

## Transform Your Nature, Using Jesus as Your Example: *The Fruit of the Spirit*

### LESSON AT A GLANCE

#### Facilitator Notes:

- Midweek Experience videos can be found on the [NAC USA YouTube](#) channel *and* in the [NAC USA mobile app](#)

#### I wonder...

- What is the fruit of the Spirit?
- How do I get it?
- Why do I need it or want it?

#### I believe...

- The fruit of the Spirit are 9 divine attributes and personality qualities described in Galatians 5:22-23 - love, joy, peace, patience, kindness, goodness, faith, gentleness, and self-control. (Catechism Q&A question 530)
- These 9 qualities come directly from the Holy Spirit and not from ourselves. (Catechism Q&A question 530)
- God is sharing part of His divine nature with us, and His nature will shine through us and draw others to Him. (Catechism Q&A question 530)

#### Materials:

- IGNITE Bible
- Catechism Q&A
- Midweek Experience
  - [August 2017, Session 1 – "Do You Bear Fruit?"](#)
- Chart paper, markers

#### References:

- Bible verses: Matthew 11:25-30, Matthew 14:28-32, Matthew 26:47-54, Matthew 27:45-53, Luke 22:49-51, Luke 23:32-34, John 10:7-16, John 12:27-28, John 14:25-31, John 15:5-8, John 16:19-24, Galatians 5:22-23
- Catechism Q&A question 530

### PRE DISCUSSION MESSAGE TO PARENTS AND STUDENT (TO BE SENT VIA EMAIL OR TEXT)

What is your favorite fruit to eat? What is your favorite fruit of the Spirit, as listed in Galatians 5:22-23? Join us tomorrow for small group at \_\_\_\_\_ when we'll have a discussion about fruit.

### POST DISCUSSION MESSAGE TO PARENTS (TO BE SENT VIA EMAIL OR TEXT)

#### Facilitator Notes:

- Please feel free to customize and add local information as necessary.
- Consider including the video link above if you didn't have time to watch it in youth group.

Dear Parents,

This week the "I Wonder...." questions are about the fruit of the Spirit. Ask your student if they can name all 9 divine attributes from Galatians 5:22-23. Tell your student which attribute you think they demonstrate best and how it impacts others. Ask them to tell you what fruit of the Spirit they think you demonstrate and how it impacts others. Remind each other every day this week about the attributes you both demonstrate well and about the ones you both need to work into your nature. As always, if you have questions about the topic, please feel free to contact me/us. Your Youth Leaders

### SUNDAY SERMON REFLECTIONS (10 minutes)

#### Facilitator Notes:

- Allow 2-3 students to share their reflections. For larger groups, vary who shares from week to week.

- What Bible verse was used for the basis of last Sunday's sermon?
- What were some of the main takeaways? What did you learn?
- So far this week, how have you applied what you learned from the sermon last Sunday?
- Going forward, how will you apply what you learned from the sermon last Sunday?

### HOOK (15 minutes)

#### Facilitator Notes:

- Allow 2-3 students to share their reflections. For larger groups, vary who shares from week to week.

- How are you and how are you feeling today?
- Who would like to share their point to ponder or call to action from last week?
- Ask the students to write down 5 characteristics that they would want in a roommate.
- Have students share a characteristic and why they chose it.
  - Most responses will be people with characteristics that demonstrate they are a good person or that are most like the student (i.e. trustworthy, friendly, honest, funny).
  - God wants us to transform our nature using Jesus as our example. As our example, we want to look at His characteristics and how He demonstrated what a life filled with the Spirit can look like.

### SET THE STAGE (1 minute)

#### Facilitator Notes:

Preview the "I wonder" questions with the students.

#### "I wonder..."

- What is the fruit of the Spirit?
- How do I get it?
- Why do I need it or want it?

### LESSON (25 minutes)

#### Facilitator Notes:

- Prepare a 2 column chart with the headings **Fruit** – under which you should list the 9 fruit, and **My Meaning** – where you will write the students' definitions of each fruit.

#### Read the passage from John 15:5-8

- Why does the branch need to remain connected to the vine?
  - If the branch is severed, the life is severed and no fruit will be produced.
  - The Holy Spirit provides the life out of which the fruit of the Spirit is produced. If we don't stay connected to God, we won't produce Godly fruit.

