

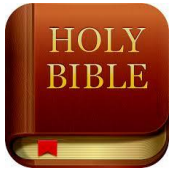
# TAKE OUT CHURCH



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# Great Bible Resources



[YouVersion](#) is one of the best Bible apps available. This app is great for on the go bible readers and has hundreds of devotions, bible reading plans and videos. This app is FREE and available on all devices. You can all access materials on their website

The Bible App for Kids is a fantastic app that allows kids play family friendly bible games on the go! Here they will interact with stories of the bible, games, puzzles and videos, all in a fun colorful animated style. They will be able to challenge themselves and learning the bible at the same time. Available on all devices.

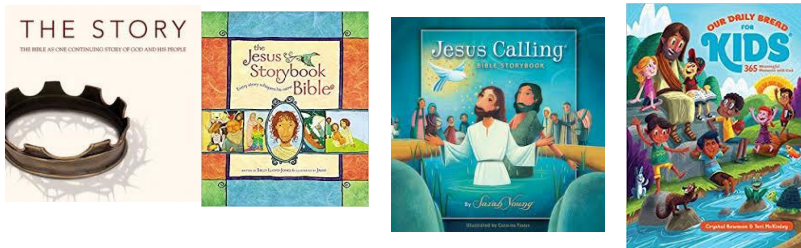


The [Bible Project](#) is an amazing resource to learning about books of the bible and how to understand the bible. Hundreds of videos informing you about what each book of the bible is about, how to read the bible, themes, characters and more. This resource is constantly updating and adding more content. Great resource for families with older children or great for parents to figure out what a book is about before reading it as a family.

The [Lumo Project](#) brings the four gospels (Matthew, Mark, Luke and John) to live. All are high production videos that play out word for word, each gospel in live action storytelling. The narration is NIV or KJV. Videos can be purchased online at the [Lumo Project](#) but they are free via the [YouVersion](#) bible app or on [YouTube](#).



## Bible and Devotion Resources



**The Story** – available as an easy to read bible (reads like a novel), teens edition, kids and young children picture books.

**The Jesus Storybook Bible** is one of the top selling children’s bible books. Available online.

**Jesus Calling Children’s Bible** by Sarah Young is a fantastic bible. I have personally used this and I would highly recommend. Available online.

**Our Daily Bread for Kids** 365 daily devotions is a great resource. Available online. If there is a lot of interest, can arrange a bulk order.



## Flat Jesus

Recommended to print on cardstock, color as desired and if possible laminate. Take Flat Jesus with you everywhere you go and take pictures. Post on social media with #nbtakeout





# Prayer Guide

As a family, develop a prayer routine, before bed, during dinner or anytime that works for you and your family. Not sure where to start, try the ACTS guide and pray each of the other prayers. Soon you will have these memorized and able to pray anytime, anywhere.

- A** **adoration**  
 Means: To be praise  
 Example: Lord I thank you for the beautiful day...
- C** **onfession**  
 Means: To be sorry  
 Example: I am sorry for the sins I did today
- T** **hanksgiving**  
 Means: To be thankful  
 Example: Thank you for my friends and family...
- S** **upplication**  
 Means: To think of others and yourself  
 Example: I pray for \_\_\_ who is sick

## Prayer of Confession

Most merciful God, We confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbours as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us, that we may delight in your will, and walk in your ways, to the glory of your name. Amen.

## Lord's Prayer

**Our Father,  
 who art in heaven,  
 hallowed be thy name,  
 thy kingdom come, thy will be done,  
 on earth as it is in heaven.  
 Give us this day our daily bread.  
 And forgive us our trespasses,  
 as we forgive those who trespass  
 against us. And lead us not into  
 temptation,  
 but deliver us from evil.  
 For thine is the kingdom,  
 the power, and the glory,  
 forever and ever. Amen.**

## Apostle's Creed

I believe in God, the Father almighty, creator of heaven and earth. I believe in Jesus Christ, God's only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried; he descended to the dead. On the third day he rose again; he ascended into heaven, he is seated at the right hand of the Father, and he will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.



**Grace Cube Pattern**  
 Recommend printing on cardstock  
 Cut on solid lines  
 Fold on dashed lines  
 Before dinner, roll the die  
 Whatever is pointed up, say that grace before your meal

Bless this food to our use  
 and us to your service  
 and make us truly thankful  
 for these our blessings,  
 for Christ sake. Amen.

Give us grateful hearts,  
 our Father, for all your mercies  
 And make us mindful of  
 the needs of others,  
 through Jesus Christ our  
 Lord. Amen.

God is great and God is good,  
 Let us thank Him for our food;  
 By His blessings we are fed,  
 Give us Lord, our daily bread. Amen.

Praise God from whom  
 all blessings flow.  
 Praise him, all creatures here below.  
 Praise him above ye heavenly host.  
 Praise Father, Son, and Holy Ghost.  
 Amen.

Oh the Lord is good to me. And so I thank the  
 Lord for giving me the things I need,  
 the sun and the rain and the apple seed.  
 The Lord is good to me.  
 Johnny Appleseed.  
 Amen.

For food that stays our hunger,  
 For rest that brings us ease,  
 For homes where memories linger,  
 We give our thanks for these. Amen.



# Family Bible Challenge

Working together as a family or in teams, search the Bible for these verses based on the Fruit of the Spirit and fill in the missing blanks. Use a NIV bible or search online. For a further challenge complete the discussion questions and challenges.

Reminder: **Bible Book Chapter (large number): Verse (small numbers)**  
ex. **John 3:16**

## Love

### **Matthew 22:37-39 (NIV)**

Jesus replied: “\_\_\_\_\_ the \_\_\_\_\_ your God with all your \_\_\_\_\_ and with all your \_\_\_\_\_ and with all your \_\_\_\_\_.” This is the first and greatest commandment. And the second is like it: \_\_\_\_\_.

