



THE FRUITS OF THE HOLY SPIRIT FAITHFULNESS



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

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

BIG QUESTION: BEING GOOD. WHAT DOES IT MEAN?

Hey there family! Are you enjoying learning about the fruits of the spirit together? Kids, you know them now, but do your parents? Why don't you quiz them to see how many they can remember? How did they do?

This week we are talking about the fruit of faithfulness. God loves you so much and he wants your heart, your trust and your obedience. This is what it means to be faithful, to follow Him with everything. Now that's a challenge! But fear not – we get to practice.



SOMETHING TO DO

Grab a bowl and an orange (or another ball-like object). Take it in turns to try to throw the orange into the bowl. If your family is anything like mine, one of you will have the worst aim in the world and will probably break a lamp! One of you, normally the person who cares the least, will be a natural and get a perfect shot every time. The rest of us fall somewhere in the middle.

Now try again. And again. Are you getting closer now? Ask someone who has better aim if they can give you some tips.

Keep going. Don't worry if you miss one, pick up your orange and try again. You've got this. Hopefully your getting closer now, maybe you got it in. Great work! Maybe you hit the edge of the bowl. That's Awesome – practice makes perfect.

Something happens in our bodies when we practice a physical activity. The cells in our muscles and our brain are working together to remember how we do it. The more we practice and refine our aim, the more our bodies remember. This is called muscle memory.

Faithfulness is like muscle memory. When we practice stepping out in faith, obeying God and trusting his word it starts to become more natural. The best part is that we are not alone in this work out. First of all we have our family (and extended kids church family) to help us along the way. They can encourage us and give us tips from their own experience of faithfully following Jesus. But most importantly we have the Holy Spirit who lives on the inside of us and gives us the power and strength to live for Jesus.

SOMETHING TO TALK ABOUT

- Can you think of some ways we can exercise our faith muscles?
- God also wants us to show faithfulness to people around us, what do you think this looks like?

PRAYER

Heavenly Father, Thank you for being so faithful. Please help me this week to be faithful to you. Amen.

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