

FRUIT



Lesson Plans based on
The Fruits of the Spirit

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Lesson Strategy

PLANNING FOR SUCCESS

Although there is no equation that will bring transformation and success in your students apart from the Holy Spirit, planning will ensure that you give God plenty of space for Him to do what He wants to do in your gatherings.

Here are the objectives of each segment of your lesson time.

ENGAGE

Introduce the topic to your gathering. Make an emotional connection to the subject at hand through everything you do. If you are not engaged, neither will they be engaged. This will cause your students to “jump on the bus” and see where you are taking them.

VIDEO

Interact with the screen. This will be the bulk of the delivery of your content. Let the videos instruct and help the students interact with the information they are receiving.

EXPLORE

Inspect what the Bible says about the subject. Help them understand what God has revealed in the scriptures. Cause a light to come on in their mind and give them confidence that they know what they have explored.

ENLIST

Inspire and Invite them to respond. Summarize and conclude your lesson by putting the “ball in their court”. What do they do with what they now know and feel? God may be inspiring each student in a different way to apply and respond to His Word. Let God speak to individual lives, and create an environment for them to respond openly and honestly.

Small Groups

IDEAS THAT BRING SUCCESS

Although this series is also geared for large gatherings, throughout this material are opportunities to break into small groups as well to discuss questions, pray together, read scripture, and let the Holy Spirit minister through your leaders. Remember, Jesus at 12 astonished the leaders with His answers *during their “small groups”*.

Here are some reminders to ensure that your small group time is effective.

DIVIDE

Usually, groups of less than 10 are best for personal interaction and intimacy. Dividing groups according to gender can also be very helpful.

KNOW

Confirm that your small group leaders know the material and have prayed over it *before* they come to class. Preparation is key for them to be confident and have the ability to lead the group with effectiveness.

VALUE

Allow the Holy Spirit to help you see those students that need more attention and bring value to their lives by affirming any positive attributes you notice. Take this opportunity to pour out love on all your students. Care for them and allow God to give you compassion and patience.

SHEPHERD

Contribute to making the group a safe place for your students. Shepherd them to speak words that are positive about others, don't allow them to make fun of responses, keep order, don't allow anyone to dominate the conversation or be left out, and make it a priority to listen. Listen to the students and listen to the Holy Spirit.

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Let's review these character traits and commit to living fruitful lives!

FRUIT



WEEK 1

OVERVIEW

THE FOCUS

Our lives will produce fruit when our roots are strong and deep.

THE M'nM (KEY VERSE)

That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither—whatever they do prospers.

Psalm 1:3 (NIV)

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

Against such there is no law.

Galatians 5:22-23 (NKJV)

THE PREPARATION

Submit your agenda to the Holy Spirit.

Spend a couple of minutes each day during your regular quiet time with Jesus to listen to what He might impress on your heart for your next weekly gathering.

Meditate on the key verse and pray for an increase of His wisdom.

Expect fruit!

Set up DVD: Week 1

WEEK ONE

Introduction Lesson

ENGAGE

Start off the lesson by asking them to try a few of the following challenges. Explain that practice make anything easier. The more you practice, the better you get.

1. Stand on 1 foot
2. Rub your tummy and pat your head at the same time
3. Count to 10 while clapping your hands 5 times
4. Balance a piece of paper or a book on your head

Share with them how practice is the part others don't see that can make you better at things. It's much like the roots others don't see that produce fruit on trees. You will understand more about what I mean after you watch today's video segments.

LEADER MOMENT:

It is always a good thing to remember that preteens are very perceptive. If they see that you are not having fun, neither will they. If you are enjoying the time with your students, they will pick up on that and participate in discussions much more freely.

WEEK ONE

Introduction Lesson

PLAY THE VIDEO

Each segment is designed to play in sequence with no discussion in between. Depending on your technical set up and what program you use for playing videos, you may also pick and choose which videos you want to use each week. You may want to spread them throughout the rest of your service or play them in order all at one time. Make sure a leader is close by in the front to emcee when needed through the games, question and answer segments, and M'nM moments.