### **Colossians 3:14 (NIV)**

And over all these \_\_\_\_\_ put on \_\_\_\_\_, which binds them all together in perfect \_\_\_\_\_.

### **1 John 3:18 (NIV)**

Dear children, let us not \_\_\_\_\_ with words or speech but with \_\_\_\_\_ and in \_\_\_\_\_.

### **John 3:16-17 (NIV)**

For \_\_\_\_\_ so \_\_\_\_\_ the \_\_\_\_\_ that he gave his one and only \_\_\_\_\_, that whoever believes in him shall not perish but have \_\_\_\_\_ life. For God did not send his \_\_\_\_\_ into the world to \_\_\_\_\_ the world, but to \_\_\_\_\_ the world through \_\_\_\_\_.

### \*\*\* Further Discussion \*\*\*

- Read 1 Corinthians 13 and write down a few thoughts from reading it. What does it have to do with love? If you replaced the word “love” with your name, would you be telling the truth? Are there some things that could use some work?
- We need to show love to those around us. This is something we all need to keep in our minds as we go through our day. Do at least 10 things this week that shows love to others. Write down those 10 things.

## Joy

### **Psalm 43:4 (NIV)**

Then I will go to the \_\_\_\_\_ of God, to God, my \_\_\_\_\_ and my \_\_\_\_\_ . I will \_\_\_\_\_ you with the lyre, O God, my God.

**Psalm 21:6 (NIV)**

Surely you have granted him unending \_\_\_\_\_ and made him glad with the \_\_\_\_\_ of your presence.

**Nehemiah 8:10b (NIV)**

Nehemiah said, “Go and enjoy choice food and sweet drinks, and send some to those who have \_\_\_\_\_ prepared. This day is \_\_\_\_\_ to our Lord. Do not \_\_\_\_\_, for the joy of the \_\_\_\_\_ is your strength.”

**John 16:20 (NIV)**

Very truly I tell you, you will \_\_\_\_\_ and mourn while the world \_\_\_\_\_ . You will \_\_\_\_\_, but your grief will turn to \_\_\_\_\_.

**Hebrews 12:2 (NIV)**

Fixing our eyes on \_\_\_\_\_, the pioneer and perfecter of \_\_\_\_\_. For the \_\_\_\_\_ set before him he endured the \_\_\_\_\_, scorning its shame, and sat down at the right hand of the \_\_\_\_\_ of God.

**James 1:2-3 (NIV)**

Consider it \_\_\_\_\_, my brothers and sisters, whenever you face \_\_\_\_\_ of many kinds because you know that the testing of your \_\_\_\_\_ produces perseverance.

\*\*\*\*Further Discussion\*\*\*\*

- What is the difference between being happy and being blessed (joyful).
- What are three reasons you are blessed and does this explain your joy.

**Peace**

**John 16:33 (NIV)**

“I have told you these things, so that in me you may have \_\_\_\_\_. In this world you will have trouble. But take \_\_\_\_\_! I have overcome the world.”

**Romans 15:13 (NIV)**

May the God of hope \_\_\_\_\_ you with all joy and \_\_\_\_\_ as you trust in him, so that you may \_\_\_\_\_ with hope by the \_\_\_\_\_ of the Holy Spirit.

**Philippians 4:4-7 (NIV)**

\_\_\_\_\_ in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be \_\_\_\_\_ about anything, but in every situation, by \_\_\_\_\_ and petition, with \_\_\_\_\_, present your requests to God. And the \_\_\_\_\_ of God, which \_\_\_\_\_ all understanding, will guard your hearts and your \_\_\_\_\_ in Christ Jesus.



**Colossians 3:15 (NIV)**

Let the \_\_\_\_\_ of Christ rule in your \_\_\_\_\_, since as members of one body you were called to \_\_\_\_\_. And be \_\_\_\_\_.

\*\*\*\*Further Discussion\*\*\*\*

- Write down 2 areas that you need to have peace. Write down what you can do to have peace in those areas.

**Kindness**

**Proverbs 3:3 (NIV)**

Let love and \_\_\_\_\_ never leave you; bind them around your neck, write them on the tablet of your \_\_\_\_\_.

**Micah 6:8 (NIV)**

He has shown you, O mortal, what is \_\_\_\_\_. And what does the Lord require of you? To act justly and to love \_\_\_\_\_ and to walk \_\_\_\_\_ with your God.

**Ephesians 4:32 (NIV)**

Be \_\_\_\_\_ and \_\_\_\_\_ to one another, \_\_\_\_\_ each other, just as in Christ God forgave you.

\*\*\*\*Further Discussion\*\*\*\*

- How can you be kind this week? Show 10 examples of being kind.

**Patience**

**1 Timothy 1:16 (NIV)**

But for that very reason I was shown \_\_\_\_\_ so that in me, the worst of sinners, Christ Jesus might display his immense \_\_\_\_\_ as an example for those who would believe in him and receive \_\_\_\_\_.

**Proverbs 19:11 (NIV)**

“A person’s \_\_\_\_\_ yields \_\_\_\_\_; it is to one’s glory to \_\_\_\_\_ an offense.”

**Colossians 1:11-12 (NIV)**

Being \_\_\_\_\_ with all power according to his \_\_\_\_\_ might so that you may have great \_\_\_\_\_ and patience, and giving joyful thanks to the Father, who has qualified you to share in the \_\_\_\_\_ of his holy people in the kingdom of light.

\*\*\*\*Further Discussion\*\*\*\*

- How can you become more patient in areas of your life? What struggles do you currently have?

## **Goodness**

### **Psalm 25:7 (NIV)**

Do not remember the \_\_\_\_\_ of my youth and my \_\_\_\_\_ ways; according to your \_\_\_\_\_ remember me, for you, Lord, are \_\_\_\_\_.

