



Cooperative Baptist
Fellowship North Carolina

FAITH FAMILY TALKS

CBFNC is offering this resource from the CBF Children's Ministry Network, to our state fellowship to provide families weekly spiritual conversation starters. Our hope is that this resource empowers parents to have more faith-filled conversations at home.

Listen. Talk. Go.

August 2023

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FRUIT OF THE SPIRIT (WEEK OF AUGUST 6)

Listen

Open your Bibles and read Galatians 5:22–23.

A long time ago, Paul wrote a letter to a group of people called the Galatians. They had a new church but things were not going great. Instead of taking care of each other and treating others with kindness, the Galatians were fighting, a lot! They didn't agree about what rules their people needed to follow or even what it meant to be a church in the first place. Paul wrote a letter to help them and to encourage them to stop arguing. He encouraged them to let the Holy Spirit guide them and teach them the ways of God. He called them the fruit of the Spirit, not actual fruit, of course, but just like eating fruit helps us grow strong and healthy, the fruit of the Spirit — love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control — help us grow strong in God's love!

Talk.

- Paul wrote the Galatians because they were arguing a lot. I wonder, how do you feel when people are fighting? How do you think arguing hurt or helped the church in Galatia?
- Why is it harder to show the fruit of the Spirit on some days?

God, thank you for all the gifts you give us! Thank you for the gifts of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Help us make them a part of our lives each day. Amen

Go.

Fruit stamping! Although the fruit of the Spirit are not the kind of fruit we eat, playing with fruit can be fun! Gather fruit to use as stamps (like apples, grapes, strawberries, oranges) and cut in half as necessary. Decide which will be best for fruit stamping. Place the paint in a plate or bowl. Dip the fruits into the paint and stamp onto paper. Can you fit nine stamps?! When the paint dries, write the fruit of the spirit on the art. Hang, if desired, to remember the fruit of the Spirit!





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FEATURED RESOURCES: FAITH FAMILY TALKS

FRUIT OF THE SPIRIT (WEEK OF AUGUST 13)

Listen.

Open your Bibles and read Galatians 5:22–23.

The fruit of the Spirit (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control) are the nine things Paul thought the people of God should be known for. I wonder if when the Galatians heard the fruit of the Spirit for the first time, if they were surprised by how many they were! There are many actions in the fruit of the Spirit and each of them is just a bit different from the others. Just like fruit is good all on its own, when it is mixed up together, we can get a yummy fruit salad. I wonder if it is like that for the fruit of the Spirit too, the more we add the better it becomes.

Talk

- Choose a fruit of the Spirit and tell what is easy about showing it.
- Choose a fruit of the Spirit and tell what is hard about practicing it.

God, thank you for all the gifts you give us! Thank you for the gifts of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Help us make them a part of our lives each day. Amen

Go.

Make a fruit of the Spirit fruit salad! Create a fruit salad using nine different kinds of fruit. As you go through the store, can you find fruit that start with the same letter as the fruit of the Spirit? When you enjoy eating it together, see if you can memorize all nine fruit of the Spirit.



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FEATURED RESOURCES: FAITH FAMILY TALKS

FRUIT OF THE SPIRIT (WEEK OF AUGUST 20)

Listen.

Open your Bibles and read Galatians 5:22–23; then read John 14:26.

In John 14, Jesus talks to his disciples about the Holy Spirit. He told them that the Holy Spirit is a helper who will teach them and help them remember everything Jesus taught. The Holy Spirit helps us too! The fruit of the Spirit do not always come naturally. For some people, joy might be super easy, while for others, they might be best at kindness. Similarly, some friends might have a hard time being patient or having self-control or showing love. The good news is, we don't have to grow the fruit of the Spirit alone! The Holy Spirit is always with us to help guide us and teach us. As we grow and mature, with the Holy Spirit's help, we will begin to show the fruit of the Spirit more and more!

Talk.

- Just for fun, what is your favorite fruit?
- Which fruit of the Spirit are you good at?
- Which fruit of the Spirit is something you think you need to work on?

God, thank you for all the gifts you give us! Thank you for the gifts of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Help us make them a part of our lives each day. Amen

Go.

Make a fruit of the spirit basket together using construction paper or whatever materials you have around your house. Choose your favorite fruit and cut it out from the paper. Then, write your gifts on it! Draw or cut out a fruit basket shape and then attach your family's fruit to it. Hang it up so you can remember each member's gifts.





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FEATURED RESOURCES: FAITH FAMILY TALKS

FRUIT OF THE SPIRIT (WEEK OF AUGUST 27)

Listen.

Open your Bibles and read Galatians 5:22–23; then read John 14:26

When Paul wrote the letter to the Galatians, he didn't have all the technology we do now. Traveling to Galatia would have taken a long time, and he couldn't call, text, or email like can today. Writing a letter was the quickest way to talk with them, and even that would have taken time! Paul's letter helped people in the Bible. This letter still helps people understand how God wants Christians to live. When Christians use the fruit of the Spirit in the things they say and do, they are showing their faith to the world and everyone around them.

So, even though we have awesome technology now, it's still important to communicate love and kindness to others, just like the way Paul did with his letter.

Talk

- If Paul was here today, how do you think he would communicate to our church?
- What is your favorite way to communicate with others?
- How can you show the fruit of the Spirit this week?

God, thank you for all the gifts you give us! Thank you for the gifts of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Help us make them a part of our lives each day. Amen

Go.

Even though we have a lot of different ways to communicate, sometimes getting a letter in the mail can be super fun. Write a letter or draw a picture for someone who could use a reminder that they are loved by God and by you!

Rev. Brittany McDonald Null is the pastor of families and spiritual formation at First Baptist Church in Columbia, MO. She received her M.Div. from Logsdon Seminary in Abilene, TX. Brittany also serves as the co-president for the CBF Children's Ministry Network. Brittany is an avid reader and crafter and enjoys spending her free time at home with her husband, Bryce, and cat, Bellatrix.



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