

Fruits of the Spirit Tree



The Holy Spirit works to produce “fruits” in the lives of Christians ... thoughts, words and actions which reflect the nature and character of God.

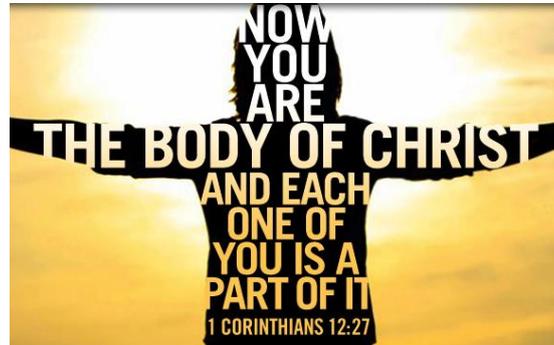
Galatians 5:22-23 says,
“the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.”

Eat a grape and think about which one of the “fruits” of the Spirit listed in Galatians 5:22-23 you would most like to be grown in your life at the moment.

Write that “fruit” on a fruit-shaped piece of paper and attach it to the tree.

To conclude, pray the BREATHING PRAYER. Say the words of the prayer silently to yourself as you deeply breathe in and deeply breathe out.

Parts of a Body



1 Corinthians 12 tells us that the Holy Spirit gives Christians different gifts to use to serve others and do his work together in the world. The Holy Spirit is like the breath of the body and we are the different parts.

Reflect ... as a follower of Jesus, what part of the body do you most resemble? Do others see this in you?

Eyes – good at noticing things
Ears – good at listening
Mouth – good at talking
Brain – good at thinking
Hands – good for making and helping
Heart – good for caring
Feet – good for moving around

Put a dot sticker on the part of the body outline you have chosen. Put another sticker on yourself in the same body area.

Pray silently or together:

Holy Spirit, help me to use the special gifts you have given me to help others and to build your kingdom. Amen.

Like the Wind

Jesus compared the Holy Spirit to the wind. He said to Nicodemus, "*The wind blows wherever it pleases. You hear its sound, but you cannot tell where it comes from or where it is going. So it is with*



everyone born of the Spirit." Then on the day of Pentecost, there was a sound "*like the blowing of a violent wind*" as the Holy Spirit was given to the early Christians.

The wind is invisible. We only know it is there because we feel it and can see its effects. Likewise, we can't see the Holy Spirit but can see the Spirit at work changing and moving and guiding people.

Turn on the fan and stand in front of it for 30 seconds or so. As you do, think about ways in which the Holy Spirit may be working to change you or shape you or send you.

Pray silently or together:

*Holy Spirit, living Breath of God,
Breathe new life into my willing soul.
Bring the presence of the risen Lord
To renew my heart and make me whole.
Cause Your Word to come alive in me;
Give me faith for what I cannot see;
Give me passion for Your purity.
Holy Spirit, breathe new life in me.*

Like Water

Water refreshes us, cleanses us and helps us grow. Actually, without water, we couldn't live at all! Jesus said that the Holy Spirit was like water, satisfying our deep inner thirsts for meaning and hope and purpose.



On the last and greatest day of the festival, Jesus stood and said in a loud voice, "Let anyone who is thirsty come to me and drink. Whoever believes in me, as Scripture has said, rivers of living water will flow from within them." By this he meant the Spirit, whom those who believed in him were later to receive. - John 7:37-39

Reflect in silence:

- ***Do you need God to make you clean in some way?***
- ***Do you need God to refresh you in some way?***
- ***Do you have a "thirst" you need to ask God to satisfy?***

Now wash your hands using the water in the font to show your faith in God to cleanse you.

Take a cup and have a sip of water to show your faith in God to help you and provide for you.

A Power Source

Jesus told his disciples that when the Holy Spirit came they would receive power to be his witnesses to the world – to tell others about him and to share his love through service of others.



"But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth."

