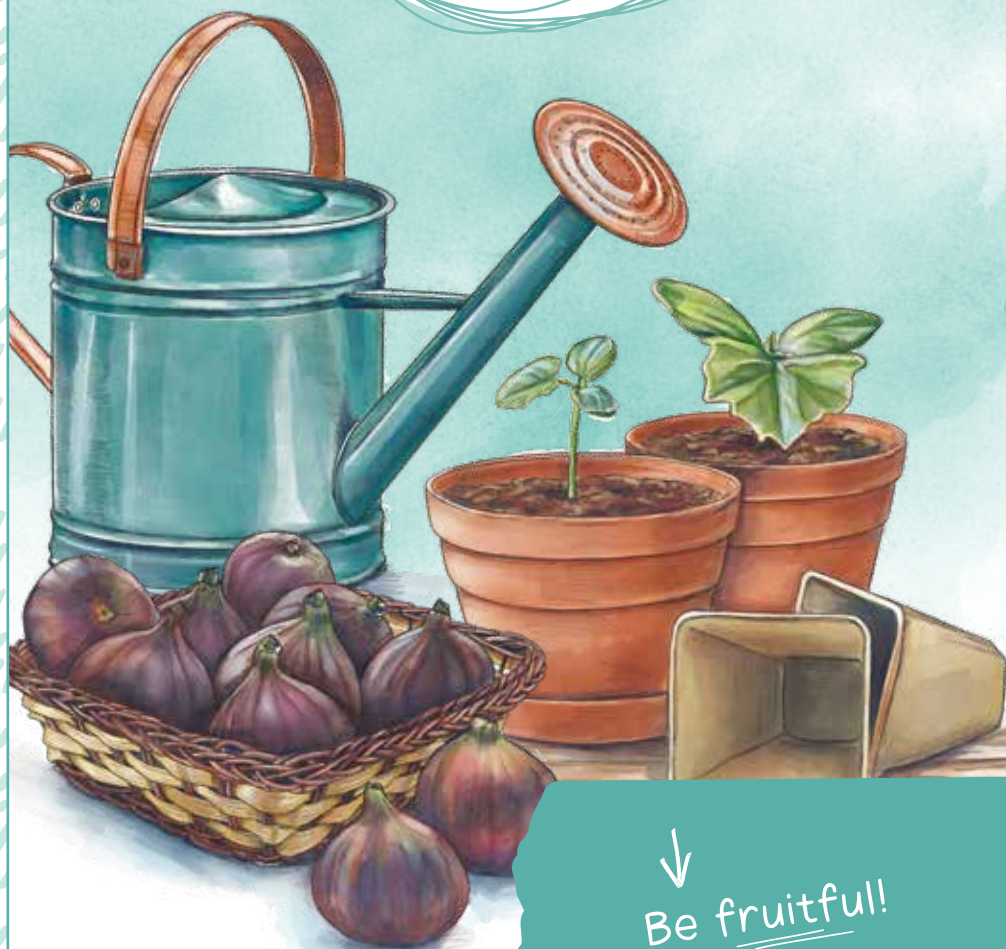




SPIRITUAL FRUIT

A Bible Study on the
Fruit of the Spirit



↓
Be fruitful!

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WHAT'S IN THIS Study?

