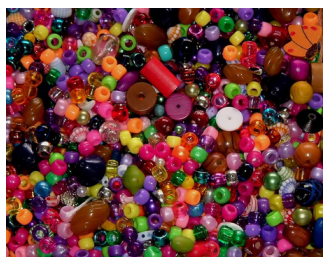
APECE

DGOSOESN

FLES-ONTOCLR

Fruit of the Spirit Bracelet

supplies: red bead, yellow bead, light blue bead, light green bead, blue bead, purple bead, pink bead, green bead, string



String the beads in this order so that each bead represents a fruit of the Spirit:

red- love

yellow- joy

light blue - peace

light green - forbearance

blue - kindness

purple - goodness

white - faithfulness

pink - gentleness

clear - self control

Look up the definition for each fruit of the Spirit using a dictionary and write them below.

Love:

Joy:

Peace:

Forbearance:

Kindness:

Goodness:

Faithfulness:

Gentleness:

Self-Control:

Fill in the blanks

But the fruit of the Spirit is _____, joy, peace, _____, kindness, goodness, _____, gentleness and _____. Against such things there is no law.

Galatians 5:22-23

Which fruit of the Spirit is easiest for you?

Which is hardest? _____

Why? _____

Love & Joy

Read 1 Samuel 20:10-17, then watch the video using the QR code.



Which fruit of the Spirit does Jonathan represent in this story? _____

What is an example of a way that Jonathan loved his friend David?

What is a way you can better love your friends? _____

Read Acts 16:22-26, then watch the video using the QR code.



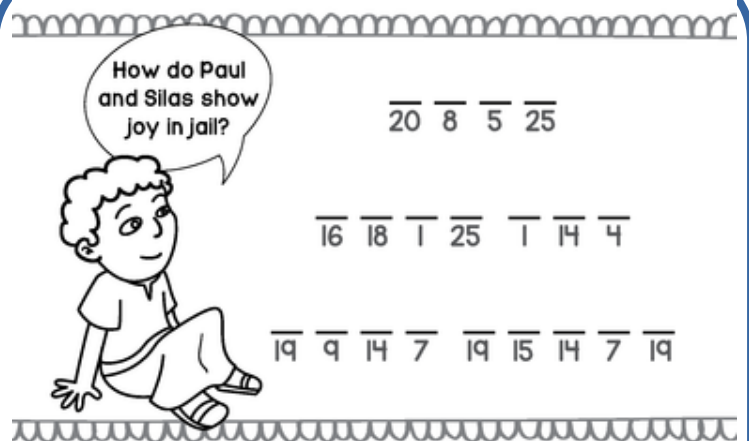
Which fruit of the Spirit do Paul and Silas represent in this story?

Why were Paul and Silas singing?

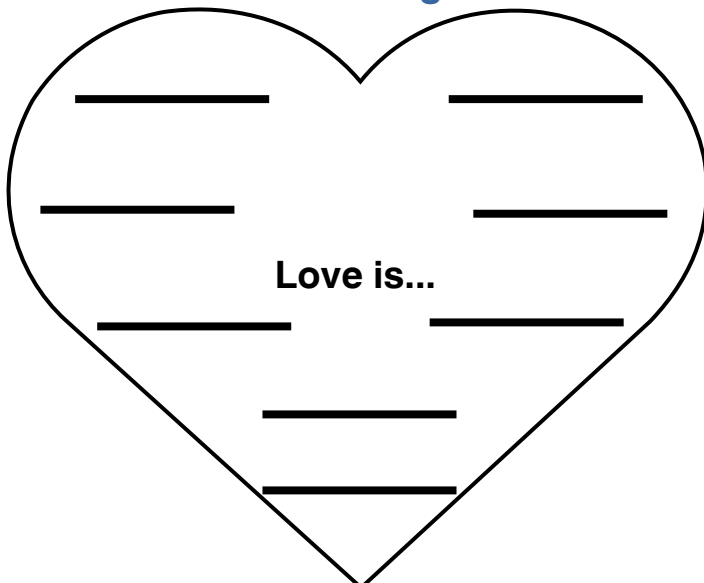
What is a way you can be joyful in the Lord regardless of what is happening?

Pick one loving thing you can do for a friend or neighbor. Have your grown up sign the square after you complete.

Write a card for a friend.	Rake your neighbors yard.	Help your friend with their chores.	Clean up a mess at the park.
Bring a neighbor dinner.	Visit a nursing home.	Create a surprise for a friend.	Free choice _____ _____ _____



Fill in the heart different things that love is. Write one thing on each line.