God is still giving the Holy Spirit to people today to continue to "show and tell" about Jesus.

Reflect and discuss together:

- *In what ways do you serve the wider community in the name of Jesus?*
- *In what ways do you tell others the Good News of Jesus?*

Take off a shoe and trace your footprint onto a piece of paper. Write your name on it and, using the BluTack, place it outside the church entrance as a sign of your desire to be a witness on Jesus' behalf.

Pray silently or together:

Holy Spirit, please give me the courage and power to share the Good News of Jesus through my words and my actions. Amen.

Turn Around



Jesus said that when the Holy Spirit was given to his followers, the Spirit would “come and show the people of this world the truth about sin and God’s justice and the judgment.” (John 16:8)

One of the activities of the Holy Spirit is making people aware of their sin, leading them to seek God’s forgiveness, and helping them to think and act differently. We call this REPENTANCE ... it literally means “turning around”.

Reflect ... is there something in your life that you need to say sorry to God about and ask for God’s help to change.

TURN AROUND ON THE SPOT SLOWLY AND SILENTLY FOR A MINUTE OR SO, QUIETLY PRAYING TO GOD.



NOW WRITE DOWN THAT “THING” YOU WANT TO CONFESS ON A PIECE OF PAPER AND SHRED IT AS A SIGN THAT GOD FORGIVES YOU AND GIVES YOU A FRESH START.

Heart Change



In the Old Testament, God promised “I will put a new Spirit in you to change your way of thinking. I will take out the heart of stone from your body and give you a tender, human heart.” (Ezekiel 36:26) **In the New Testament, the apostle Paul writes that God’s love is** “poured into our hearts through the Holy Spirit that has been given to us.” (Romans 5:5).

The Holy Spirit is at work remaking our hearts. The Spirit softens us, melting the hard parts in our lives and helping us not only to love God in return but to love others.



- 1. TAKE ONE OF THE MARSHMALLOWS AND USING THE STICKS PROVIDED, PLACE IT INTO THE FLAME. AS YOU DO SO, PRAY THAT THE WARMING, LOVING FLAME OF THE HOLY SPIRIT WILL MELT AND SOFTEN YOUR HEART.**
- 2. WHEN THE MARSHMALLOW HAS BEGUN TO MELT, EAT IT!**
- 3. AS YOU EAT, CONTINUE TO PRAY ... THINK ABOUT A PARTICULAR SITUATION IN WHICH YOU NEED GOD’S HELP TO SHOW MORE LOVE, OR A PARTICULAR PERSON YOU NEED HIS HELP TO BE LOVING TOWARDS. ASK GOD TO MEET WITH YOU AND GUIDE YOU.**