### **James 4:7 (NIV)**

\_\_\_\_\_ yourselves, then, to God. \_\_\_\_\_ the devil, and he will flee from you.

### **Philemon 1:12-14 (NIV)**

I am sending him—who is my very \_\_\_\_\_—back to you. I would have liked to keep him with me so that he could take your place in helping me while I am in chains for the \_\_\_\_\_. But I did not want to do anything without your \_\_\_\_\_, so that any favor you do would not seem forced but would be \_\_\_\_\_.

### **Galatians 6:9-10 (NIV)**

Let us not become weary in doing \_\_\_\_\_, for at the proper time we will reap a \_\_\_\_\_ if we do not give up. Therefore, as we have \_\_\_\_\_, let us do good to all people, especially to those who belong to the family of \_\_\_\_\_.

## **Gentleness**

### **Deuteronomy 32:2 (NIV)**

Let my teaching \_\_\_\_\_ like rain and my words descend like \_\_\_\_\_, like showers on new grass, like abundant rain on \_\_\_\_\_ plants.

### **Matthew 11:28-29 (NIV)**

“Come to me, all you who are \_\_\_\_\_ and \_\_\_\_\_, and I will give you \_\_\_\_\_. Take my yoke upon you and learn from me, for I am \_\_\_\_\_ and \_\_\_\_\_ in heart, and you will find rest for your \_\_\_\_\_.

### **2 Samuel 22:36 (NIV)**

You make your saving \_\_\_\_\_ my shield; your help has made me \_\_\_\_\_.

### **1 Peter 3:15 (NIV)**

But in your hearts \_\_\_\_\_ Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the \_\_\_\_\_ that you have. But do this with \_\_\_\_\_ and \_\_\_\_\_.

### **Galatians 6:1 (NIV)**

Brothers and sisters, if someone is \_\_\_\_\_ in a sin, you who live by the Spirit should \_\_\_\_\_ that person gently. But watch yourselves, or you also may be \_\_\_\_\_.

## **Faithfulness**

### **Psalm 86:15 (NIV)**

But you, Lord, are a \_\_\_\_\_ and gracious God, slow to anger, abounding in love and \_\_\_\_\_.

**Psalm 100:5 (NIV)**

For the Lord is good and his love \_\_\_\_\_ forever; his faithfulness continues through all \_\_\_\_\_.

**1 Samuel 12:24 (NIV)**

But be sure to \_\_\_\_\_ the Lord and serve him \_\_\_\_\_ with all your heart; \_\_\_\_\_ what great things he has done for you.

**Romans 3:3-4 (NIV)**

What if some were \_\_\_\_\_? Will their unfaithfulness nullify God's faithfulness? \_\_\_\_\_ at all! Let God be \_\_\_\_\_, and every human being a liar. As it is written: 'So that you may be \_\_\_\_\_ right when you speak and prevail when you judge.'

\*\*\*\*Further Discussion\*\*\*\*

- Share with someone how faithful you are this week.

**Self-Control**

**Matthew 4:1-4 (NIV)**

Then Jesus was \_\_\_\_\_ by the Spirit into the wilderness to be \_\_\_\_\_ by the devil. After fasting forty days and forty nights, he was hungry. The tempter came to him and said, "If you are the Son of God, tell these \_\_\_\_\_ to become \_\_\_\_\_." Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the \_\_\_\_\_ of God.'

**Matthew 4:5-7 (NIV)**

Then the \_\_\_\_\_ took him to the holy city and had him stand on the highest point of the temple. "If you are the Son of God," he said, "throw yourself down. For it is written: "'He will \_\_\_\_\_ his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone.'" Jesus answered him, "It is also written: 'Do not put the \_\_\_\_\_ your God to the \_\_\_\_\_

**Matthew 4:8-11 (NIV)**

Again, the devil took him to a very high mountain and \_\_\_\_\_ him all the kingdoms of the world and their \_\_\_\_\_. "All this I will give you," he said, "if you will bow down and \_\_\_\_\_." Jesus said to him, "\_\_\_\_\_ from me, \_\_\_\_\_! For it is written: '\_\_\_\_\_ the Lord your \_\_\_\_\_, and serve him \_\_\_\_\_.' Then the devil left him, and angels came and attended him.

**Proverbs 25:28 (NIV)**

Like a city whose walls are broken through is a person who lacks \_\_\_\_\_.

\*\*\*\*Further Discussion\*\*\*\*

- Self-control is something we all need to consistently work on. Write down on a piece of paper at least 3 times you were able to control yourself from doing what was wrong.

# Fruit of the Spirit Devotional

Weekly devotional based on each of the Fruit of the Spirit

## FRUIT OF THE SPIRIT FAMILY DEVOTIONAL

### WEEK 1: LOVE

**PREPARE** - Let's talk about LOVE. Put away distractions and pray, "God show us something new today."

**LEARN** - We love because he first loved us. 1 John 4:19 NIV

It is no accident that love is the first fruit of the spirit mentioned in Galatians 5:22-23. It is the most important fruit that grows in our lives when we stay connected to Jesus. The Bible tells us that God is love (1 John 4:7-10). It also tells us that God made us in his image (Genesis 1:27). If God is love then we were made to reflect his love. That's why Jesus said the greatest commandments are to "love the Lord with all your heart, mind and strength and to love your neighbor as yourself." (Matthew 22:36-40)



#### ASK -

1. What does it mean to reflect God's love?
2. How can we love God with all our heart, mind and strength?
3. What are some ways we can love others with God's love?

**NAME the Truth** - I was created to love God and love others.

**TAKE Action** - Share daily one way you can show love to someone. Help each other come up with a plan every day to spread God's love around.

