

FRUIT OF THE SPIRIT - FAMILY DEVOTION UNIT

This 9 lesson unit features family devotions for the Fruit of the Spirit. I created these lessons for our family to use with our 4 and 2 year old. Please feel free to adapt this as needed for your own children and their ages. The lessons as outlined will take around 20-30 minutes.

The first step for any family wanting to start a having weekly family devotions it to set aside a regular time each week to do it. After dinner works great for us but we have also had success in the morning after breakfast. Don't look for perfection when having family devotions. There is no perfect family and there is no set way to do this. Figure out what length and format works best for you and have fun!

Once you have your day of the week and time set for your family devotions don't schedule anything else during that time. Remember it is only 20-30 minutes each week. Making this time a priority for your family shows your children how important it is to spend time together in God's Word.

Each lesson includes worship singing scripture, scripture reading or bible story, memory verse, and prayer. At the end of each lesson there is also an optional family activity.

Week 1: Love

Week 2: Joy

Week 3: Peace

Week 4: Patience

Week 5: Kindness

Week 6: Goodness

Week 7: Faithfulness

Week 8: Gentleness

Week 9: Self Control

The memory verse for this unit will be Galatians 5:22-23. I have found that repeating the same verse to our kids is the best way for them to memorize and learn.

Supplies + Resources for our Fruits of the Spirit Family Devotional Unit (*Affiliate links are included for your convenience*)

- [The Jesus Storybook Bible](#)
- [The Good Samaritan \(5 Minute Bible Stories\)](#)
- [9 Fruits Alive \(GodCounts Series\)](#)
- [Seeds Family Worship – Seeds of Character](#)

WEEK 1: FRUIT OF THE SPIRIT - LOVE

INTRODUCTION: Explain that you will be talking about LOVE. An example of this might be, “Love is not just a feeling, it’s an action word. And, if we truly have the Fruit of the Spirit, we choose to love people with God’s kind of love, even when they don’t deserve it or even when it’s inconvenient to us.”

Read 9 Fruits Alive.

WORSHIP

- Seeds Family Worship – Seeds of Character – 4. The Fruit

BIBLE STORY: Read The Man Who Didn’t Have Any Friends on page 264 of The Jesus Storybook Bible. Use this story to discuss why it is important to show LOVE to others even when they are unkind or unpleasant to be around.

MEMORY VERSE: Galatians 5:22-23 “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!”

PRAYER: Lord, I pray that our family will learn to love You more, because You loved us first. Teach us to love others and to put the needs of other people above our own. Amen.

ACTIVITY: This week there are two activities you can do with your children. The first can be included as part of your family devotions before the prayer or could be saved for another day. The second is a challenge for parents.

Love Scavenger Hunt

Who doesn’t love a scavenger hunt? You will need red or pink paper, a pen, and scissors. It doesn’t really get much easier. And if you don’t have red or pink paper white printer paper works fine too ;).

Cut out 8 hearts (make them fairly decent in size) and write the following bible verses about LOVE on them...

- Whoever does not LOVE does not know GOD, because GOD is LOVE. 1 John 4:8
- This is how GOD showed his LOVE among us: He sent his one and only SON into the world that we might live through him. 1 John 4:9
- This is LOVE, not that we loved GOD, but that he loved us and sent his SON as an atoning sacrifice for our sins. 1 John 4:10
- No one has ever seen GOD; but if we LOVE one another, GOD lives in us and his LOVE is made complete in us. 1 John 4:12
- GOD is LOVE. Whoever lives in LOVE lives in GOD and GOD in him. 1 John 4:16
- We LOVE because He [God] first loved us. 1 John 4:19

- This is how we know that we are children of GOD: by LOVING GOD and carrying out his commands. 1 John 5:2
- This is LOVE for GOD: to obey his commands. 1 John 5:3

Send the kids into another room and hide the hearts or tape them around on the walls. Each time a heart is brought to you read the scripture to your family. This is a fun and easy way for yourself, spouse, and children to hear more of God's Word.

The Hugging Challenge

For the next week make every "hello" and "goodbye" with your child a special event. This includes when you see your child first thing in the morning, they leave for school, get home from school, just before bed, etc. And also to provide a loving dose of eye contact, smile, and touch. This demonstrates how glad you are to see them as well as how happy you are when they return.

Start hugging your kids and also your spouse more. Make more eye contact with each other and smile.