DAY 1: Sin in Our Roots

DAY 2: Root to Fruit

DAY 3: The War

DAY 4: The Spirit's Work

DAY 5: Love

DAY 6: Joy

DAY 7: Peace

DAY 8: Patience

DAY 9: Kindness

DAY 10: Goodness

DAY 11: Faithfulness

DAY 12: Gentleness

DAY 13: Self-Control

DAY 14: You Are FREE

DAY 15: God's Way Over Mine

DAY 16: Pain Now, Fruit Later

DAY 17: Keeping in Step

DAY 18: Filled With the Spirit

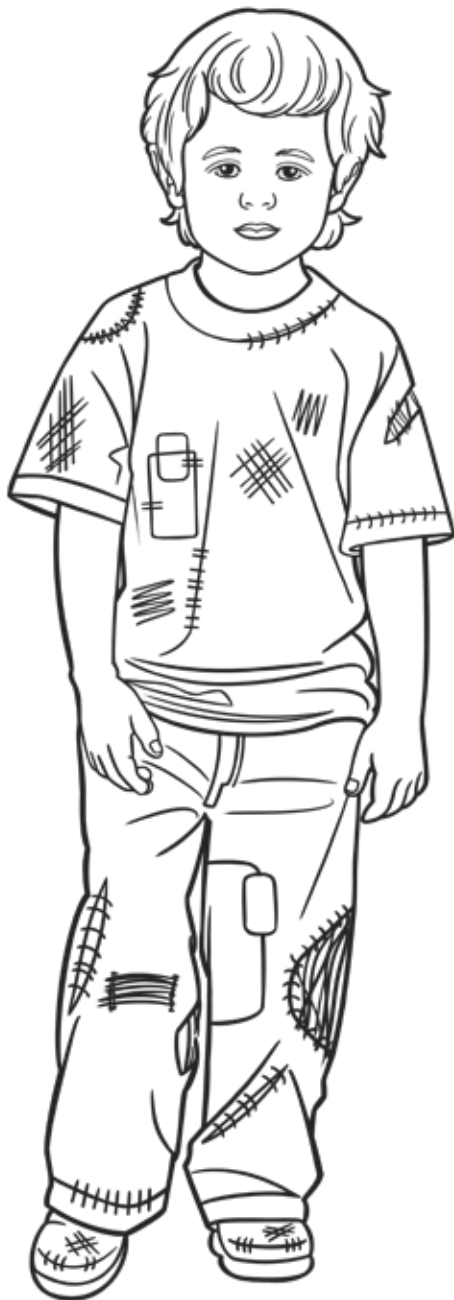
DAY 19: Seasons of Fruit

DAY 20: He Will Complete It



Primary Level

The Holy Spirit helps us put off our sin and put on what is good and right! Use your stickers to change from dirty, old clothes to fresh, new ones.



Today, thank God for giving you the Holy Spirit to change you from the inside out. Ask the Spirit to help you grow!

Add the HOLY SPIRIT sticker on pages 4-5.

Name as many of the fruit of the Spirit you can remember!

Today, we get to talk about kindness. When I think about kindness, I remember my mom's simple question when my younger brother and I used to get into fights: "Are you being kind?" Of course, we knew we weren't being kind when we were yelling at or hitting each other. But did that mean we were being kind if we just ignored one another?

Kindness means using your words and actions to make others feel loved and cared for. It isn't just about NOT being mean or calling each other names. It IS caring for and doing good to others!

Read ^{KEY VERSES} **1 Peter 3:8-9**. As you listen, give a thumbs up when you hear words that SHOULD describe Christians. Give a thumbs down when you hear words that should NOT describe Christians.

Showing kindness
means doing good
to others.