#### DIG DEEPER

Sometimes we encounter people in our lives who are hard to love. A girl or boy who is unkind or a bully down the street. . .perhaps a teacher that is really hard on us. These people may not treat us the way we want to be treated but God asks us to love them. God wants us to love others the way he loves us. And that means without condition, or no matter what. It is hard to love those who treat us poorly but we can do it with God's help. Pray and ask God to show you how you can love the hard-to-love people in your life. Over time, you may find that loving them with God's love softens their heart so they love better, too!

#### NOTES:



# FRUIT OF THE SPIRIT FAMILY DEVOTIONAL

## WEEK 2: JOY

**PREPARE** - Let's talk about JOY. Put away distractions and pray, "God show us something new today."

**LEARN** - I have told you these things so that you will be filled with my joy. Yes, your joy will overflow! John 15:11 NLT

Do you know the difference between happiness and joy? Happiness is often based on our circumstances. It's a feeling we get when something good happens. It's fun to be happy, but God wants us to have something more - true joy that lives deep within our hearts and stays there no matter what. Joy comes from Jesus and remains no matter what is going on around us. This doesn't mean we won't feel sad or disappointed at times. But when we have true joy, our sadness will eventually go away and be replaced by the joy of Jesus. The Bible says Jesus fills us with overflowing joy so we can share it with others.



### ASK -

1. What is the difference between happiness and joy?
2. What brings you true joy?
3. What are some ways we can share our joy with others?

**NAME the Truth** - True joy comes from my relationship with Jesus.

**TAKE Action** - Do something together that brings you joy. Plan a family outing or a party. Invite friends to join so you can share your joy with others!

### DIG DEEPER

Some days we just don't feel joy. Maybe we are tired or we've had a tough day at school. It's easy to get in a bad mood when things don't seem to be going our way. But God promises us his joy will be our strength when we need it (Nehemiah 8:10). It's ok to feel sad or mad or frustrated but it's important to take those feelings to Jesus and exchange them for his joy. It's no fun to stay in a bad mood. But it's so much fun to have joy! Pray and ask Jesus to help you when you get stuck in a rut. Trust that he will take care of you and ask him to fill you with joy as you leave your worries with him.

### NOTES:



# FRUIT OF THE SPIRIT FAMILY DEVOTIONAL

## WEEK 3: PEACE

**PREPARE** - Let's talk about PEACE. Put away distractions and pray, "God show us something new today."

**LEARN** - You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you. Isaiah 26:3 NLT

Peace can be hard to understand because it's not something we can see clearly with our eyes. Sometimes peace is visible on the outside. Outward peace looks like quietness, stillness or rest. But peace is also something we can feel deep inside us. When we have no worry or fear, we experience peace. Just like joy, peace comes from our relationship with Jesus. When we walk closely with Jesus, he calms us with his love. As we follow him, we can trust that he will lead us, protect us and take away our worry and fear. When we learn how to enjoy the peace of his presence, we can share it with others by being a peacemaker.



### ASK -

1. What does real peace feel like?
2. Why is peace sometimes hard to understand?
3. What are some ways we can be a peacemaker?

**NAME the Truth** - Peace comes when I trust Jesus.

**TAKE Action** - Peace often comes through prayer. Spend time praying together for peace. Share something that has brought you worry. Then let Jesus replace your fear with his peace as you trust in him.

### DIG DEEPER

Conflict is a fight or disagreement between two opposing forces. You may experience conflict at school or with your friends. Sometimes people have different ideas and find it hard to get along. But you can be a peacemaker in those situations. Jesus can help you understand how to bring peace when those around you are fighting. Being a peacemaker doesn't mean you stop standing up for what you believe in. It means you bring a calm presence to tough situations. With God's help, you will know what to do and say to promote peace. Matthew 5:9 (in The Message) says that when we are peacemakers, we will discover who we really are. Because without fear, conflict and worry, we are better able to be who God made us to be.

### NOTES:



# FRUIT OF THE SPIRIT FAMILY DEVOTIONAL

## WEEK 4: PATIENCE

**PREPARE** - Let's talk about PATIENCE. Put away distractions and pray, "God show us something new today."

**LEARN** - Let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up. Galatians 6:9 NLT

Patience means waiting without complaining. It can be hard to wait for things like big events - our birthday, Christmas or a family vacation. It's tough to wait for our turn on a ride or with a toy or electronic device. It's one thing to wait but to do it without whining or grumbling is what this fruit of the spirit is all about. The Bible talks a lot about patience and is filled with many stories of how God blessed those who waited with patience while trusting him. Patience is tricky but with God's help, we can wait with a good attitude.



### ASK -

1. What does it mean to be patient?
2. Why is it important to wait with a good attitude?
3. How can God help us as we wait?

**NAME the Truth** - I can be patient with God's help.

**TAKE Action** - Make a list or draw a picture of things you are waiting for. An upcoming family trip or an electronic device you've been wanting for a long time? Pray over this list and give it over to God, trusting that he will bring all of these things in his perfect timing.

### DIG DEEPER

Sometimes it's important to have patience when trying something new. Have you ever tried a new sport or an instrument and when it didn't come easily, you were tempted to give up? Just like we need to have patience in waiting for things to come, we also need to have patience when trying new things. This is sometimes called endurance. In order to get truly good at something, . . .drawing, singing, dancing, football, basketball (you get the idea), we must practice with patience, enduring time and keeping a commitment to develop our ability. The next time you are tempted to give up on something, pray and ask God to help you find the patience to keep going!

### NOTES:



# FRUIT OF THE SPIRIT FAMILY DEVOTIONAL

## WEEK 5: KINDNESS

**PREPARE** - Let's talk about KINDNESS. Put away distractions and pray, "God show us something new today."

**LEARN** - Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you. Ephesians 4:32 ESV

Kindness is more than just a behavior, it's an attitude. When we feel and show concern for others, we spread kindness. Many times, this means we put someone else's need above our own. We can do this by saying something nice, including someone who is being left out, or helping someone who is in need. God showed us kindness by sending his son to love us and die for us. He continues to show us kindness daily as he takes care of us. It is because of God's loving kindness that we can be kind to others.