There are so many benefits to a good hug. A 10-second hug a day can significantly improve your health. According to one study, this includes: lower risk of heart disease, stress reduction, fights fatigue, boosts immune system, fights infection, and eases depression.

WEEK 2: FRUIT OF THE SPIRIT - JOY

INTRODUCTION: Explain that you will be talking about JOY. An example of this might be, “True joy comes from having Jesus in your life and knowing that you will live forever with him in heaven. True joy comes from the inside out; not from something that happens to us.”

Read 9 Fruits Alive.

WORSHIP

- Seeds Family Worship – Seeds of Character – 4. The Fruit

BIBLE STORY: Read the story He’s Here on page 176 of The Jesus Story Book Bible. Use this story to discuss how Jesus is the best promise ever fulfilled and is God’s gift to us. Jesus allows us to have the hope of heaven and is the best reason we have to be filled with joy.

MEMORY VERSE: Galatians 5:22-23 “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!”

PRAYER: Lord, teach our family to seek the joy that comes from knowing You, rather than the temporary happiness of the world. Teach us to joyfully serve without grumbling or complaining.

ACTIVITY: Make a Joyful Noise

Grab supplies from around the house and make impromptu megaphones, microphones, drums, guitars, and any other instrument your heart desires. Use your imagination. Sing your favorite worship song together, or even the worship song from this lesson, as a joyful noise to Lord. Even if it sounds more like shouting and looks like everyone is running around in circles if it is being done with a heart that is wanting to please God it is a sweet act of worship.

Psalms 100:1-2 says “Shout with joy to the Lord, all the earth! Worship the Lord with gladness. Come before him, singing with joy.”

WEEK 3: FRUIT OF THE SPIRIT - PEACE

INTRODUCTION: Explain that you will be talking about PEACE. An example of this might be, “Jesus paid for our sins on the cross, we have peace with God. Now it is our responsibility to do all we can to live in peace with everyone; we’re to be peacemakers.”

Read 9 Fruits Alive.

WORSHIP

- Seeds Family Worship – Seeds of Character – 4. The Fruit

BIBLE STORY: Read the story The Captain of the Storm on page 236 of The Jesus Story Book Bible. Use this story to discuss Jesus is always there for us and can give us peace when we are afraid or when we need comfort.

MEMORY VERSE: Galatians 5:22-23 “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!”

PRAYER: Lord, help us to become peacemakers. Protect our family from unnecessary arguments. Keep us from being easily offended. Thank you for Your forgiveness and give us the strength to extend forgiveness to others.

ACTIVITY: Take a Breath

When we focus breathing fully and deeply it helps us move away from the body’s natural fight or flight response and into more of a relaxed place. With specific breathing activities, we can calm, soothe, support or energize our bodies.

Here are a few breathing activities to try with your kids. Demonstrate these techniques to your child first and allow them practice.

- **Flower Breath:** Pretend you are smelling a flower. Breathe in through your nose and out through your mouth. Ask you child to “describe” the type of flower they are smelling. Is it big? Small? What color is it? What does it smell like? This is a very simple way to help kids connect with their breath.
- **Snake Breath:** Take a deep long inhale in through your nose and hiss the breath out of your mouth slowly. Slowing the breath on the exhale encourages kids to slow down physically, mentally, and emotionally.
- **Bunny Breath:** Perform 3 quick sniffs followed by one long exhale out of the nose. You can have your kids pretend they are bunnies sifting for carrots. This technique can be very helpful when kids are super upset because you can encourage them to focus on the long exhale so they are breathing out.

WEEK 4: FRUIT OF THE SPIRIT - PATIENCE

INTRODUCTION: Explain that you will be talking about PATIENCE. An example of this might be. "Patience is being willing to wait and waiting with a happy heart."

Read 9 Fruits Alive.

WORSHIP

- Seeds Family Worship – Seeds of Character – 4. The Fruit

BIBLE STORY: Read The Forgiving Prince on page 76 of The Jesus Story Book Bible. Use this story to discuss how trusting God when we wait allows God to work things out for us. It can be easy to become scared or angry but Joseph demonstrated a happy heart while waiting patiently for God to work.

MEMORY VERSE: Galatians 5:22-23 "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!"

PRAYER: Lord, give our family the strength to wait for You. Help us resist the temptation to take shortcuts in life. When it comes to our relationships, family, and our prayer life, remind us that Your timing doesn't look like ours. Remind us that You are never slow, but patient and gracious.

