**Fruits of The Spirits**

**Welcome (Parents and Carers asked to stay until after the Opening Prayer)**

Welcome back to Friends on Faith Adventures. We are looking forward to going on a journey and nobody knows where we will end up. All we know is we have got our crate filled with adventure and an open path ahead. So, hold on tight and enjoy the ride!!

Let’s hear about FOFA bear and FOFA cam’s adventures this week and how everyone got on with the Walking the Way challenge. (Encourage everyone, including parents and carers, to join in.)

**The Opening Prayer**

We are friends together *(shake hands with both palms facing towards body)*

On a faith adventure  *(point to forehead with thumb. Hold other hand with palm facing up and bring the side of your first hand down so that it goes across the palm of the second hand just below the fingers)*

With the Bible as our mapbook *(draw cross with thumbnail on back of hand then put hands together and open like a book)*

And Jesus as our guide *(use index fingers to point into palm of each hand in turn).*

God, be with us in all that we do *(point up, then make index finger into a hook shape and move down as though pulling down towards you)*

And go with us wherever we go *(point outwards).*

Amen *(two thumbs up with hands apart, bring hands together)*

**Alternative Opening Prayer**

Lord help us to be:

**P**repared for adventure

**I**n all we do.

**L**oving and caring,

**O**pen to others

**T**ogether as one community

**S**haring the love of Jesus on our way.

Amen

**Fun Together**

**Fruit salad**

Ensure everyone is sat in a circle. Choose four different fruits and assign the fruit names to each person in the group, give out the four names in order. The leader calls out fruit names in random order, including some that are different to the ones given out. Each time one of the four fruit names is called out, the people assigned with that fruit name are to get up and run round the circle and sit back down in their original place. Alternate fruit names until everyone has had a go a few times. You may want to play so that the last person to sit down is out. Occasionally shout fruit salad - then **everyone** is to get up and change places.

**Fruit charades**

**What you will need**:

* The fruits of the spirit written on separate pieces of paper (Love/ joy/ peace/ patience/ gentleness/ self-control/ kindness/ faithful/ goodness)

Play charades. One of the group choses a piece of paper and silently acts out the fruit of the spirit they have chosen. Some may be easier to act and guess than others so the participant may need some helpful suggestions from the leaders as to how to act it out or for those guessing. An alternative might be to split the group into teams of three and give them a fruit of the spirit for each team. The team then devise a quick sketch to illustrate that quality.

**Today’s theme teaches us about the sort of characteristics God wants to encourage in us.**

**The Big Story- The fruits of the spirit – Galatians ch5 v22-23**

**What you need:**

* 9 different pieces of fruit in a bag
* 9 Envelopes numbered 1 to 9 with the words from the script which match that number written on the front.
* A large bowl

In order for this story to work, when each participant choses a fruit from the bag to go in the bowl they also chose an envelope. The first person should choose number 1 and so on in order until all envelopes have been chosen and read. Each time the fruit is put in the bowl, the whole group can rub their stomachs and say “yummy fruit”.

Reader 1: I’ve got a letter.

Reader 2: Who’s it from?

Reader 1: It’s a letter from a man called Paul who was a follower of Jesus. He wrote loads of letters to help Christians know what it meant to follow Jesus.

Reader 2: Sounds good. What has he got to say that might help us?

Reader 1: His letter’s all about fruit!

Reader 2: That’s bananas!!!

Reader 1: Not really. He is explaining how you can see what a person is like by the way they behave, just as you can tell what sort of tree you’re looking at by the fruit that grow on it. He’s telling us what you should be able to see when a person follows Jesus. You know, how they might behave and what they might be like. Let’s investigate more.

(*Invite children in turn to come and choose a piece of fruit and an envelope. They should open the envelope to read the word. Each time, the leaders can encourage the group to suggest what they think the word means and whether they can come up with an example. Then the child can put the piece of fruit in the fruit bowl and everyone can rub their tummies and say “Yummy fruit”.*

Envelope 1: Love: to be more loving to each other, to God and to love ourselves.

Envelope 2: Joy: to find joy in everything and everyone around us even when things seem really difficult

Envelope 3: peace: to try to resolve problems with others and to know God gives us peace in our hearts

Envelope 4: Patience: to give others time to answer, to act and to think before reacting to something

Envelope 5: Gentleness: to approach all things with gentleness rather than with anger

Envelope 6: self-control: to stop and think, to pause before speaking and acting

Envelope 7: Kindness: to see where you can be kind to others and to remember to be kind to yourself

Envelope 8: Faithful: stay faithful to God and to those around you

Envelope 9: Goodness: we must try to make all things, our thoughts and actions ones with goodness at the center of them

Reader 1: Is it easy to do all these things all the time?

