

FRUITS AND GIFTS

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

- Galatians 5:22-23



GATHER

I can name -

In small groups or pairs, give one of the following titles. They then have 20 seconds to think about how many of that item/group they can name. They must not repeat, and must not hesitate. At the end of the 20 seconds, you must give the number of the amount of things you can name. The next group can either say they can name a higher number, or can challenge them to "name those things". It can keep going until a group is challenged, and then they must list, without hesitating. If they do, they get a point, if they can't, the other groups get points.

Titles - fruits, chocolate bars, Popes, Saints, biscuits, makes of cars etc.

PROCLAIM

READ GAL 5:22 - 25

"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also keep in step with the Spirit. Let us not become conceited, provoking one another, envying one another."

Discuss each of the fruits St Paul talks about - and how they manifest in our daily lives.

Discuss what the opposite of each one would be - and how they too can manifest in our daily lives.

BREAK

Baking! - Will work with a kitchen.

Assign each fruit and ingredient, and give everyone the chance to make something together/ in small groups. Be mindful of Hygiene, allergies and only let adults use oven etc.

Something that works well with this is cookies, but also with cakes, pizza etc.- e.g.

:Love - Choc chips. Kindness - eggs Self-control - Vanilla extract

Joy - Flour Goodness - butter

Peace - brown Sugar Faithfulness - oven

,Patience - dried fruit. Gentleness -white sugar

SEND

Take the opportunity to give thanks for the gifts that each person brings to the group. Write the name of each person in the middle of half a piece of paper, and in prayer, send them round the circle for each person to write on a gift they think this person has. It is a great way to bring together a group and help them to realise the good in each person.

At the end, offer up the kind words and thoughts with an Our Father in thanksgiving for the food, gifts and people in the room.

"You did not choose me, but I chose you and appointed you that you should go and bear fruit and that your fruit should abide, so that whatever you ask the Father in my name, he may give it to you." John 15:16

