



# Fruit of the Spirit



**There are nine fruit of the Spirit. Each fruit of the Spirit links to different Christian values and has 12 days of CW.**

**Background Notes:** The fruit of the Spirit are found in the book of Galatians, which is part of the New Testament in the Bible. The letter to the church in Galatia was written by Paul. Christians believe that the Bible says that the moment someone chooses to believe in Jesus Christ they receive the Holy Spirit. The Holy Spirit's help make Christians more like Jesus. One of the main purposes of the Christian life is to progressively allow the Holy Spirit to produce more of His fruit.



**Key Bible verse:** 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. (Galatians 5 v 22 and 23)

**Resources**

Lion Storyteller Bible by Bob Hartman  
Hey-O! Stories of the Bible by Saddleback Kids

**Consider...**

- Learning the BSL for each fruit of the Spirit.
- Interspersing your CW with a focus on a different festival, theme or learning more about courageous advocacy.

**Fruit of the Spirit Songs**

Silly, catchy and useful to help remember the fruits!  
<https://www.youtube.com/watch?v=X-hrxEjWxkE>  
<https://youtu.be/Rezg4jYFoj0>  
<https://youtu.be/xWoWDdeD-ns>

**How can we link the fruit of the Spirit to our school Christian values?**

**Love:** Friendship, Trust

**Patience:** Perseverance, Wisdom

**Faithfulness:** Truth, Hope

**Joy:** Thankfulness, Courage

**Kindness:** Generosity, Service

**Gentleness:** Compassion, Humility

**Peace:** Respect

**Goodness:** Creativity, Responsibility

**Self-Control:** Justice, Forgiveness

# SELF-CONTROL

## LISTEN:

[In Christ Alone](#) – a worship song that affirms that all we need is found in Jesus Christ.

[King of Me](#) – A song declaring that God is King of everything.

	Key message	Bible	Engage and Response: Christians believe...
1	<b>Fruit of the Spirit: Self-Control</b>	<b>Galatians 5 v 22 and 23</b>  <b>Timothy 1:7</b>	What do you think self-control means? It can be about watching what you say and thinking before you act, but is it more than that? <a href="#">Watch this video.</a> For Christians, it is about trusting God to help them know what's good for them, and saying no to things that aren't. It is something we can all grow in. Read the Bible verse from 1 Timothy together. It says that God gives us a Spirit of power, love and self-control. If you would like to, pray and ask to receive a Spirit of power, love and self-control.
2	<b>Fruit of the Spirit: Self-Control</b>	<b>Cheeky Pandas video</b>	<a href="#">Watch this video.</a> In this video, we see the Cheeky Pandas learn about self-control, are invited to pray with the pandas, and sing a song about self-control.
3	<b>Slow to speak, slow to become angry</b>	<b>James 1:19</b>	James was one of Jesus' brothers. Read this Bible verse, written by James, together: "My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry." Look at each of the three instructions and wonder about each: I wonder... what it means to be quick to listen? Slow to speak? Slow to become angry? Is it easy to do those things? Can we always do it? If we are slow to speak, it means we have a chance to think first about what we are about to say. Why might that be important? How does this all link to self-control?
4	<b>Do rules help us to stay in control?</b>	<b>The Ten Commandments: Exodus 1:21</b> Hey-O! p86.	I wonder...if having rules helps us to stay in control. Discuss different rules you have at school or at home. How do these help? Which rules are easy to keep, and which ones are hard? Are there some rules which we don't talk much about, but we know we must keep? In the time before Jesus, God felt that His people needed some guidance over how to honour Him. He gave Moses some rules, called the Ten Commandments. <a href="#">Watch this video.</a> I wonder...did these ten rules help God's people to grow in self-control?
5	<b>Self-control: What does Jesus do?</b>	<b>The temptation of Jesus: Matthew 4:1- 11</b>	We can link self-control with not giving in to temptation. Have you ever felt tempted to do something? Did you give in to temptation or stay strong? There are always reasons to give up on the goals we set ourselves - reasons to be tempted not to stay on task. It happened to Jesus, too. There was a time when Jesus was being tempted and it lasted for 40 days