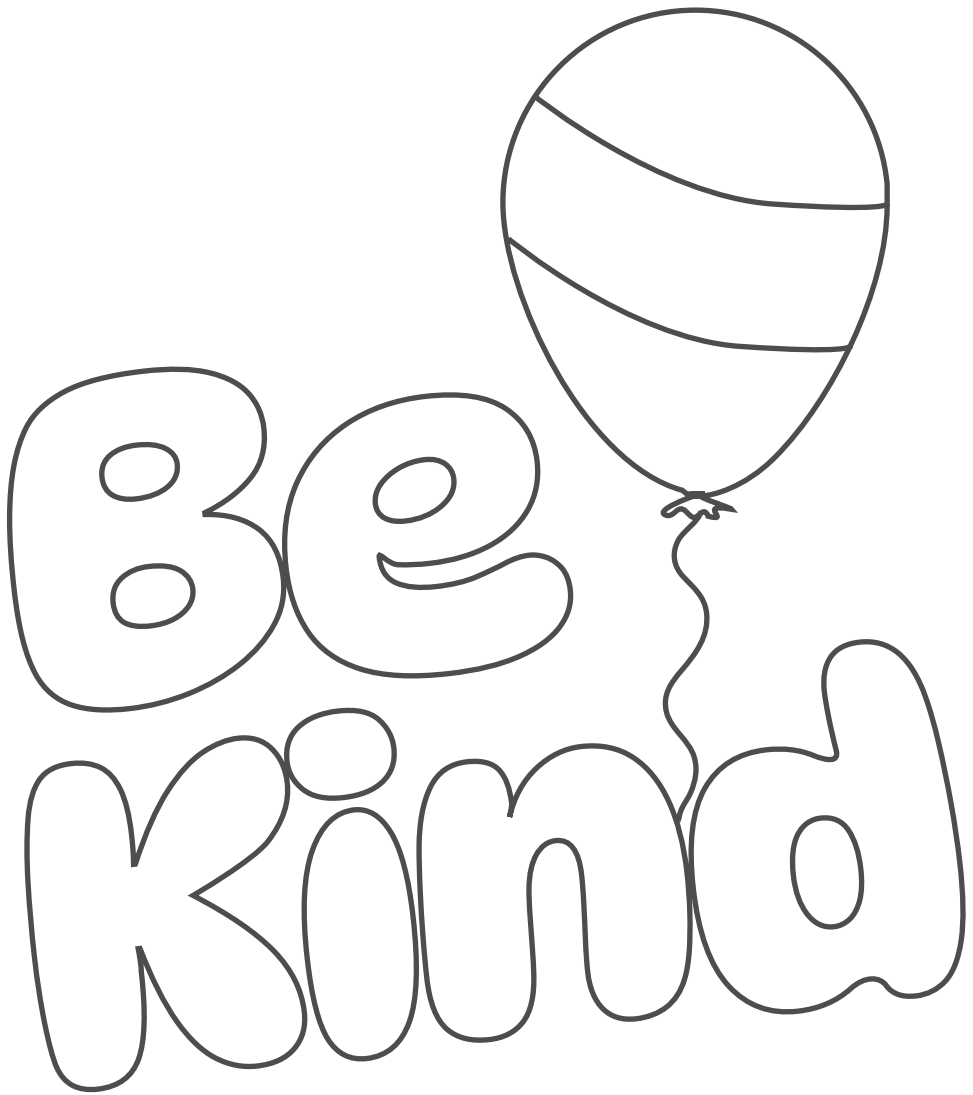


Listen to the examples of unkindness. Then, come up with ways to be kind or do GOOD in those situations.

- A neighbor kid takes your ball but says they don't have it.
- A friend calls you a mean name.
- A sibling says something mean to you.

Even though kindness takes work, don't give up! God promises that when we obey Him by doing good to others, He will reward us.

Color the words that remind you how to treat others.



Today, praise God for His great kindness to you. Ask Him to help you do good to others.

Add the KINDNESS sticker on pages 4–5.

Have you ever been so stuffed you couldn't even eat dessert? What made you so full?

Read **Ephesians 5:15–18**. What are Christians supposed to be filled with?

Having the Spirit of God inside you changes how you look at life! You are called to make good choices and use your time well. Don't be filled with anything like movies, games, selfishness, or anger. That leaves no room for the Spirit.



Sometimes even good things can keep us from doing what is most important! But guess what? Today, you can choose God's way. Today, you can choose to fight your sin with the Holy Spirit's help.

**I will get wisdom for life
when I am filled with the Spirit.**

Read **COLOSSEANS 1:9–10**. Where do you think knowledge and spiritual wisdom come from?

These are things the Holy Spirit gives us! Why do we need to pray for wisdom and knowledge? So we can live in a way that pleases God!

Challenge:

Take a little walk with Mom or Dad around your yard or street. As you walk, look at the things God made—trees, birds, and flowers. Thank Him for His beautiful world! Then, pray that God would help you grow in wisdom and live for Him.

We need to be filled with the Spirit! Use your stickers to match the fruit to each fruit of the Spirit.



Today, praise God for the wisdom He promises to give you when you seek Him. Ask Him to help you make room for what is important.

Add the FILLED WITH THE SPIRIT sticker on pages 4–5.

Junior Level

The Spirit's Work

Let's review. Do you remember what the opposite of the flesh is?

the _____

Read ^{REVERSE} **Galatians 5:16**. What is God's plan for saying "no" to our flesh?

Have you ever walked with someone and matched their step and stride? You are walking exactly beside or in step with them. That's like walking in the Spirit.



This may be a big change from your normal "walk"! It's like a commitment to fight on the Spirit's side of the war with your flesh. We can't defeat our sinful flesh by ourselves, but we CAN fight and win battles with the Spirit's help!

Read **Ephesians 4:20-24**.
What do Christians put, or take, off?

What do we put on?

Have you ever come home from church and changed into comfy clothes? Taking off one kind of clothing and changing into new clothes helps us understand what happens when we are saved and receive the Holy Spirit.

As we read and hear God’s Word, the Spirit changes and renews our minds. Then, He helps us “put off” the sin of our old selves and “put on” a new self that follows Jesus!

Take a look through **Ephesians 4:25–32**. Match the verses and sinful actions listed on the left with the actions or thoughts that replace those sins!

4:25 lying •

• being kind and forgiving

4:28 stealing •

• speaking truth

4:29 corrupt or nasty words •

• using words that encourage
and build up

4:31-32 anger and fighting •

• working hard

When we walk in the Spirit,
He changes the kind of fruit
growing in our lives!

What are some ways you already know you need to grow?

