

the **FRUIT** of the Spirit is

# GOODNESS



## MAIN IDEA

God is good and loving to me all the time. Only His power working in me can create goodness in my heart.

## VERSE

For it is God who works in you to will and to act in order to fulfill his good purpose.

[Philippians 2:13, NIV]

## GOODNESS

models Christ's actions of love, humility, and forgiveness. It shows integrity, honesty, and compassion towards others. It is only possible through God's power at work in my heart. Creation reflects God—His nature, character, and goodness.

## READ

Days of Creation  
(Genesis 1-2)

Jesus Storybook Bible:  
The Beginning: A Perfect Home

## HANDS ON

Goodness on the Inside  
Banana Object Lesson

## CREATE

Taste & See  
Citrus Stamped  
Painting

## MAKE

Blueberry Smoothie

## FRUIT IN ACTION

In what ways do you see God's goodness? Go outside on a walk or hike with your family and name out loud the ways you see God's goodness reflected in creation. Ask God to help you share His goodness with others this week.

# INSTRUCTIONS

Fruit of the Spirit:

**GOODNESS**

HANDS ON

## Activity: Goodness on the Inside Banana Object Lesson

**Supplies:** Bananas (When picking the ripeness, be sure to consider when you are going to do the object lesson. You'll want them to be yellow with no or few brown spots for the lesson), Pens or Sharpie Marker (Depending on your kids ages & your bravery level with permanent markers)

**Instructions:**

1. Pass out a banana to each member of your family.
2. Instruct everyone to decorate the outside of their banana.
3. Once everyone is finished decorating, peel open the bananas. Talk about how what we see on the outside appearance of a person doesn't show us what is on the inside (in their heart). Only God sees our hearts & only The Holy Spirit working inside of us can create goodness in our heart. If someone opens up a banana that has brown spots, that's a great opportunity to reiterate how what's on the outside doesn't always show us what's on the inside.



CREATE

## Activity: Taste and See Citrus Stamped Painting

**Supplies:** Taste and See Printable, Cardstock, Lemons, Limes, Oranges, or Grapefruit, Paint, Knife (to cut fruit in half)

**Instructions:**

1. Print out the Taste and See Printable on cardstock.
2. Cut the citrus fruit of your choice in half.
3. Squeeze paint onto a plate.
4. Dip the fruit in the paint and then stamp it on the paper.
5. Let dry completely before hanging up.



MAKE

## Activity: Make a Blueberry Smoothie

**Supplies:** 1 cup Frozen Blueberries, 1/2 cup Vanilla (or plain) Greek Yogurt, 1 Cup of Your Favorite Milk, Optional: Frozen Banana and/or Honey (to taste), Blender

**Instructions:**

1. Add all of the ingredients to the blender.
2. Blend together for a delicious blueberry smoothie!