### ASK -

1. What does it mean to be kind?
2. What are some ways we can spread kindness?
3. Why is God our best example of kindness?

**NAME the Truth** - When I am kind to others I share God's love.

**TAKE Action** - Make a list of random acts of kindness. Maybe your family can surprise a stranger by paying for their lunch. Or you can let a friend go first on the playground. Talk about your list and get excited about surprising someone with kindness this week!

### DIG DEEPER

One of the greatest ways we can show kindness is by including others. It's very normal for kids to form groups at school, connecting with certain people who have similar personalities or interests. But sometimes there are kids who don't make friends easily and they can feel left out and very alone. God wants us to notice those children and reach out to them in kindness. It may not be the popular thing to do to invite the quiet kid or the new girl to play, but it's the kind thing to do. And by doing so, you are showing that person the same kindness God shows you. There is great joy in loving with kindness. Open your eyes to notice those in need around you and you'll be amazed at how you feel when you show them God's love.

### NOTES:





# FRUIT OF THE SPIRIT FAMILY DEVOTIONAL

## WEEK 6: GOODNESS

**PREPARE** - Let's talk about GOODNESS. Put away distractions and pray, "God show us something new today."

**LEARN** - A good person produces good things from the treasury of a good heart. Matthew 12:35 NLT

You are probably praised regularly for being good or doing a good job. That's because goodness often comes out in our attitude and actions. Because God is good, when we grow in our relationship with him, goodness gets planted deep within our hearts and we continue to make good choices. Goodness is about being kind, being honest and having a good attitude or behavior. Just like the other fruit we've been studying, goodness grows when we stay connected to Jesus. Goodness is a sweet treasure we store in our hearts so that it's ready to be shared with those who need it.



### ASK -

1. What is goodness?
2. What are some examples of God's goodness?
3. What are some ways we can share goodness with others?

**NAME the Truth** - When I treasure goodness, it's stored in my heart and ready to be shared.

**TAKE Action** - Grab an old cardboard box and decorate your own treasure box. On small strips of paper, write down ways that God has been good to you and your family and ways you can be good to others. Put them in the box. Keep your goodness treasure box in a place you can see it. Pull out those strips of paper from time to time as a reminder of God's goodness and how you can share goodness with others.

### DIG DEEPER

Goodness is a character trait that comes from knowing a good God. As we grow in relationship with him, we become like him, just like we often become like the friends we hang out with. If you spend time with people who have a bad attitude or don't behave well, you may take on some of their bad habits. This is why it's so important to hang out with friends who share a desire to do good. Goodness does not mean that you will always be perfect. We all make mistakes. But when we have treasures of goodness stored up in our heart, we will, more often than not, choose what is right. By surrounding ourselves with God and others who follow him, we are "clinging to what is good" (Romans 12:9).

### NOTES:



# FRUIT OF THE SPIRIT FAMILY DEVOTIONAL

## WEEK 7: FAITHFULNESS

**PREPARE** - Let's talk about FAITHFULNESS. Put away distractions and pray, "God show us something new today."

**LEARN** - Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart. Then you will win favor and a good name in the sight of God and man. Proverbs 3:3-4 NIV



How do you want others to remember you? Do you want to be known as flakey and irresponsible or faithful and trustworthy? Faithful means – steady, reliable, loyal, trusted. A faithful person is consistent, he or she doesn't change. Do you know anyone who fits this description? The Bible tells us many times that God is faithful and he can be trusted. When we follow God and his faithful son, Jesus, we learn how to be loyal and trustworthy, too. As we develop faithfulness and carry it with us wherever we go, we will be looked up to and honored by God and other people.

**ASK** -

1. Why is God so trustworthy?
2. What are some examples of God's faithfulness?
3. What are some ways we can be faithful to others?

**NAME the Truth** - I can be faithful because God is faithful.

**TAKE Action** - Make a list of 3 responsibilities you can take on this week. Maybe helping around the house with a chore or helping a friend. Commit to be faithful in completing the tasks on your list.

### DIG DEEPER

Proverbs 3:3-4 says, when we carry love and faithfulness with us always, we will win favor (attention, trust) with God and other people. You probably love being liked at school and in your neighborhood. It feels good when others pay attention to you and want to be around you. When we are faithful and trustworthy, others will notice. Those strong character traits will draw people to us. Love and faithfulness are the right reasons to be liked. More than how you dress or how good you are at something, these traits hold value. When you focus on being a person who loves and is faithful to others, you will find your place in every season of life. And just as Jesus promises that those who are faithful with little things will be given bigger things (Luke 16:10), you'll see your influence and blessings grow as you continue to remain faithful.

### NOTES:



# FRUIT OF THE SPIRIT FAMILY DEVOTIONAL

## WEEK 8: GENTLENESS

**PREPARE** - Let's talk about GENTLENESS. Put away distractions and pray, "God show us something new today."

**LEARN** - Be completely humble and gentle; be patient, bearing with one another in love. Ephesians 4:2 NIV

We often tell you to be gentle with something. Your brother or sister. . .mommy's phone. . .when we are walking through a store with breakable things. Being careful or touching people and things respectfully are ways we can be gentle on the outside. But God also wants us to be gentle on the inside, with peace in our heart and a pleasant attitude. Our verse this week tells us we should be like Jesus, with a gentle spirit. A gentle spirit doesn't mean that we are weak but that we understand the value of peace and want to spread it around. This is Jesus' gentle way of loving and it can be our way as well.

**ASK** -

1. Who is our greatest example of gentleness?
2. What does it look like to be gentle?
3. What are some ways we can have a gentle spirit?