Today, thank God for giving you the Holy Spirit to change you from the inside out. Ask the Spirit to open your eyes to ways you need to grow!

Add the HOLY SPIRIT sticker on pages 4–5.

List the 4 fruit of the Spirit you've learned so far!

The fruit of the Spirit is _____, _____,
_____, _____ . . .

As you can see by the title of this lesson, today we get to talk about kindness. When I think about kindness, I remember my mom's simple question when my younger brother and I used to get into fights: "Are you being kind?" Of course, we knew we weren't being kind when we were yelling at or hitting each other. But did that mean we were being kind if we just ignored one another? Was kindness just NOT being mean, or was there more to it?



Look up the definition of "kindness" in the dictionary and write it below.

Kindness (noun): » _____

Kindness isn't just about NOT aggravating your sibling or calling them names. It IS considering, caring for, and doing good to others! Let's learn more about what this might look like in our lives.

Read ^{KEY VERSES} » **1 Peter 3:8-9**. Circle the words that should describe Christians!

rude • humble • uncaring • patient

sympathetic • evildoers • tender-hearted

loving • do good things

As Christians, instead of being uncaring, acting rudely, or returning evil for evil, we're called to do good!

Showing kindness means
doing good to others.

Read through the examples of evil or unkindness on the left side of the chart. Then, come up with ways to respond in kindness or do GOOD in those situations and write them on the right side of the chart.

Unkindness-Doing Evil	Kindness-Doing Good
A neighbor kid takes your football and claims not to have it.	
A friend lies about you.	
A sibling says something mean or sarcastic to you.	

Kindness isn't based on whether or not someone else is kind to you—it's based on GOD'S unfailing kindness. Even though kindness takes work, don't give up! God promises that when we obey Him by doing good to others, He will reward us (Galatians 6:9-10). So keep showing up and asking the Holy Spirit to help you be kind!

Today, praise God for His great kindness to you. Ask Him to help you go out of your way to do good to others. Add the KINDNESS sticker on pages 4-5.

Have you ever been so stuffed you couldn't even eat dessert? What made you so full? ----->

Read **Ephesians 5:15-18**.
What are Christians supposed to be filled with?



Having the Spirit of God inside you changes how you look at life! You are called to walk wisely and use your time well. Don't be filled with anything—music, sports, videos, pride, selfishness, rebellion, anger—that leaves no room for the Spirit. Be so careful in following the Spirit's leading that you are FULL of the Spirit and the good fruit that comes from Him!



What usually **fills** your thoughts or gets the most of your time?

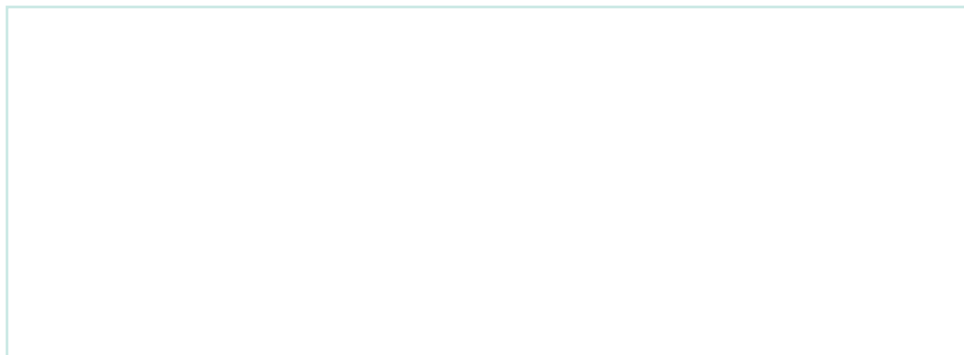


Sometimes even good things can distract us from the main thing—following Jesus! If you're like me, you can probably list a whole bunch of things that are keeping you from being filled with the Spirit and living wisely!

But guess what? Today, you can choose to walk wisely. Today, you can choose the Spirit's side instead of siding with your flesh.

We will gain wisdom for life
when we are filled with the Spirit
and not controlled by other things.

Read ^{KEY VERSES} **Colossians 1:9–10**. Where do you think knowledge and spiritual wisdom come from?



These are things the Holy Spirit gives us! Why do we need to pray for wisdom and knowledge? So we can live and walk in a way that pleases God!

We can also pray for others to have wisdom. Who do you want to pray this prayer for today?

» _____ » _____

As you learn more about God, you will bear more fruit. As you bear more fruit, you will please Him! The key to being wise and fruitful in the life God has given you is to seek to know Him better every day through His Word.