ACTIVITY: Cookies on the Table

You may have to try this activity a few times before your kids grasp the concept. Leave a plate of cookies out that are easily reachable to your children but explain to them that they need to wait patiently and with a happy heart until you tell them they can eat a cookie. Now if cookies aren't your kids thing, pick another treat that you know they will want.

Make sure you give them a set time frame for when they can eat the cookie. If you happen to catch them eating a cookie before the determined time take the cookie away. Let your child know that if they choose to eat the cookie before it is time they will not get a cookie. Remind them to be patient and wait for their cookie with a happy heart.

WEEK 5: FRUIT OF THE SPIRIT - KINDNESS

INTRODUCTION: Explain that you will be talking about KINDNESS. An example of this might be, "Just like love, joy, peace, and patience; kindness is not just a feeling, it's an action word. God's kind of kindness is self-sacrificing; it's having compassion on others and being willing to do something for them without expecting to get anything in return."

Read 9 Fruits Alive.

WORSHIP

- Seeds Family Worship – Seeds of Character – 4. The Fruit

BIBLE STORY: Read the story of The Good Samaritan. Use this story to discuss the importance of kindness and come up with different example of how they can be kind and show kindness to others during the upcoming week.

MEMORY VERSE: Galatians 5:22-23 "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!"

PRAYER: Lord, help us to demonstrate kindness to others even when it is hard. Thank you for Jesus and the kindness you showed us by sending your Son to take the punishment for our sins. Amen.

ACTIVITY: Random Acts of Kindness

Any act of kindness no matter how small can make a big difference in someones day. As a family create a list of ways over the next week that you can show others kindness.

Here are a few examples to get you started...

- Leave a happy note in a library book.
- Draw a picture for the mailman.
- Bake desserts for your family or friends.
- Set the table at meals.
- Play with a new friend at school.
- Bring flowers to your teacher.
- Draw a picture for your Sunday school teacher.
- Hold the door open for someone.
- Clean up your toys without being asked.
- Smile at everyone!

Once you have your list ready challenge each other to show kindness. See how many times you can perform a random act of kindness over the week.

WEEK 6: FRUIT OF THE SPIRIT - GOODNESS

INTRODUCTION: Explain to you will be talking about GOODNESS.

An example of this might be, "Goodness involves doing things that are right, but it goes way beyond staying out of trouble. Doing things God's way, instead of the way everyone else does them, is the definition of real goodness. We show goodness by choosing to obey God, even when it is hard."

Read 9 Fruits Alive.

WORSHIP

- Seeds Family Worship – Seeds of Character – 4. The Fruit

BIBLE STORY: Read the story Daniel and the Scary Sleepover on page 152 of The Jesus Story Book Bible. Use this story to discuss how Daniel chose to be obedient to God even when he knew what the cost would be.

MEMORY VERSE: Galatians 5:22-23 "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!"

PRAYER: Lord, I pray our family would be upright in our character, hating sin and choosing to obey Your word. I pray we would seek good things for other people. Teach us to live with honesty and integrity, always telling the truth and encouraging others to do so. Help our family be known for being Godly people who reflect Your good and perfect character.

ACTIVITY: Good Fruit vs. Bad Fruit

Provide two samples of soil to look at. One sample should be rich potting soil and the other should be rocks and dirt or just rocks. Ask which one would be better for growing trees.

Explain that if we were going to plant a tree we would want to use this good soil. It is rich and full of nutrients which would help the tree grow. We would also want to water it and make sure it gets plenty of sunlight. If we wanted to grow good fruit we would need a good place to grow and good soil.

Discussion Questions

- What are some things that we can do to help us grow in "good soil"? Give a few examples: studying God's word, listening to parents/teachers, etc.
- Why won't good fruit grow in bad soil?

WEEK 7: FRUIT OF THE SPIRIT - FAITHFULNESS

INTRODUCTION: Explain to you will be talking about FAITHFULNESS.

An example of this might be, "Faithfulness means being true to your word. Always doing what you say you're going to do."

Read 9 Fruits Alive.

WORSHIP

- Seeds Family Worship – Seeds of Character – 4. The Fruit

BIBLE STORY: Read the story The Young Hero and the Horrible Giant on page 122 of The Jesus Story Book Bible. Use this story to discuss that bringing glory to God means we point others to him and show through our own lives that he is a powerful God.