**NAME the Truth** - Jesus' gentle love teaches me to be gentle with my attitude and actions.

**TAKE Action** - Practice being gentle by helping with tasks that require gentleness - with a smaller sibling or washing the dishes. Look for a new chore or responsibility that will allow you to practice gentleness. You can also practice gentleness in your speech. The next time you want to yell or use harsh words, try a gentle tone instead.

### DIG DEEPER

Matthew 5:5 says, "Blessed are the meek, for they will inherit the earth." The word "meek" means kind, considerate and gentle with others. A meek person may seem weak but in reality they are far from it. The world often tells us that strong people are tough and do whatever needs to be done to get what they want. But this is not God's way. God promises us that when we take on his attitude of gentleness and love, we will "inherit the earth." This means we get to be a part of God's kingdom. Being a part of God's kingdom means we are a member of his family. As God's family member, we can be an example of his ways. We can show the world that gentle strength always chooses love.

### NOTES:



# FRUIT OF THE SPIRIT FAMILY DEVOTIONAL

## WEEK 9: SELF-CONTROL

**PREPARE** - Let's talk about SELF-CONTROL. Put away distractions and pray, "God show us something new today."

**LEARN** - For God gave us a spirit not of fear but of power and love and self-control. 2 Timothy 1:7 ESV

Self-control means being able to control our actions or responses. Sometimes when we are upset, frustrated or mad, we react with angry words or actions. Sometimes our actions are reactions to what is going on around us. But God can help us choose a different way. 2 Timothy 1:7 tells us that God has given us a spirit of power, love and self-control. This means when we are walking with God and looking to him for guidance, we have the tools to help us choose a better reaction. Instead of hitting someone back or grabbing a toy they took from us, we can choose to practice self-control and respond peacefully. Self-control might look like taking a deep breath and walking away. It might mean we go find an adult to help us. Self-control can also mean choosing to say and do nothing at all.

### ASK -

1. What is self-control?
2. What tools has God provided to help us practice self-control?
3. What are some areas you need to grow in self-control?

**NAME the Truth** - I can choose the better reaction by practicing self-control.

**TAKE Action** - The next time you get mad or frustrated, stop and count to 10 before reacting. Practice taking a moment to give yourself time to choose the best reaction.

### DIG DEEPER

When we get older, our self-control becomes about more than just us. Especially at school or with friends, you will come up against situations where you need to exercise self-control for your own good and for the good of those around you. Practicing self-control can be for something as small as paying attention and not talking in class or as big as choosing not to cheat on a test or participate when others are teasing a classmate. Self-control means that YOU are choosing your actions. That you are not being pressured by those around you to participate in something you know is wrong. Remember, God has given us the tools – a spirit of power and love – to make the right choice in every situation.

### NOTES:





## Serve Your Neighbour

During COVID-19 and the lockdown, we may not be able to see or interact with many people, however that should not stop us from serving one another. Be creative and reach out people in your church, family, friends, community.

Write a person's name (can be family, friends, church community, members of the community, nursing home residences etc) on a piece of paper and place them in a bag or container.

Then as a family or individually draw a name out of the bag.

Over the summer, look for a way to do something kind for the person you picked.

(Please be aware of COVID-19 restrictions)





# God's Plan Activity

The following activity is designed to help children understand God's overall plan for His people and where all the Bible stories fit into that plan. They can see where the "Fruits of God's Spirit" come into our lives. Be creative and use materials found around the house, keep the story and tell again or share with friends and relatives as a way of spreading the "Good News."

## Materials:

- Box or basket
- Material for journey ie. Felt or other flat material for a road (Optional)
- 3 trees: Lego, plasticine, other
- Animal to represent creation
- People figures Adam, Eve, Noah, Moses, Abraham, Prophet, King, Judge (Could be Lego or plasticine)
- Manger with Jesus:
- A Cross
- Jesus, disciples (us) (Could be Lego or plasticine)



Script:

**ANIMAL** (or something to represent creation -Several thousand years ago) “In the beginning God created the heavens and the earth. He made the sun, moon, stars, the water, the sky, the world – and all the birds, trees, rocks and flowers. The last thing he created was people in His own image.” (Genesis)

**ADAM and EVE:** “God made man and woman and named them Adam and Eve. He gave them a garden to live in and God was there too and the talked with them.”

**TWO TREES:** It was God’s garden and he put two trees in the middle of the garden. He told them not to eat from a certain tree that he knew would be bad for them. But they did not listen and disobeyed. They wanted to have the fruit and to know everything that God did. They had to leave the garden before they ate from the other tree, the **Tree of Life** and live forever separated from God. Now they would die. Outside the garden they had to work hard for their food and had many troubles.

But God had a plan. Adam and Eve had children, and their children had children, and their children had children and on and on. People did cruel things and turned away from God. But God still loved His creation.

**NOAH, ABRAHAM, MOSES, PROPHET, JUDGE, KING:** God found people in every generation that wanted to talk with him, such as Noah, Abraham, Moses, Prophets like Isaiah, Judges like Deborah and Kings like David. They would be part of God’s plan to bring people back into relationship to Him.

God promised to send a savior to restore the close relationship between God and His people.

**INFANT JESUS and MANAGER.** (About 2 thousand years ago) God loved us so much that when the time was right, He sent His Son, Jesus, into the world to be our Savior. He was born into the world through a woman named Mary. (Christmas)

**ADULT JESUS:** Jesus grew up and lived a perfect life. He never sinned. He taught people about God. He performed many miracles showing His great power. He healed many people. He made the blind see. He made the deaf hear. He made the lame walk. Jesus even raised the dead. He told us to love one another.

**CROSS:** Some leaders did not like what Jesus was doing and saying. They wanted Him killed. Since Jesus never sinned, He did not have to die but He chose to die to take the blame for all the wrong we do. Jesus died on the cross butt did not stay dead He rose again on Easter day and 40 days later He went to be with God. He did not leave us alone. God sent His Holy Spirit to be with us and help us.