- If the class is smaller, divide the students into less groups or stay together as one group.
- It's important to highlight that we're not talking about a transformation in the sense of Transformers, who change back and forth, but rather we're focusing on a transformation that is permanent and deeply rooted in transforming our nature.
- Depending on time, encourage the students to read, or take turns reading, the supporting Bible verses in this column for each of the fruit.
- An example of Jesus demonstrating **love** can be found in Matthew 27:45-53. As a group, try to come up with a few other examples of Jesus demonstrating love.
- An example of Jesus demonstrating **joy** can be found in John 16:19-24. As a group, try to come up with a few other examples of Jesus demonstrating joy.

Divide the students into 3 groups and assign each group 3 fruits. As a group, they will need to come up with a meaning for each of their fruits, and to write the definition on the student copy of the lesson, in the chart under the "My Definition" heading. When the groups are finished, have each group share one definition at a time. After each, read the descriptions below, taken from Bible dictionaries and commentaries, and discuss the differences.

- The students should recognize how much more deep, meaningful, and purposeful God's love, joy, peace....is, compared to our human definitions and understandings of each.
- Compare how we would demonstrate each of these using our human understanding, rather than the godly understanding.
  - Love: Humans – we like someone vs. God – gives His life for someone
  - Joy: Humans – feel happy vs. God – ever present rejoicing
- As you read the godly definitions, tell the students to add to their definitions something that stands out to them or something that gives a new understanding or new meaning to the attribute.

#### Godly Definitions:

We can recognize that Jesus, as both true Man and true God, demonstrated the fruit of the Spirit throughout His life and He can be our example so that the fruit may also be present in our lives.

#### Love

- Unselfish, benevolent concern for another; brotherly concern; the object of brotherly concern or affection
- The self-denying, self-sacrificing, Christ-like love which is the foundation of all other graces
- The high esteem which God has for His human children and the high regard which they, in turn, should have for Him and other people

#### Joy

- Great delight; gladness of heart
- The happy state that results from knowing and serving God
- That deep, abiding, inner rejoicing in the Lord
- To rejoice, to be glad

- An example of Jesus demonstrating **peace** can be found in John 14:25-31. As a group, try to come up with a few other examples of Jesus demonstrating peace.
- An example of Jesus demonstrating **patience** can be found in Luke 23:32-34. As a group, try to come up with a few other examples of Jesus demonstrating patience.
- An example of Jesus demonstrating **kindness** can be found in Luke 22:49-51. As a group, try to come up with a few other examples of Jesus demonstrating kindness.
- The word "beneficence" means the fact or quality of being kind or doing good.
- An example of Jesus demonstrating **goodness** can be found in John 10:7-16. As a group, try to come up with a few other examples of Jesus demonstrating goodness.
- An example of Jesus demonstrating **faith** can be found in John 12:27-28. As a group, try to come up with a few other examples of Jesus demonstrating faith.

#### Peace

- The presence and experience of right relationships
- The tranquility of soul
- Sense of well-being and fulfillment that comes from God and is dependent on His presence
- The inner tranquility and poise of the Christian whose trust is in God through Christ

#### Patience/Long-Suffering

- Forbearance, patience
- Patient endurance and steadfastness under provocation
- Forbearance under suffering and endurance in the face of adversity, with no thought of retaliation

#### Kindness

- The steadfast love that maintains relationships through gracious aid in times of need
- Goodness of heart, serviceable, gracious, pleasant
- Love for mankind, hospitality, acts of kindness, readiness to help, human friendship, benevolence, taking thought of others, all without ulterior motive
- The ability to act for the welfare of those taxing your patience

#### Goodness

- Beneficence, ready to do good, love in action
- Virtue equipped for action, a bountiful propensity both to will and to do what is good, intrinsic goodness producing a generosity and a Godlike state or being

#### Faith

- Fidelity which makes one true to his promise and faithful to his task
- Steadfast, dedicated, dependable and worthy of trust
- Unchanging and thoroughly grounded in relation to the other
- Dependability, loyalty and stability

- An example of Jesus demonstrating **gentleness** can be found in Matthew 11:25-30. As a group, try to come up with a few other examples of Jesus demonstrating gentleness
- An example of Jesus demonstrating **self-control** can be found in Matthew 26:47-54. As a group, try to come up with a few other examples of Jesus demonstrating self-control.