Today, praise God for the wisdom He promises to give you when you seek Him. Ask Him to also give wisdom and knowledge to the people you listed above. Add the FILLED WITH THE SPIRIT sticker on pages 4–5.

Challenge:

Take a walk (with a parent or after letting them know) around your yard or neighborhood. As you walk, pray for God to help you grow in wisdom and follow Jesus in everything you do. Talk to Him about things that are hard for you—like being patient, kind, or brave. Pray for your friends, family, and neighbors as you pass their homes.

Youth Level

The Spirit's Work

Read ^{KEY VERSE} **Galatians 5:16**. How do we say “no” to our flesh?

Have you ever walked with someone and matched their steps? When they put their right foot down, you put your right foot down. When they lift their left foot, you lift yours! That’s like walking in the Spirit. You are matching steps by doing what the Spirit would do and obeying God. We can’t defeat our sinful flesh by ourselves, but we CAN fight and win battles with the Spirit’s help!



Read **Ephesians 4:22–24**. What do Christians put, or take, off? What do we put on?

Do you ever need to change out of clothes because they’re dirty and put new, clean ones on? Taking off one set of clothes and changing into new clothes helps us understand what happens when we are saved and receive the Holy Spirit.

The Holy Spirit uses God’s Word to change our minds and hearts. We put off sin and put on a new self that obeys God.

**When I walk in the Spirit,
He changes me!**

Challenge:

When you are tempted to sin against God this week, stop and pray for the Holy Spirit to help you fight sin and say no!

Read ^{LEV VERSE} *Galatians 5:16*. What is God's good plan for saying "no" to our flesh?

Have you ever walked with someone and matched their step and stride? You are walking exactly beside or in step with them. That's like walking in the Spirit. You are agreeing with the Spirit and practicing obedience to what God would have you do.



This may be a big change from your normal "walk"! It's like a commitment to fight on the Spirit's side of the war with your flesh. We can't defeat our sinful flesh by ourselves, but we CAN fight and win battles with the Spirit's help!

Ephesians 4:17-19 describes the life of someone giving in to the flesh.

Read *Ephesians 4:20-24*. What change happens in our lives when we have the Holy Spirit in our hearts?

Have you ever come home from church and immediately changed into your comfy clothes? The idea of taking off one kind of clothing and changing into new clothes helps us understand what happens when we are saved and receive the Holy Spirit.

We can "put off" being controlled by the sin of our old selves by "putting on" a new self where our minds are renewed and changed by the Spirit. This happens by reading and hearing God's Word. As we learn more truth, the Spirit uses it to change our hearts and desires.

Take a look through *Ephesians 4:25-32* to complete the chart on the next page. In the Old Self column, write down the sinful actions and thoughts you find in each verse. In the New Self column, list the actions or thoughts that replace those sins!

VERSES	OLD SELF	NEW SELF
4:25		
4:26		
4:28		
4:29		
4:31 - 32		

These new-self actions and thoughts come from God! Though you might be able to fake not being angry, bite your tongue instead of saying mean words, or hold yourself back from certain sins sometimes, you can’t change your heart to be loving, patient, obedient, or forgiving. This is God’s work, and it only happens when we walk in the Spirit.

When have you felt sinful anger, hatred, or some other urge to do wrong, but still said or done the “right” thing on the outside? How did that feel to you?

As you learned on Day 2, this is kind of like taping fruit on a diseased tree. Our actions are important, but so are our hearts. This is why we need to study the fruit of the Spirit. The Holy Spirit works on our hearts so that our actions change, too! This is called **sanctification**.

Sanctification:
 the process of the Holy Spirit changing us to be like Jesus and making us able to bear good fruit

When we *walk* in the Spirit,
 He changes the kind of fruit growing in our lives!

What are some areas you already know you need to grow in?

Today, thank God for giving you the Holy Spirit to change you from the inside out. Ask the Spirit to open your eyes to ways you need to grow!

Add the HOLY SPIRIT sticker on pages 4–5.

Challenge:

Walking in the Spirit means choosing to do battle with our sin over and over! Make a list of 3 things to do when you are tempted to sin. Some examples are praying for the Holy Spirit to help you, walking away or taking a break, and reading or saying Scripture.

List the 4 fruit of the Spirit you've learned so far!

The fruit of the Spirit is . . .