A 1	B 2	C 3	D 4	E 5	F 6	G 7	H 8	I 9	J 10	K 11	L 12	M 13
N 14	O 15	P 16	Q 17	R 18	S 19	T 20	U 21	V 22	W 23	X 24	Y 25	Z 26

Make a JOY Necklace

supplies: string, fruit loops, card stock paper, hole punch

Use the paper to create a cute charm with the word "joy" on it. Hole punch the top. Set aside. String half the fruit loops on the necklace. Add the joy charm. Then, finish with the rest of the cereal.

Peace & Forbearance

Read Mark 4:35-41, then watch the video using the QR code.



Who do you think represents the fruit of the Spirit peace in this story? _____

How did Jesus represent peace in this story?

What is a way you can be at peace in all circumstances?

Read Genesis 41:41-43, then watch the video using the QR code.

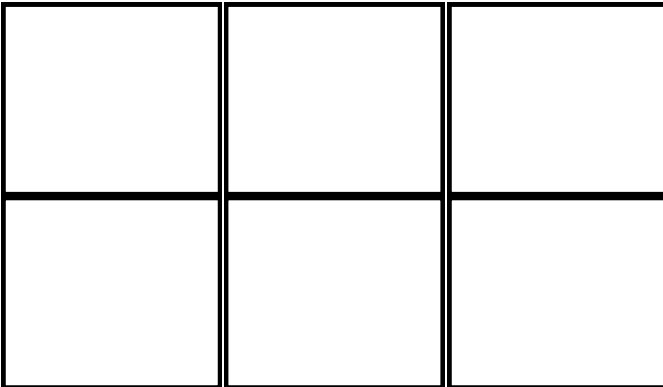


Why do you think that Joseph is a good example of forbearance?

Who did God save through Joseph?

What is a way you can show more forbearance?

Go on a listening walk or bike ride in your neighborhood or nearby park. Listen for peaceful sounds. Draw what you hear below.



Forbearance Cookies

Bake some homemade cookies using your favorite homemade cookie recipe. Take the time to talk through the ingredients and taste a few (safe) ingredients like salt, chocolate chips, baking powder, sugar, etc. Talk about how they are all different but when we are patient, they come together to make something incredible. Talk about how God does that with us and the people around us and that we need to have forbearance with them.

Complete the crossword puzzle.



Across

4. Pharaoh gave this to Joseph when he put him in charge of Egypt.
5. Joseph's brothers didn't kill him, they ____ him.
7. After God told Joseph about Pharaoh's dreams he became in charge of this whole place.
8. During the seven years of this, Joseph had enough food in reserve to share with those in need.
10. It was because of this that Joseph ended up in Egypt.

Down

1. This is the name of the youngest brother.
2. Joseph did the right thing when he ____ his brothers.
3. Joseph received this from his father.
6. Joseph had a gift of interpreting these.
9. Joseph's brother's covered his coat in animal ____ so their father thought he was dead.

Peace Float

supplies: various buoyant items (pool noodle, styrofoam, laminated paper), toothpicks, tape, etc.

Use the materials to create some form of boat or floatation device. While working on the boat, talk about how the peace we have in Christ is one that helps us to float above whatever is happening around us.

Kindness & Goodness

Read Joshua 2:1-12, then watch the video using the QR code.



Which fruit of the Spirit does Rahab represent in this story? (Two possible answers) _____

What kind thing did Rahab do?

What is a way you can be kind to people you don't know this week?

Read Luke 10:30-35, then watch the video using the QR code.



Who is the good person in this story?

What good thing does the Samaritan do in this story?

What is a way you can show goodness to people you don't know?

Kindness means to be friendly, generous, and considerate. Write what it means to be kind in your own words.

Who is a person you are going to go out of your way to show kindness to this week?

What are you going to do to be kind to them?

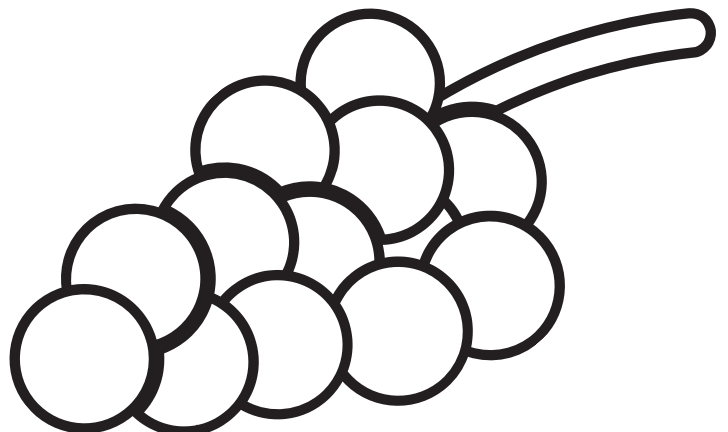
Storehouse Serve



As a family, pick a day to serve at Central Storehouse or go to the grocery store and pick out some things to donate. Talk about how this represents the fruit of the Spirit, goodness.