**2 DISCIPLES:** We are His disciples and Jesus send us out to tell others the Good News.  
“For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. John 3:16 (NRSV)

Jesus said He would come back.

**TREE :** The Bible teaches that blessed are people who believe in Jesus and do His commandments for they will NOW have the right to the **Tree of Life** and may enter through the gates into the Heavenly City to LIVE FOREVER with God. (Revelations)







# Paint Rocks Activity

Fun activity for you and your family. You can watch the video from YouTube for instructions in how to paint rocks that represent the Fruit of the Spirit. Display them around your house, community or share with friends.



[Fruit of the Spirit Painted Rocks YouTube](#)

**Supplies for craft:**

Rocks (preferably flat/smooth)

Acrylic paint

Paintbrushes and Water

Newspaper or paper

Optional, Fine Sharpies



## Conversation Starters

Print these out and place them in a container, bowl, whatever and every night during dinner, road trip, or time of your choosing, take one out and each member of the family/group answers the fun little question.

**What makes  
you happy?**



**Name three  
things you are  
thankful for  
today.**

**If you could  
visit anywhere  
in the world,  
where would  
you go?**

**If you could  
have one super  
power, what  
would it be?**

**Time freezes  
for everyone  
for one day.  
What do you  
do?**

**If you could  
teleport by  
blinking your  
eyes, where  
would you go?**

**If you had to live in a TV show for a week, what show would you pick?**

~~~~~  
**If you could be any animal in the world, what would you be and why?**  
~~~~~

←-----  
**Tell me the best thing about your day.**  
-----→

-----  
**What flavor of ice cream do you wish existed?**  
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←-----  
**If you were stranded on a desert island, what three things would you bring?**  
-----→

-----  
**What are you looking forward to this week?**  
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~~~~~