_____, _____,
_____, _____ . . .



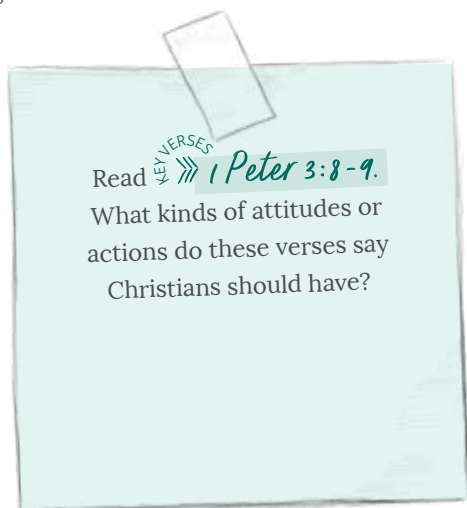
As you can see by the title of this lesson, today we get to talk about kindness. So what IS kindness? How would you describe it?

When I think about kindness, I remember my mom's simple question when my younger brother and I used to get into fights: "Are you being kind?" Of course, we knew we weren't being kind when we were yelling at or hitting each other. But did that mean we were being kind if we just ignored one another? Was kindness just NOT being mean, or was there more to it?

Look up the definition of "kindness" in the dictionary and write it below.

Kindness (noun): _____

Kindness isn't just about NOT aggravating your sibling or calling them names. It IS considering, caring for, and doing good to others! Let's learn more about what this might look like in our lives.



It's easy to ignore or respond with "not my problem" when we see someone in need. We can get in a rush and push past, interrupt, or speak impatiently to people. When someone insults or offends us, our first instinct is to get them back! Yet all of these things are the opposite of what God calls us to. Instead of returning evil for evil, we're called to do good!

Showing *kindness* means doing good to others.

Read through the examples of evil or unkindness on the left side of the chart. Then, come up with ways to respond in kindness or do GOOD in those situations and write them on the right side of the chart.

Unkindness—doing evil	Kindness—doing good
A neighbor kid takes your football and claims not to have it	
A friend gossips behind your back	
A sibling says something mean or sarcastic to you	
People are ignoring someone who has spilled their drink all over the floor	

The truth is, sometimes kindness takes extra time or means giving up what you want in order to help someone else. You might need to decide to forgive someone before they've even asked, or to speak loving words instead of angry ones. Kindness isn't based on whether or not someone else is kind to you—it's based on GOD'S unfailing kindness!

Read *Galatians 6:9-10*. What encouragement does this verse give?



Even though kindness takes work, don't give up! God promises that when we obey Him by doing good to others, He will reward us. You might not see the results right now, but you will one day. So keep showing up and relying on the Holy Spirit to help you be kind!

Today, praise God for His great kindness to you every single day of your life. Ask Him to help you go out of your way to do good to others.

Add the KINDNESS sticker on pages 4–5.

I had just finished an amazing dinner—salad, steak, shrimp, and a baked potato on the side. When the waitress asked if I wanted dessert, I couldn't imagine stuffing one more bite of ANYTHING into my mouth. I was so full there wasn't room for anything else!

Have you ever been so stuffed you had to turn down dessert? What made you so full? 

Read *Ephesians 5:15-18*. What instructions do these verses give Christians?

Having the Spirit of God inside you should give you a sense of purpose as you go through life. You are called to walk wisely and use your time well because this world is evil.

The instruction in verse 18 to not be drunk is literal, but it also communicates a general truth: Don't be filled with anything—music, sports, entertainment, pride, selfishness, rebellion, anger—that leaves no room for the Spirit. Be so careful in following the Spirit's leading that you are FULL of the Spirit and the good fruit that comes from Him!

What usually fills your thoughts or gets the most of your time?

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Sometimes even good things can distract us from the main thing. Something doesn't have to be evil to be unwise; it just has to take your love, time, and focus away from Jesus. If you're like me, you can probably list a whole bunch of things that are keeping you from being filled with the Spirit and living wisely!

But guess what? Today, you can choose to walk wisely. Today, you can choose the Spirit's side instead of siding with your flesh.

We will gain *wisdom* for life
when we are filled with the Spirit
and not controlled by other things.



Read ^{KEY VERSES} **Colossians 1:9-10**. What were Christians asking God to give their Christian brothers and sisters?

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This is my prayer for you as you finish this study in the next few days. This can also be your prayer for other Christians around you and for yourself as you seek to walk in the Spirit—that the Spirit would fill us and give us wisdom and knowledge. Why do we need to pray for wisdom and knowledge? So we can live and walk in a way that pleases God!

Who do you want to pray this prayer for today?

»» _____ »» _____

»» _____ »» _____

As you learn more about God, you will bear more fruit. As you bear more fruit, you will please Him! The key to being wise and fruitful in the life God has given you is to seek to know Him better every day through His Word.