**Creative Adventure**

**Fruit salad**

**What you will need:**

* different fruits
* mango juice
* knives
* chopping boards
* bowls / cups
* wipes
* white labels
* felt tips

Use the wipes or soap and water to wash hands before beginning the activity. Use the knife to cut the fruit into chunks to create a delicious fruit salad. Pour a little mango juice over the fruit. Use the felt tips to write/draw the fruits of the spirit on the white label and then stick it on the bowl/ cup.

**Wondering questions to use during creative time:**

I wonder which fruit of the spirit you find hardest?

I wonder what personality trait you would add to the fruits?

I wonder why they are called fruits of the spirit?

**The Adventure Map**

Explain the Adventure Map and how a lot of the books were written shortly after Jesus’s time. They tell us about what Jesus said and did and how his friends lived their lives, sharing with others how to be good followers of Jesus.

Take the group to the Adventure Map that you have created on the wall. Get the group to find where on the Map today’s story came from. Choose one or some of the things created by the group to be photographed and attach this to the wall to create a visual reminder of where the story came from and your adventure together. The aim is that in a year you will have lots of reminders of the stories and where in the Bible they come from. Use a piece of string or ribbon to connect the photo of the craft work to the book of the Bible.

**Walking the Way**

**This is a time to invite the parents and carers back in to share what the children have been up to during the session. They will also be here to hear about the Walking the Way challenge and the tasks (should they choose to accept them) that the children (and parents) are about to undertake.**

For the Younger: FOFA the bear

This is FOFA. FOFA likes nothing more than to go on an adventure; FOFA is a little more adventurous than me. FOFA believes that faith is a journey and that’s why FOFA would love to take you on a journey with him and walk the way of God in our everyday lives. Each session FOFA would like to go home with one of you and add to FOFA’s scrapbook of things you do together. FOFA doesn’t mind if you draw a picture of what you have done, take a photograph or just write a story about it. FOFA also doesn’t mind if you just come and tell the rest of us what you got up to together. But because FOFA’s memory isn’t very good as FOFA’s brains are made of stuffing, it would be better to save the memories in the book if you can. At the end of our time together we can always remember the great adventures we have been on together with FOFA and hopefully you will walk a little closer with God.

For the Older: FOFA cam

This camera is your window on the world. You have one shot at this, so choose carefully. You will be given a very precious piece of equipment – a FOFA cam. You have one photo to take with the camera, that records one thing – a way you have met the challenge. If there are other people in the photo, please ask their permission first and explain this photo will be put on display here. Bring back the camera and your photo next time to share your moment - and remember you only have ONE shot at this!

Every time we will choose someone to take FOFA bear and someone to take FOFA Cam to help them with the challenge – but we can all have a go at the challenge!

Our Walking the Way Challenge this time is: This coming week chose one of the fruits of the spirit and try to make your decisions, words, actions and thoughts based on that aspect. More patience, or with kindness, etc. (Love/ joy/ peace/ patience/ gentleness/ self-control/ kindness/ faithful/ goodness)

**Adventurers Go!**

So, today we have learnt about the different characteristics which God would like to nurture in us. That, these characteristics help everyone in the world to get along better and enable God to produce good fruit in us.

**Prayers (choose one/both)**

Prayer

Creator God, help us to be more

Patient and gentle

to have more self-control,

to be faithful and loving,

to be kind and good peacemakers

and to know the joy you bring.

Amen

**Active Prayer**

What you need:

Before the session, make a 9-sided spinner and write each of the fruits of the spirit on each section.

Allow everyone to spin the wheel and then create a prayer sentence round the word the spinner lands on. If you are stuck for sentences you could use the phrase ‘Help us to have more (Name the fruit of the spirit)’. When everyone has had a go, all join in to shout Amen

**End Prayer Every Session: Altogether**

**We are Friends on Faith Adventures, travelling together with God.**

**Adventurers go! Amen**

**What you will need:**

* The fruits of the spirit written on separate pieces of paper
* blunt knives
* 9 different pieces of fruit in a bag
* 9 Envelopes numbered 1 to 9 with the words from the script which match that number written on the front.
* A large bowl
* chopping boards
* bowls/ cups
* white labels and felt tips
* spinner

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| **Location** | **Possible hazard** | **Action required** | **Action taken** | **Signature** |
| **During session** | Use of knives during craft time, chance of cutting fingers | Supervise while using knife, use blunt knives |  |  |
| **During session** | Risk of injury during running in the game | Supervise game and remind everyone to be careful |  |  |
| **During session** | Allergy to ingredients in the fruit salad | Check if there are allergies |  |  |