

Spiritual Harvests

By Chip Borgstadt



Each day we have opportunities to become more Christ-like. Explore the fruit of the Spirit and consider how these nine expressions of God's Spirit can help you grow as part of the body of Christ.

For

Adult/Couple

Season

Spring

Needed

Bible, Internet-connected device, Fruit of the Spirit worksheet (see last page)



 by [faith goble](https://www.fithgoble.com/)

Prepare in Advance

- Make a copy of Fruit of the Spirit worksheet (see last page) for each person.
- Mark Galatians 5:22-23 in your Bible.

Activity Plan

1. Say this prayer aloud to begin.

God, guide our exploration of your holy Word, and allow us to have fun with each other in doing so. Amen.

2. Read Galatians 5:22-23 from your Bible or the following text:

²²But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³gentleness, self-control; against such things there is no law.

3. Watch the following videos:
 - A child's recitation of the fruit of the Spirit: [Fruit of the Spirit Animation](#)
 - How, why and when of the fruit of the Spirit: [Introduction to 9 a Day Program](#)
 - An exploration of the implications of the fruit of the Spirit: [Fruit of the Spirit Music Video](#)
4. Wonder together about why Paul names these nine attributes or characteristics as being evidence—being fruit—of the Holy Spirit's activity and presence in a person's life.
5. Give each person a copy of the Fruit of the Spirit worksheet. For the next nine days, begin your day by reflecting—individually or together—on the fruit of the Spirit listed for that day. Read the Bible verse given and ask God to help you develop a little more of that fruit during the day. Each evening, review your day and thank God when you have grown, ask forgiveness when you have failed, and ask for strength to try again in the morning.



Fruit of the Spirit

☐ **Day 1: Love**

Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things. Love never ends. As for prophecies, they will pass away; as for tongues, they will cease; as for knowledge, it will pass away. (1 Corinthians 13:4-8)

☐ **Day 2: Joy**

Though you have not seen him, you love him. Though you do not now see him, you believe in him and rejoice with joy that is inexpressible and filled with glory, obtaining the outcome of your faith, the salvation of your souls. (1 Peter 1:8-9)

☐ **Day 3: Peace**

For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. (Romans 8:6)

☐ **Day 4: Patience**

Be patient, therefore, brothers, until the coming of the Lord. See how the farmer waits for the precious fruit of the earth, being patient about it, until it receives the early and the late rains. (James 5:7)

☐ **Day 5: Kindness**

Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you. (Ephesians 4:32)

☐ **Day 6: Goodness**

Trust in the Lord, and do good; dwell in the land and befriend faithfulness. (Psalm 37:3)

☐ **Day 7: Faithfulness**

One who is faithful in a very little is also faithful in much, and one who is dishonest in a very little is also dishonest in much. (Luke 16:10)

☐ **Day 8: Gentleness**

[B]ut in your hearts honor Christ the Lord as holy, always being prepared to make a defense to anyone who asks you for a reason for the hope that is in you; yet do it with gentleness and respect. (1 Peter 3:15)

☐ **Day 9: Self-control**

Let every person be quick to hear, slow to speak, slow to anger. (James 1:19b)