Today, praise God for the wisdom He promises to give you when you seek Him. Ask Him to also give wisdom and knowledge to the people you listed above.

Add the FILLED WITH THE SPIRIT sticker on pages 4–5.



Go on a prayer walk by yourself around your yard, house, or in your neighborhood (just let a parent know!). Keep your eyes open, but pray for God's Spirit to increase your wisdom as you seek to live for Jesus. Ask for help in specific areas where you're confused, struggling, or fighting sin. Pray for others, too!

Parent Guide

Let's review. What is the opposite of the flesh?

the _____

Read ^{KEY VERSE} *Galatians 5:16*. What is God's good plan for saying "no" to our flesh?

Walking in the Spirit means agreeing with the Spirit and practicing obedience to what God would have you do. This may be a big change from your normal "walk"! It's like a commitment to fight on the Spirit's side of the war with your flesh. We can't defeat our sinful flesh by ourselves, but we CAN fight and win battles with the Spirit's help!

Ephesians 4:17-19 describes the life of someone giving in to the flesh.

Read *Ephesians 4:20-24*.
What change happens when we have the Holy Spirit in our hearts?

Have you ever come home from church or work and immediately changed into your comfy clothes? Taking off one kind of clothing and changing into new clothes helps us understand what happens when we are saved and receive the Holy Spirit.

We can "put off" being controlled by the sin of our old selves by "putting on" a new self where our minds are renewed and changed by the Spirit. This happens by reading and hearing God's Word. As we learn more truth, the Spirit uses it to change our hearts and desires.

I love 2 Corinthians 4:16-18 because it reminds me of the big-picture truth I miss sometimes. God is changing my heart in ways I may not immediately see, just like He changes our kids' hearts in ways we can't see yet. Unlike our bodies, which are wasting away, God's work is eternal and lasting.



Take a look through *Ephesians 4:25-32*. In the Old Self column, write down the sinful actions and thoughts you find in each verse. In the New Self column, list the actions or thoughts that replace those sins!

VERSES	OLD SELF	NEW SELF
4:25		
4:26		
4:28		
4:29		
4:31-32		

These new-self actions and thoughts come from God! You can't change your heart to be loving, patient, obedient, or forgiving. This is God's work, and it only happens when we walk in the Spirit.

Have you ever felt sinful anger, hatred, or some other urge to do wrong, but still said or done the "right" thing on the outside? Our actions are important, but so are our hearts. This is why we need to study the fruit of the Spirit. The Holy Spirit works on our hearts so that our actions change, too! This is called **sanctification**.



When we *walk* in the *Spirit*, He changes the kind of fruit growing in our lives!

Today, thank God for giving you the Holy Spirit to change you from the inside out. Ask the Spirit to open your eyes to ways you need to grow!

Add the HOLY SPIRIT sticker on pages 6-7.

Scripture: Galatians 5:16
Key Truth: When we walk in the Spirit, He changes the kind of fruit growing in our lives!

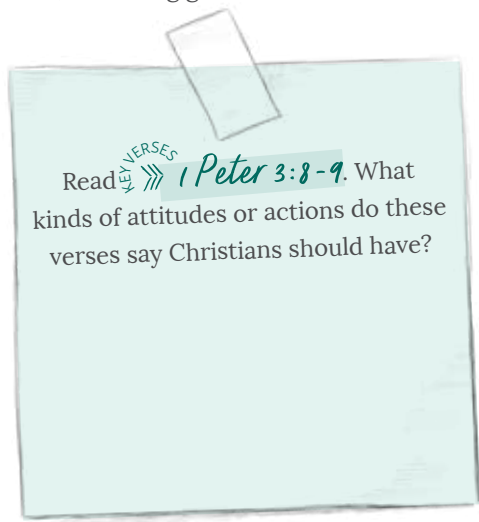
Discussion: What is "walking in the Spirit"? What are some examples of how the Holy Spirit helps us put off sin and put on right actions? How does the Holy Spirit change our actions?

As you can see by the title of the lesson, we get to learn about kindness today! But what is kindness, exactly?

Look up the definition of “kindness” in the dictionary and write it below.

Kindness (noun): _____

Kindness isn’t just about NOT being rude or mean to people. It IS considering, caring for, and doing good to others!



It’s easy to ignore or respond with “not my problem” when we see someone in need. We can get in a rush and push past, interrupt, or speak impatiently to people. When someone insults or offends us, our first instinct is to get them back! Yet all of these things are the opposite of what God calls us to. Instead of returning evil for evil, we’re called to do good!