Note: M'nM segments: Encourage students to say the verse aloud as it is said on the screen.
Q'nA segments: You may want to assign students to groups of 4-8 with a leader in each group to help facilitate the questions as they are asked on the screen. Some of the questions are designed to challenge them to use their critical thinking skills and go beyond just a nice answer. Don't let the difficulty of a question cause them to shy away from participating. The goal of this time more than getting the perfect answer is to cause them to think about what they are learning. You may want to pause the video if you need more time with a question. Some weeks, students may be encouraged to do this exercise by themselves as a reflection and devotional time.

Q'nA WEEK 1: Here are the questions featured on the weekly Q'nA

Finish this sentence. Your roots determine your *fruit* . Explain what this means.

Gregg explained that we have an above ground life and a below ground life.
What is an example of an above ground life action?

Gregg explained that we have an above ground life and a below ground life.
What is an example of a below ground life action?

Some believers are known by their fruits and some are known by their toots.
What does that mean?

WEEK ONE

Introduction Lesson

EXPLORE

There is always a “back story” when you see somebody do something great in history. Let’s look at David’s “roots” before he met Goliath.

READ

1 Samuel 17:25-37

ASK

- What important piece of evidence did you notice that David referred to in his past that prepared him for Goliath?

It is also very certain that David wrote most of the “hit songs” in the book of Psalms.

- What life situations (roots) do you think prepared David to write these songs (fruit)?
- The Bible does not tell us about David’s harp lessons (roots). When do YOU think he probably had time to practice his harp?

David did not just appear on the scene and become successful. He spent many years being a shepherd, playing the harp for King Saul, and making mistakes before he was promoted to

WEEK ONE

Introduction Lesson

ENLIST

Our lives will produce fruit when our roots are strong and deep. Another way to say this would be, “spending time with Jesus in our private life will bring us success in our public life.”

QUIET

Ask students to get by themselves for 5 minutes and spend time with Jesus.

Encourage them to think about what their private lives look like and if they are rooted in Jesus and His Word. If they are they will see fruit begin to appear in their lives.

LEADER MOMENT:

Make sure to take a look at other J12 video resources that give instructions on how to put a great service schedule together in context with your video segments and written lesson plans. You will also find tips to help you apply the resources more effectively.

WEEK ONE

Introduction Lesson

ENLIST

MEDITATE

Direct them to meditate on their M'nM verse for this week and thank God for making them like a tree. You may also work on memorizing it in a large group, small group, or on their own.

CHALLENGE

Ask them to commit to spending more time with Jesus each day so that they can grow their roots deeper and stronger. (the result being.....more FRUIT!)

M'nM

That person is like a tree planted by streams of water,
which yields its fruit in season and whose leaf does not
wither—whatever they do prospers.

Psalm 1:3 (NIV)

WEEK ONE SCHEDULE

WELCOME

Welcome your group as they enter using music, activities, nice lighting, greeters with pleasant smiles. Engage the guests and regulars alike before you even begin.

WORSHIP

Singing songs and spending time in worship helps tune our hearts to God's frequency. You may have a full student led band with singers and dancers, an accompaniment track, a worship DVD, or even an accordion. Whatever you use, make sure to teach your students to spend time with God.

HOUSE BUSINESS

Announcements, birthdays, guest gifts, prizes for those who brought a friend, giveaways, special videos, etc.

LESSON

ENGAGE - VIDEO - EXPLORE - ENLIST

You may skip enlist from time to time, you might even want to assign another leader to the engage segment and ask them to come up with their own idea, just make sure whatever you do fits your group and time schedule.

WORSHIP

This might be a great opportunity to come back to a worshipful atmosphere and apply what they just learned as you lead them through a challenge during another short worship time together.

LIVE TO GIVE

Live 2 Give is an offering moment that emphasizes a preteen's responsibility to give back to the world around them. This value challenges a student's world that is full of self centered pursuits. It reminds them that their blessings are an opportunity to bless others.

CLOSING

Summarize and encourage your students to live out the things they learned this week, and ask a few students to close with a prayer.