### Gentleness

- Mildness combined with tenderness
- Gracious, kindly disposition, controlled strength
- A disposition that is even-tempered, tranquil, balanced in spirit,
- Power and strength under control

### Self-Control

- Sober, temperate and calm
- Calls for a self-disciplined life following Christ's example of being in the world but not of the world
- Restraint or discipline exercised over one's behavior

(Information and references taken from: <http://www.bible-knowledge.com/fruits-of-the-holy-spirit>)

### Read Matthew 14:28-32.

- Explain that Jesus gave Peter the power to walk on the water, but Peter had to get out of the boat and start walking in order for the power to manifest itself through Peter.
- God gives us the power, through His Holy Spirit, to transform our nature, but we have to be like Peter and be willing to live and walk in Christ's nature.
- When we do this, Christ's character will shine through us and draw others to Him. Remind students though, our kindness, goodness, patience, etc., is His character, not ours, and that all glory should be given to God.
- Yes, there will be times we fail, or sink like Peter did, but Christ will hold out His hand, and save us and encourage us to try again.

## WHAT'S IN IT FOR ME? (15 minutes)

### Facilitator Notes:

- Midweek Experience videos can be found on the [NAC USA YouTube](#) channel *and* in the [NAC USA mobile app](#)

### Wrap up the lesson with

- If time allows, watch:
- Midweek Experience
  - [August 2017, Session 1 – "Do You Bear Fruit?"](#)

### Close with the "I Believe..." statements

- As you review each statement, stop and check in with the group to be sure there are no misunderstandings or misconceptions.
- Allow the students to state an "I Believe..." statement for each of the "I Wonder..." questions in their own words.
- Remind the students that on their Confirmation day, they will or have already promised and committed to "renounce Satan and all his work and ways".

### I believe...

- The fruit of the Spirit are 9 divine attributes and personality qualities described in Galatians 5:22-23 - love, joy, peace, patience, kindness, goodness, faith, gentleness, and self-control. (Catechism Q&A question 530)
- These 9 qualities come directly from the Holy Spirit and not from ourselves. (Catechism Q&A question 530)
- God is sharing part of His divine nature with us, and His nature will shine through us and draw others to Him. (Catechism Q&A question 530)

### A Point to Ponder....

- Which fruit of the Spirit do you feel you demonstrate well? Which one do you feel needs work?

### A Call to Action...

- Every day for the next 9 days, pick a fruit to intentionally live out and demonstrate it as God would want you to.

## Weekly Reflections

What Bible verse was used for the basis of last Sunday's sermon?

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What were some of the main takeaways? What did you learn?

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So far this week, how have you applied what you learned from the sermon last Sunday?

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Going forward, how will you apply what you learned from the sermon last Sunday?

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**Point to Ponder.....**

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**Call to Action.....**

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## Transform Your Nature, Using Jesus as Your Example: *The Fruit of the Spirit*

<b>Have you ever wondered...</b> <ul style="list-style-type: none"> <li>➤ What is the fruit of the Spirit?</li> <li>➤ How do I get it?</li> <li>➤ Why do I need it or want it?</li> </ul>	<b>I believe...</b> <ul style="list-style-type: none"> <li>➤ The fruit of the Spirit are 9 divine attributes and personality qualities described in Galatians 5:22-23 - love, joy, peace, patience, kindness, goodness, faith, gentleness, and self-control. (Catechism Q&amp;A question 530)</li> <li>➤ These 9 qualities come directly from the Holy Spirit and not from ourselves. (Catechism Q&amp;A question 530)</li> <li>➤ God is sharing part of His divine nature with us, and His nature will shine through us and draw others to Him. (Catechism Q&amp;A question 530)</li> </ul>
<b>References:</b> Bible verses: Matthew 11:25-30, Matthew 14:28-32, Matthew 26:47-54, Matthew 27:45-53, Luke 22:49-51, Luke 23:32-34, John 10:7-16, John 12:27-28, John 14:25-31, John 15:5-8, John 16:19-24, Galatians 5:22-23; Catechism Q&A question 530	

Fruit	My meaning	Godly meaning
Love		
Joy		
Peace		
Patience		
Kindness		
Goodness		
Faith		
Gentleness		
Self-Control		

**Point to Ponder:** Which fruit of the Spirit do you feel you demonstrate well? Which one do you feel needs work?

**Call to Action:** Every day for the next 9 days, pick a fruit to intentionally live out and demonstrate it as God would want you to.