**If you had three wishes, what would they be?**

~~~~~

----->

**If we all lived in a zoo, what type of animals would we be?**

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**If you could be invisible for a day, what would you do?**

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**Describe yourself in 5 words.**

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**What is your favorite summer memory we've made this year?**

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**If you had a pet dragon, what would you name it? What would you do together?**

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# Fruit of the Spirit Bingo

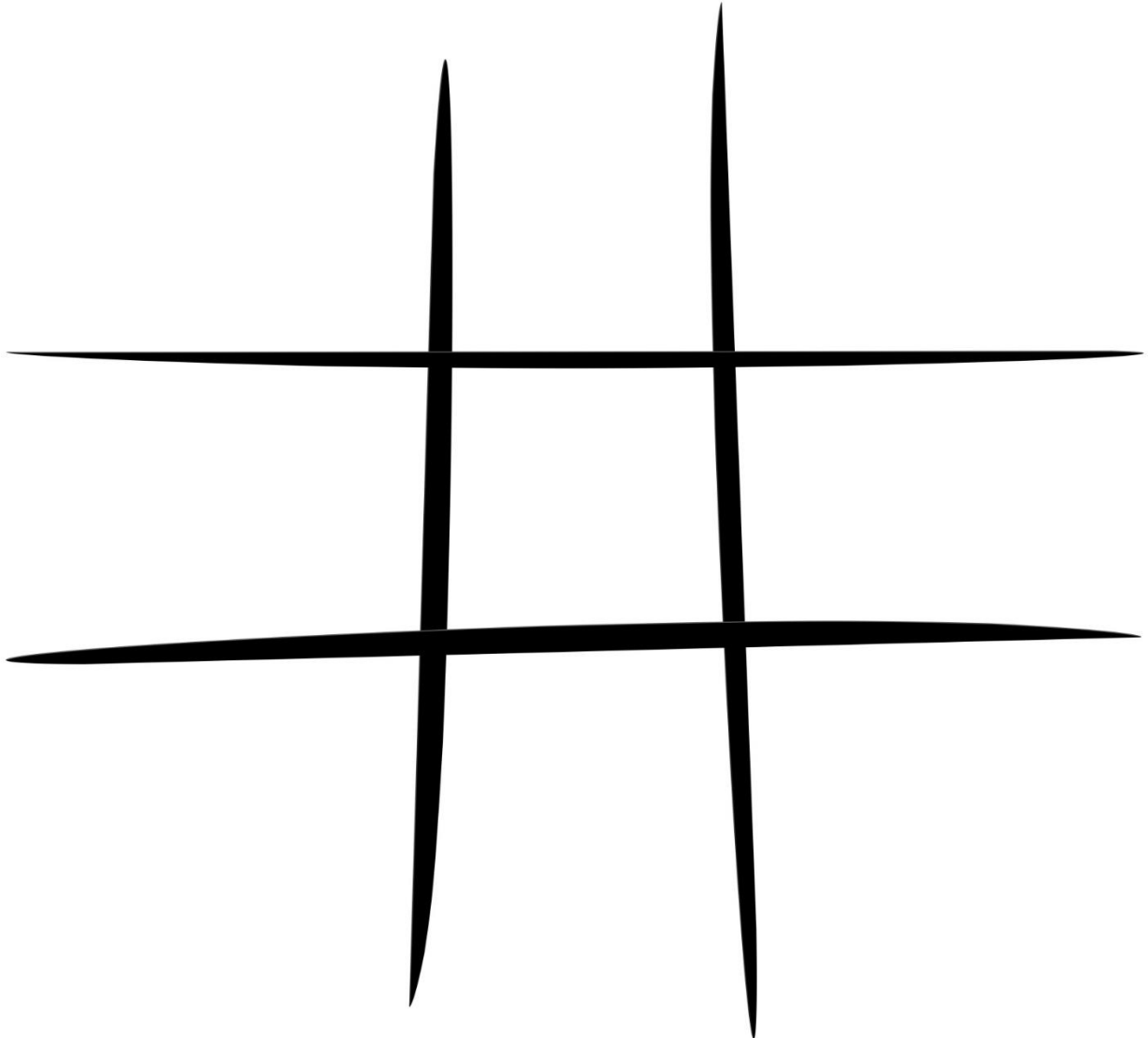
Print off and post on your fridge and check off all the items as you and your family achieve each challenge. Customize or change any that you want based on your family.

Have a family game night	Learn and memorize a bible verse as a family	Successfully prayed each grace during dinner	Submit 3 pictures with Flat Jesus	Have a picnic
Donate something to a cause	Perform high/lows during a meal	Do a physical activity together	Watch a Bible Project/ Lumos Video	Attend a church service in person or online
Pray before bed as a family	Complete 5 challenges of your serving neighbour	Completed the Fruit of the Spirit Scoreboard	Learn and memorize a bible verse as a family	Submit 5 pictures with Flat Jesus
Do something creative together	Use 6 Conversation starters	Paint Fruit of the Spirit Rocks	Invite a friend over (based on restrictions)	Completed the Fruit of the Spirit Devotional
Completed the Bible Challenge	Worked through God's Plan activity	Enjoy a day in God's nature	Finished the coloring sheets	Complete the feedback survey



# Fruit of the Spirit Scoreboard

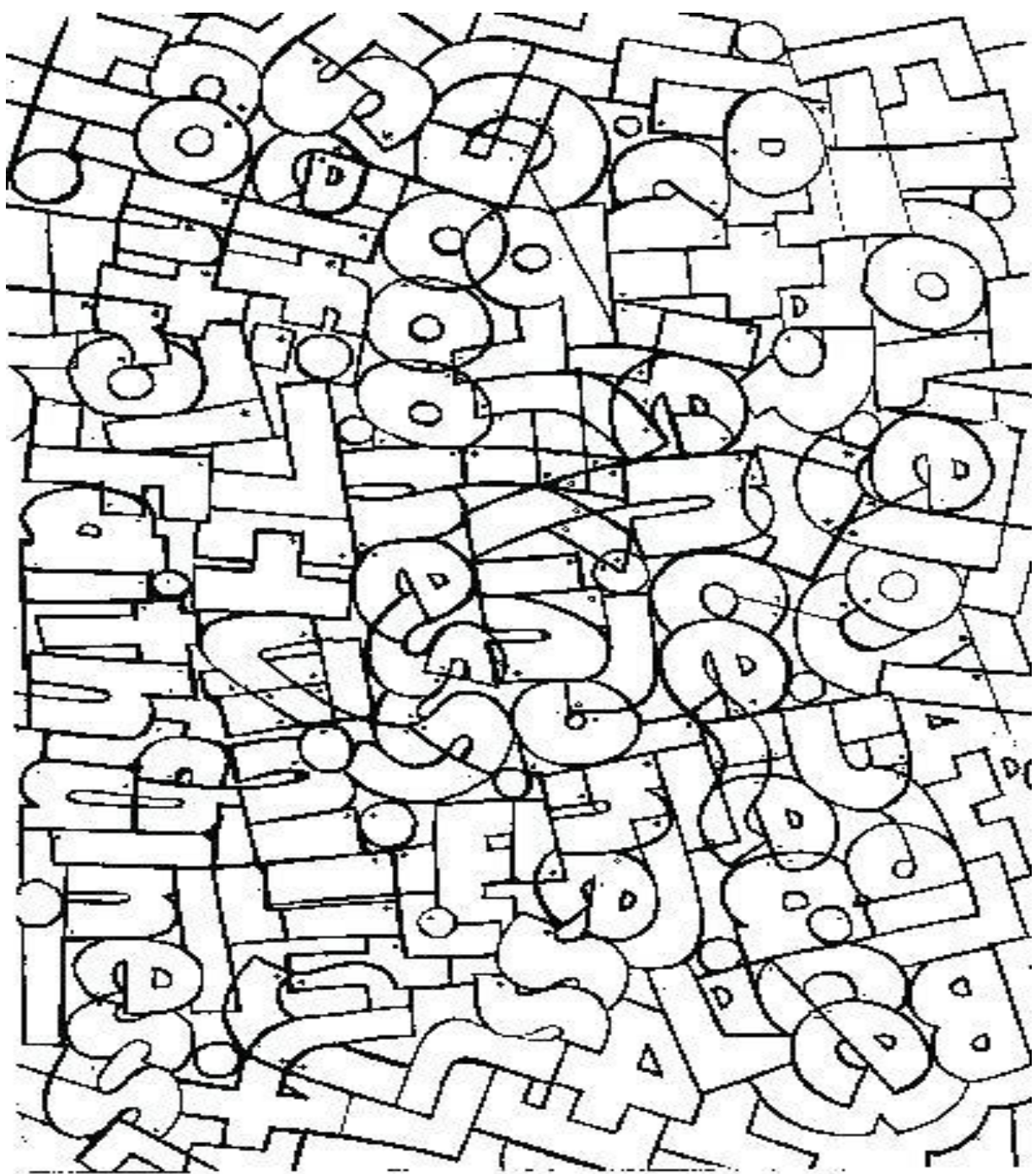
Challenge yourself and your family to embrace each of the Fruit of the Spirit. Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness and Self-Control. Once you challenged yourself in that area write in the name of the spirit or place a sticker.













# Additional Links and References

Podcast: [Bible Project Spirit and Fruit Podcast](#)

YouTube: [New Testament Read and Share Bible](#)

Survey: [Feedback Survey](#)

## Take Out Church Fruit of the Spirit References

<https://buildfaith.org/church-to-go/>

<https://ministry-to-children.com/fruit-of-the-spirit-index/>

<https://www.createcraftlove.com/family-dinner-conversation-starters/>

Given permission to share

<https://www.gatherandgrow.co/fruit-of-the-spirit-family-devotional-love/>

Given permission to share

## Special Thanks To:

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