Showing *kindness* means
doing good to others.

Think of some ways you could respond to these situations in kindness.

Unkind: A neighbor keeps complaining about your kids being loud.

Kind: _____

Unkind: A friend gossips behind your back.

Kind: _____

Unkind: At the food court, people are ignoring a spilled drink in the floor.

Kind: _____

One thing that will help your kids in ALL areas of life is initiative—being able to see what is needed and do it! While this will help them be kind, it will also set them apart in work, sports, school, and other areas. Living by God’s standards not only blesses others, but it blesses us too.

The truth is, sometimes kindness takes extra time or means giving up what you want in order to help someone else. You might need to decide to forgive someone before they’ve even asked, or to speak loving words instead of angry ones. Kindness isn’t based on whether or not someone else is kind to you—it’s based on GOD’S unfailing kindness!

Read *Galatians 6:9-10*. What encouragement does this verse give?

Even though kindness takes work, don’t give up! God promises that when we obey Him by doing good to others, He will reward us. You might not see the results right now, but you will one day. So keep showing up and relying on the Holy Spirit to help you be kind!

Today, praise God for His great kindness to you every single day of your life. Ask Him to help you go out of your way to do good to others.

Add the KINDNESS sticker on pages 6-7.



Scripture: 1 Peter 3:8-9

Key Truth: Showing kindness means doing good to others.

Discussion: Is kindness just not being mean?

Why or why not? What are some ways you’ve had an opportunity to do good to someone this week? Why should we be kind to other people?

I had just finished an amazing dinner—salad, steak, shrimp, and a baked potato on the side. When the waitress asked if I wanted dessert, I couldn't imagine stuffing one more bite of ANYTHING into my mouth. I was so full there wasn't room for anything else!

Have you ever been so stuffed you had to turn down dessert? What made you so full? 

Read *Ephesians 5:15-18*. What instructions do these verses give Christians?

Having the Spirit of God inside you should give you a sense of purpose as you go through life, seeking to walk wisely. While the instruction in verse 18 to not be drunk is literal, it communicates a general truth as well: Don't be filled with anything that leaves no room for the Spirit. Be so careful in following the Spirit's leading that you are FULL of the Spirit and the good fruit that comes from Him!

What usually fills your thoughts or gets the most of your time?

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Discuss your answers to this question as a family! How could you direct your thoughts or attention to God and His ways throughout your day?

Something doesn't have to be evil to be unwise; it just has to take your love, time, and focus away from Jesus. If you're like me, you can probably list a whole bunch of things that are keeping you from being filled with the Spirit and living wisely!

But guess what? Today, you can choose to walk wisely. Today, you can choose the Spirit's side instead of siding with your flesh.

We will gain *wisdom* for life
when we are filled with the Spirit
and not controlled by other things.



Read ^{KEY VERSES} **Colossians 1:9-10**. What were Christians asking God to give their Christian brothers and sisters?

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Who do you want to pray this prayer for today?

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As you learn more about God, you will bear more fruit. As you bear more fruit, you will please Him! The key to being wise and fruitful in the life God has given you is to seek to know Him better every day through His Word.

Today, praise God for the wisdom He promises to give you when you seek Him. Ask Him to also give wisdom and knowledge to the people you listed above.

Add the FILLED WITH THE SPIRIT sticker on pages 6-7.



Go on a prayer walk by yourself. Talk with God about your family, your parenting, and your own walk with Him. Ask the Holy Spirit to give you wisdom and discernment as you lead your children to follow Jesus.

Scripture: Colossians 1:9-10
Key Truth: We will gain wisdom for life when we are filled with the Spirit and not controlled by other things.

Discussion: How can we walk wisely today? What are some things we tend to fill ourselves with that could keep us from being filled with the Spirit? What is one way to give the Holy Spirit room in our hearts and minds?



SPIRITUAL FRUIT

Do you know what the **fruit of the Spirit** is?
It's not apples, oranges, or bananas! It's the change
that happens in your thoughts, words, and actions
when the Holy Spirit lives inside you!

Spiritual Fruit is a study on how God's Spirit changes
us to be more like Jesus. As you learn to walk in the
Spirit, He will grow spiritual fruit in your life: love,
joy, peace, patience, kindness, goodness, faithfulness,
gentleness, and self-control. These characteristics are
the opposite of what is natural to our sinful hearts.

So what is walking in the Spirit, and how can we
actually have this **good fruit** in our lives?
The Bible has the answers!