Building God's Church

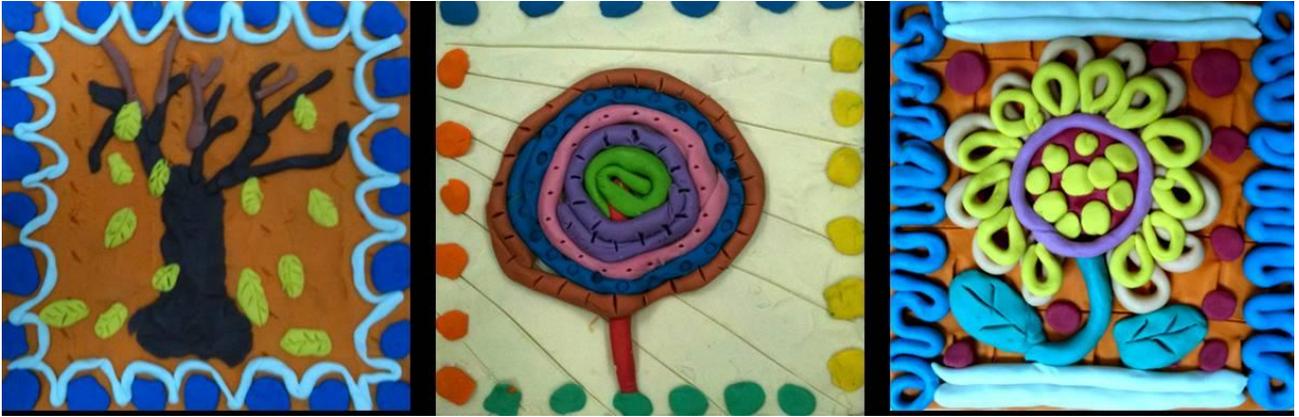


The New Testament says that Christians believers “are like a building that God owns. ... The whole building is joined together in Christ, and he makes it grow ... In Christ you are being built together with his other people. You are being made into a place where God lives through the Spirit.” (Ephesians 2)

When the Holy Spirit leads us to know and follow Jesus, he also joins us together with other Christians to do God's will on earth. The result of that is the “church”, in all its various forms. As part of God's church on earth, we each have special gifts and talents and blessings to share with one another and serve God's world. We are also are asked by God to care for one another. Like Lego blocks joined together, we are connected in love and service and are stronger together.

SPEND SOME TIME ADDING BUILDING BLOCKS TO CONSTRUCT A “CHURCH”, ADDING ON TO WHAT OTHERS HAVE MADE. LET'S SEE WHAT THE HOLY SPIRIT CAN CREATE THROUGH US!

Creator Spirit



The Bible tells us that the Holy Spirit is creative and life giving. Genesis 1 tells us that the Spirit was part of the original creation – in the very beginning “the Spirit of God was moving over the surface of the waters.” (Genesis 1:2).

The Spirit is also part of God’s continuing work of creation and re-creation. Psalm 104 says of the land, the sea and all creatures: “When you send your Spirit they are created, and you renew the face of the ground.”

And 1 Corinthians 12 and Romans 12 tell us that the Holy Spirit gives Christians a variety of spiritual gifts for the creative building of his church on earth.

USE THE PLASTICENE PROVIDED TO CREATE SOMETHING THAT SYMBOLISES THE HOLY SPIRIT’S WORK OF CREATION. AND AS YOU DO, REFLECT ON WHO THE SPIRIT HAS MADE AND IS MAKING YOU TO BE ... GIVE THANKS FOR THE SPIRIT’S CREATIVE WORK IN YOUR LIFE.

Comforter Spirit



Jesus said that God would send the Holy Spirit to be our "Comforter" (John 14:6). During hard times, many Christians experience a sense of peace and hope that can only be explained as a gift of God. That is the Holy Spirit, holding onto us and helping us. The Holy Spirit reassures us that God is with us always, even in the darkest of times.

DO YOU NEED SOME OF GOD'S COMFORT AT THE MOMENT?

ARE YOU WORRIED OR ANXIOUS ABOUT ANYTHING?

WRAP YOURSELF UP IN ONE OF THE BLANKETS. STILL YOUR BODY, YOUR MIND AND YOUR HEART. RELAX AND QUIETLY PRAY THESE WORDS, OVER AND OVER.

God, please be my help, my comfort and my peace. I trust in you.

Spirit of Growth



Jesus told his disciples that God would send the Holy Spirit to “teach you all things ... and remind you of everything I have said to you.” (John 14:25). The Holy Spirit gives us insight about God’s word, about ourselves, and about God’s will for us. He helps us to grow to trust God’s love and grace and to understand what God wants for our lives.

Reflect with one another:

- **In your life, what has the Holy Spirit used to grow you as a person of faith?**
- **In what ways do you feel you may still need to grow as a Christian?**

AS A SIGN OF YOUR DESIRE TO GROW AND YOUR TRUST IN GOD TO FORM YOU AND SHAPE YOU, PLANT SOME SEEDS INTO A POT OF SOIL. TAKE THEM HOME WITH YOU TO TEND ... WAIT AND WATCH FOR GROWTH TO HAPPEN.