Good Grapes

Color the grapes. Then, write one good thing you can do for others in each grape circle.



Random Act of Kindness

supplies: jar or bowl, strips of paper, pencil

Use the pieces of paper and pencil to brainstorm random acts of kindness that you can do with your grown up. Then, put them in a bowl. Over the next week, pull one each day and do it together.

Faithfulness & Gentleness

Read Ruth 1:1-18, then watch the video using the QR code.



Which fruit of the Spirit does Ruth represent in this story? _____

What is an example of a way that Ruth showed the fruit of faithfulness?

Read Ruth 2:5-16, then rewatch the video using the QR code.



Which fruit of the Spirit does Boaz represent in this story? _____

How is Boaz gentle with Ruth?

How can you be gentle to your friends?

Act it Out!

Create a skit about someone who doesn't want to be your friend. Then, talk about how God is your faithful friend forever.



Fruit of the Spirit Word Search

Find all nine fruits of the spirit in the word search below.

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

Ruth & Boaz Mystery Phrase

Use the code to find the mystery phrase.

7 18 1 9 14

14 1 15 13 9

8 1 18 22 5 19 20

6 9 5 12 4 19

13 1 18 18 25

2 5 20 8 12 5 8 5 13

RUTH WAS NAOMI'S

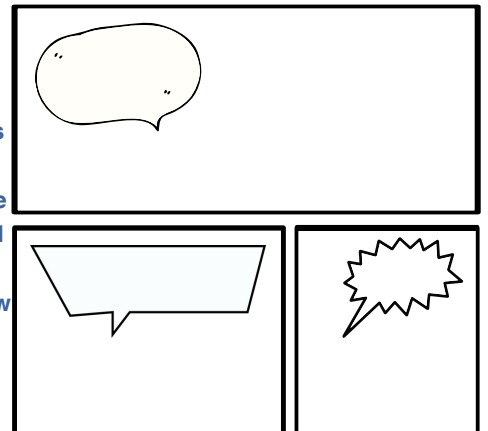
4 1 21 7 8 20 5 18 9 14 12 1 23

Code key

A1	J10	S19
B2	K11	T20
C3	L12	U21
D4	M13	V22
E5	N14	W23
F6	O15	X24
G7	P16	Y25
H8	Q17	Z26
I9	R18	

Faithfulness Comic

Faithfulness means being loyal and dependable. It's like being a good friend who always keeps their promises. Draw a comic of you being a faithful friend.



Self - Control



Read 1 Samuel 24:1-7, then watch the video using the QR code.

Who showed self-control in this story? _____

Self-control isn't just trying harder. It's allowing the Holy Spirit to work in us and guide our decisions. What's one way that you can have self-control this week?

Gumdrop Tower

supplies: gumdrops, toothpicks, plate

Create a tower out of gumdrops and toothpicks. Use self-control to not eat any gumdrops until after you finish the tower.



Freeze Dance

Put on your favorite song and have a dance party. When the song pauses, freeze in place.

Use self-control to stop yourself from dancing when the music stops.

There are a lot of ways to show self-control. Write three examples of having self-control. Then, write three examples of NOT having self-control.

Self-Control

NOT Self-Control

The Marshmallow Game

Place one large marshmallow on a plate. Set a timer and see how long you can stare at the marshmallow before eating it. Try for 1 minute, 2 minutes, or even 5 minutes!



MEMORY VERSES

James 1:19-20

My dear brothers and sisters, take note of this:
Everyone should be quick to listen, slow to speak and
slow to become angry, because human anger does not
produce the righteousness that God desires.

Psalms 103:8

The Lord is compassionate and gracious, slow to
anger, abounding in love.

Gotcha Game

supplies: none

Say the memory verse, periodically
switching out one of the words for a
silly word. See if your parent can
catch you and correct you.

Silly Sounds Game

supplies: none

Practice the verse using different
silly voices. Try these, then
think of your own:
giant, mouse, monster,
opera singer, potato.