MEMORY VERSE: Galatians 5:22-23 "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!"

PRAYER: God, help us not to grow weary in doing good (Galatians 6:9). Cultivate in our family the type of loyalty that You show toward us, the loyalty that never gives up on people, but instead keeps praying for them and pursuing them. I pray our family will maintain our faith in Jesus for a lifetime.

ACTIVITY: The Faithfulness Shirt

Let love and faithfulness never leave you; bind them around your neck, write them on a table of your heart. Proverbs 3:3

If you have more than one child this will work for the kiddos, otherwise Mom or Dad will need to partner with your little one. You are literally going to bind your kids or yourself and child together inside an extra large shirt. Faithfulness is such an important lesson to teach kids, especially in a time where it is the norm to not see families stick together.

Explain that faithfulness means sticking together. There are a lot of challenges you will face in life. Faithfulness is being willing to stand by someone's side during the good, the bad, the challenging, the fun, the hard – even when we don't feel like it. Sometimes, we feel like it might be easier alone. Sometimes we don't want to stay loyal to a friend, family member or spouse. However, we are taught that, in love, we are to stick it out with people. Obviously there are always exception to this rule and if you are in danger or being hurt or in a relationship there is a time to protect yourself.

Set up an obstacle course for your kids to go through. Be creative and make the obstacles age appropriate. Have each child go through the obstacle course alone first and then put them inside the shirt together.

Discussion Questions

- What was easier? Going alone or with each other?
- What helped you make it through the obstacle course together?

WEEK 8: FRUIT OF THE SPIRIT - GENTLENESS

INTRODUCTION: Explain that you that you will be talking about GENTLENESS. An example of this might be, "God wants us to show others what His love looks like through our own gentle actions. When we are gentle we don't won't to do things in a loud way but in a quiet way that shows God's love for others."

Read 9 Fruits Alive.

WORSHIP

- Seeds Family Worship – Seeds of Character – 4. The Fruit

BIBLE STORY: Read the story The Servant King on page 286 of The Jesus Storybook Bible. Use this story to discuss that true godly gentleness is just the opposite of weakness—it is God's power put into action with love

MEMORY VERSE: Galatians 5:22-23 "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!"

PRAYER: Lord, may our words be filled with encouragement and gentle truth. Gentleness comes from a heart of humility, so give our family an appropriate sense of Your greatness, in order to keep us thinking too highly of themselves.

ACTIVITY: Washing Feet

Let me preface this by saying this will be messy. Especially with preschoolers and toddlers. But it will also be a really special memory for your family.

Set up foot baths for your family in an area of house that is preferable tiled or even take your feet washing outside if the weather is nice. Talk about Jesus and how he washed his disciples feet. Decide who will wash each others feet. Parents can wash each others feet first and show how to carefully and nicely wash feet.

WEEK 8: FRUIT OF THE SPIRIT - SELF CONTROL

INTRODUCTION: Explain that you that you will be talking about SELF-CONTROL. An example of this might be, "When babies are hungry they kick and scream and cry, when they want their diapers changed they kick and scream and cry. Moms and Dads have been given the responsibility to teach their children how to control themselves. We are going to learn about Jesus being tempted in the desert and how he had self-control."

Read 9 Fruits Alive.

WORSHIP

- Seeds Family Worship – Seeds of Character – 4. The Fruit

BIBLE STORY: Read the story Let's Go on page 208 of The Jesus Story Book Bible. Use this story to discuss with your children how Jesus was tempted but also explain that he was full of the Holy Spirit. It is impossible for us to fight Satan on our own but if we ask God to fill us with His Holy Spirit to help us fight Satan and temptation, we can be strong and victorious like Jesus.

MEMORY VERSE: Galatians 5:22-23 "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!"

PRAYER: Lord, please help our family to exercise self-control with our bodies and our mouths. Give us the discipline to pray first and to consider the consequences of our actions.

ACTIVITY: Self-Control Bubbles

Grab some bubbles. For the first round, blow bubbles and allow kids to pop, touch, chase, and catch the bubbles at their heart's desire. However, for the second round, tell them that they are going to practice using self-control. Bubbles will be all around them, but they must use self-control and not touch or chase the bubbles.

Discussion Questions

- Was it hard to not touch the bubbles when they were all over you?
- What thoughts were you thinking that helped you to stay calm, your voice quiet, and your hands away from the bubbles?
- What will you do if you feel yourself getting out of control?