			and 40 nights. As he had God's power, he was encouraged to use this power incorrectly. What do you think Jesus did when he was tempted? <a href="#">Watch this video</a> and discuss it together. What does it teach you about self-control? If we feel strongly tempted to do something, Jesus understands because He was too! We can choose to pray for help when we are feeling tempted, and we can pray for help to not be in those situations in the first place. If you'd like to pray, you could thank God for the story about Jesus in the desert and for help with these things.
<b>6</b>	<b>Lead us not into temptation</b>	<b>Lord's Prayer: Matthew 6:9-13</b> Hey-O! p246.	Whilst talking to a large group of people on a mountain, Jesus taught them many things. We call this speech, 'The Sermon on the Mount' and as part of that sermon, Jesus taught his followers how to pray. He tells them what to say. We call it The Lord's Prayer. Say it together. Next, <a href="#">watch this video</a> and listen to the song together. Watch out for anything in the prayer that could link to self-control. I wonder... if you noticed the part in the Lord's prayer that says, "Lead us not into temptation"? What do you think this means? Why do we need to pray for this? Think about last time when we learnt about Jesus' temptation in the desert.
<b>7</b>	<b>Paul's letter</b>	<b>Paul:</b> 1 Corinthians 9:24-27	Is it true that in a race everyone runs, but only one gets the prize? What does it feel like when you're in a running race, striving to get the prize? Today, we're going to hear from Paul again. In one of his letters, he wrote to a church in Corinth. <a href="#">Watch this video</a> to find out what Paul said in his letter about self-control and then read the short passage in 1 Corinthians. Paul talks about running a race or a boxer beating the air. I wonder... what he means? He is saying it is important to stay focused, to have self-discipline and to not do something without thinking about it.
<b>8</b>	<b>It's tempting to go the other way!</b>	<b>Jonah</b> Lion Storyteller Bible p66. Hey-O! p158.	Jonah was a prophet, so he often heard from God. <a href="#">Watch this video</a> and/or <a href="#">listen to this song</a> . Rather than do something difficult, Jonah ran away. I wonder...why he felt he had to run away? Do you think he might have feared the people in Ninevah? Jonah thought that by running away it would mean he didn't have to do what God asked. Jonah didn't have the self-control to stay still and to listen to God. When he realised his mistake, Jonah prayed and asked God for His forgiveness. God forgave Him. I wonder...if he also prayed for more self-control next time? When we don't have the self-control to stay faithful to God, we can turn back and ask for forgiveness, just like Jonah. It's never too late.
<b>9</b>	<b>Keeping self-control throughout</b>	<b>Hannah: 1 Samuel 3</b> Hey-O! p120.	In this story, Hannah was feeling really upset so she told God everything that she was feeling. Christians believe that it is good to do this: God is always faithful, and it is good to talk to Him about everything. Eli, the Priest, heard Hannah and blessed her. He asked that the God of Israel give her what she has asked for. She had asked for a son. What do you think happens to Hannah? <a href="#">Watch this video</a> about Hannah's story. Hannah was faithful to God, and she kept her promise. She didn't get angry with God, or anyone else. She didn't

			lose her self-control. It might have been easy to think that God wasn't listening, and to stop praying. But she persevered and kept trusting God. God was faithful back and gave her the son she desired. Can you think of any other stories from the Bible where a lady prayed for a son? (Sarah, married to Abraham, prayed for son Isaac). I wonder...sometimes it is so easy to get cross when we don't get what we want straight away. Have you ever done that? Is there another way to respond?
<b>10</b>	<b>Asking God for self-control</b>	<b>Proverbs 16:32</b>	Read the Bible verse from Proverbs together – what does it mean? The book of Proverbs has lots of advice and wisdom in it. <a href="#">Listen to this song</a> . Why might Christians sing this song? They believe that God's Spirit can fill them and help them to have more self-control. If you'd like to join to, use the EXAMEN prayer to reflect on self-control. 1. GIVE THANKS for times you have been able to keep your self-control. 2. ASK FOR HELP in difficult situations when it may be hard to resist something. 3. REFLECT on times in your life where more self-control has been needed. 4. SAY SORRY for these times. 5. DECIDE what you could do to help others to grow in self-control.
<b>11</b>	<b>Self-control when we're excited!</b>	<b>The Thankful Man: Luke 17:11-19</b> Lion Storyteller Bible p124. Hey-O! p303.	We've talked before about keeping self-control when we feel strong emotions like anger or frustration. But what about when we feel excited? Think about the last time you felt really excited! What had happened? Would we always know or remember what the wise thing to do is when we feel like this? In this story, Jesus heals ten men who were unwell with a skin disease called leprosy. How do you think they felt when they realised they were healed? What do you think they did and what should they have done? <a href="#">Watch this video</a> . What can we learn from this story about self-control?
<b>12</b>	<b>A truce</b>	<b>BBC</b>	<a href="https://www.bbc.co.uk/teach/school-radio/articles/zhjpm39">https://www.bbc.co.uk/teach/school-radio/articles/zhjpm39</a> I wonder...if you know, what a ceasefire is? You might have also heard of a truce. In 1914, during the first World War, soldiers from the two sides decided to call a truce. Why do you think they did this? What do you think they did instead of fighting? Which fruit of the Spirit are being demonstrated? Are there any truces you need to have in your life? Spend some time reflecting, is there anyone you feel cross with at the moment? Is there anyone you have fallen out with? Reflect on what you could do to help restore the relationship with them. It might not be easy, and it might need lots of self-control. Remember to say sorry, even if you don't think you've done anything wrong, and to forgive them. If you'd like to pray for God to help you, then you can.