



# THE FRUITS OF THE HOLY SPIRIT KINDNESS



**Memory verse: Galatians 5:22-23 (ESV)**

*'the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control'*

**BIG QUESTION: ARE YOU KIND?**

We're just over half way through our series on the fruits of the Holy Spirit. Throughout this series we've been praying to see these fruits growing more in our lives. So, do you feel more loving? Joyful? Peaceful? Patient? You may not see that fruit yet but don't get frustrated because Jesus promises that the fruit of having the Holy Spirit living inside of us are the fruits of the Holy Spirit, so they will grow. Jesus explained it once by using an illustration of a grape vine. He said that he is the vine and we are the branches, if those branches remain attached to Him they will grow fruit.

I've actually just planted a grape vine in my garden and when it came there were some branches that had broken off. Do you think these branches were healthy? No, the branches looked dry and brown. The fruits had dried up and the leaves had withered and all because the branch had broken away from the vine. Jesus is our vine and if we want to bear fruit we need to stay connected to Him. The more time you spend with Him the more your fruits will grow.

This week the fruit we're focusing on is kindness; strangely people sometimes ignore kindness as an unimportant fruit.

But, it's extremely important. Just like patience is love that doesn't run out, kindness is love that endures. Kindness is a way of living a different way to other people at school; it's not always valued. But if you value kindness, people will feel valued and people will feel loved.



**SOMETHING TO DO**

Take it in turns to write your names on separate pieces of paper. Then pass the paper around in a circle, stopping to write one kind thing about each person. At the end you should each have a piece of paper full of kind words about yourself.

If the fruits of the Holy Spirit are growing in our lives we will live a completely different life to the world around us. Just like a fruitful tree stands out and draws people to it, you will stand out and people will be drawn to you. Fruitful trees bring refreshment to the world and we as children of God walking in step with the Holy Spirit should refresh the world around us. Sometimes growing the fruits of the Holy Spirit can seem like an impossible task but we have a great example to follow in Jesus. Paul spoke about this when he said 'Don't you see how wonderfully kind, tolerant, and patient God is with you? Does this mean nothing to you? Can't you see that his kindness is intended to turn you from your sin?' (Romans 2:4, NLT). Jesus was wonderfully kind with us when He took our place on the cross and He's still being patient and kind as he waits for people to turn to Him.

**SOMETHING TO TALK ABOUT**

- How can you be kind this week?
- Do you spend enough time with Jesus?

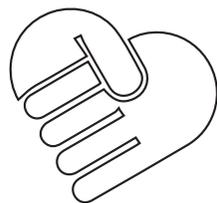
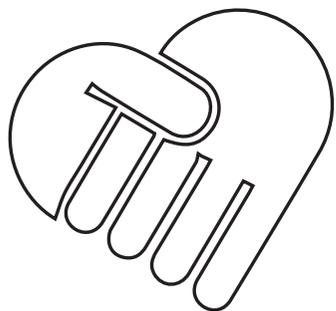
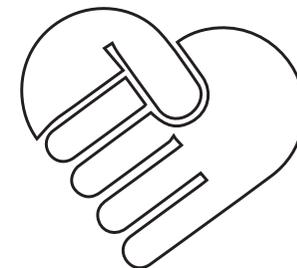
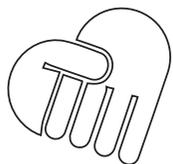
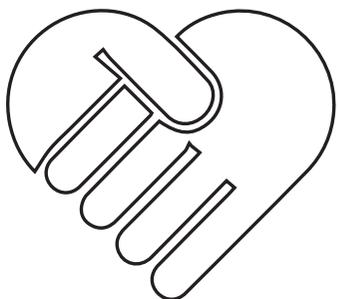
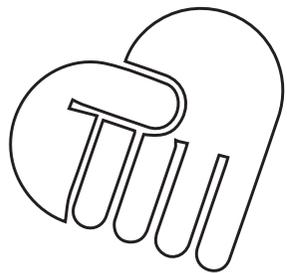


**PRAYER**

**Thank you God, for pouring out your holy spirit on us. Please help me to grow more fruits in my life. Amen.**

'THE FRUIT OF THE SPIRIT  
IS LOVE, JOY, PEACE,  
PATIENCE, KINDNESS,  
GOODNESS, FAITHFULNESS,  
GENTLENESS,  
SELF-CONTROL'

Galatians 5:22-23 (ESV)



MEMORY VERSE

