



Friends ~ Family ~ Fruit of the Spirit

Kid's Chat God's Spirit II

Kristin Gembala

Friends ~ Family ~ Fruit of the Spirit

is the second book in the Kids Chat God's Spirit series.
(You can request a hard copy of the original Kids Chat God's Spirit to Kristin@appreciatetheworld.com.)

Friends ~ Family ~ Fruit of the Spirit/ Kids Chat God's Spirit II is a continuation of the first book. With a lot more depth and text it is our first E-book. There are 30 small sections covering topics like The Golden Rule, Bullying, and Jesus is for You! There is also a section on each Fruit of the Spirit.

It is an E-Devo! (E-published Devotional). The book was e-published to be a FUN way to read and talk about our Lord with our children. Let them have their screens! Grab a notebook to record the answers as an heirloom for your family.

This book opens and promotes communication between parents and children in a way that is fun for children. Children and parents discuss topics that help them share and explore important issues. This gives busy families a chance to talk about what is important in their lives and "grow" together.

The book is exactly what it says – Kids Chat with their parents while God's Spirit moves through them.

Enjoy! Change your Lives while Giving time to Others.

Traditions

Is there a special kind of cake you like to have on your birthday?

Do you put a star or an angel at the top of your Christmas tree every year?

Do you pray before each meal?

Is there a certain place you go on vacation every year?

Do you donate a Thanksgiving meal to those less fortunate each year?

The fudge! The fudge! It is getting close to Christmas Day. The trees are lit up, and the friendship bell is hanging on the front door handle. The advent calendar is sitting on the kitchen counter and we share the chocolates behind each “window” every day when we count down the days to Christmas celebrating Christ’s life! There is a tall formal tree with ornaments that are VERY breakable in the front room! It has glowing gold and red ornaments with hundreds and hundreds of white lights. Beautiful, flowing bows hang on it. We can hardly get near it for fear of breaking yet another big, bright, red ornament.

There is also a family tree. It has all of the kid’s ornaments on it. All of the kids in the family usually make ornaments for each year they are in school. This tree symbolizes everyone in the family. Everyone has given ornaments to this tree. This special tree also has a “yearly” ornament. That means every year the family buys or makes an ornament that represents what has happened to them as a family over the past year. The year is written on that ornament. There is also a written running list keeping track of each yearly ornament. The list shows decades of ornaments. The tree itself is a symbol of the whole family.

But it is the fudge that is really amazing! There is a family recipe handed down generation after generation. It is fairly easy to make, but it really takes two people to make it because someone has to stir! Then there are always little mouths hanging around after the stirring to lick the spoons, large pan and spatulas! Chocolate! Chocolate!

The recipe can be made over and over to give as yummy gifts to family and friends!

** Fudge **

4 Cups sugar

1 Can evaporated milk

Bring to a boil and cook 5 minutes and no more! Be sure to time when it reaches the boil stage.

Crack into large bowl:

1 pound Hersey chocolate bars

2 – 12 oz. packages milk chocolate chips

1 pint or 2 Cups or 7 oz. jar of marshmallow whip

1 ½ pounds coarsely chopped nut

Pour the hot syrup over all then blend well. Pour into greased pans and cool.

YUM!

The fudge, the trees and the ornaments are all family traditions!

1. What is a tradition?

2. List 3 of your family's traditions?
 - 1.
 - 2.
 - 3.

3. What is your FAVORITE tradition?

4. What are some of our country's traditions?

5. What is a fun or wonderful tradition you would like to start in your family?
Example: On Tuesdays go to a bakery and get a cookie or on Sunday afternoons mother and daughter go for a walk, to the park or play duets on the piano.

Prayer ~ Lord, not all families look or act the same. Doing special things together and sharing time let's us be a family no matter what we look like or who we are with! Help us build traditions that we can pass down to all of our family. Let them be God honoring and glorify you. Thank you for my family!

Galatians 5:13 Serve one another in love.

Song of Songs 2:4 His banner over me is love.

Favorites

List Your FAVORITE Things:

Toy: _____
Food: _____
Movie: _____
Place: _____
Game: _____
Holiday: _____
Time of Day: _____
Sport/Activity: _____
Song: _____
Book: _____
Color: _____

Draw a picture of your favorite FAVORITE!

Now, have your parents list their FAVORITES!

Toy: _____
Food: _____
Movie: _____
Place: _____
Game: _____
Holiday: _____
Time of Day: _____
Sport/Activity: _____
Song: _____
Book: _____
Color: _____

Isn't it neat to see how God created each of us to like certain things! Isn't it neat to see that even though we are family, we can like different things? There are many things we may like that our brothers or sisters or parents or grandparents like. Then again, there are things we don't like. We are all made differently, but God put us together. We are all made differently, but God has called us all to be part of the body of Christ.

Prayer ~ Dear Lord, show me how to be me. But, also show me how to live and give to others around me. Let me be a light in the body of Christ. Amen.

1 Corinthians 12:12

The body is a unit, though it is made up of many parts; and though all its parts are many, they form one body. So it is with Christ.

Gracias! Say “Thank You!”

“Thank You” are two small words that mean a lot!

1. When do you say thank you?
2. What is something you can thank your family for right now?
3. Parents, what is something you can thank your child for right now?
4. How do you feel when you put a lot of effort in to doing something nice for someone and they DON'T say “thank you?”
5. When is it appropriate to say “thank you?”

The answer to that question, “When is it appropriate to say ‘thank you?’” is ALL OF THE TIME! Say “thank you” when a friend lets you borrow a pencil at school, or a brother or sister plays a game with you, or when someone feeds you a meal (even if you don't really like it!) You could say “thank you” to a teacher who helps you with a math problem, or a policeman who protects you, or a coach who teaches you how to run the bases. You will find out that the more you say “thank you” to others, the more they will say it back to you!

**Parents – we must be the model for this. When a 1 year old's first words are “thank you” whenever anything is handed to him, you know appreciation is being modeled. Do we say “thank you” for the little things our children do like washing their hands after playing outside, taking their dishes to the sink after a meal, or putting the toilet seat down? Those are great ways to set the tone of gratefulness in our homes.

1 Thessalonians 5:18

Give thanks in all circumstances, for this is God's will for you in Christ Jesus.

1 Chronicles 29:13

Now, our God, we give you thanks, and praise your glorious name.

How many new words can you make out of the letters in the words
Thank You?

- 1.
- 2.
- 3.
- 4.
- 5.

Prayer ~ Thank you, God for all of my blessings. Thank you for my home, my family, even for me! Help me to remember that even when I might be sad or upset, I can still find something to thank you for! Amen.

Good Night! Good Thoughts!

1. Are you ever tired at the end of the day?
2. What do you think about before you go to sleep?

You do SO much during the day!

3. Can you share what all you did today starting from the moment you got out of bed?
4. What was the best part of your day?
5. Was there something you did not like about today?

Sometimes when we lay down at night we are really tired. Sometimes we start to think of bad things. Sometimes when we are tired our minds start wandering and bad thoughts can come in. Don't let them though! This is a time of rest. God made night so we can get good sleep. He knows our bodies need to lie down and fill up on energy. He is with you even when you sleep. Think of him laying you down, giving you a smile and saying, "Sleep peacefully!" That means, sleep with good thoughts!

Prayer ~

Now I lay me down to sleep
I pray the Lord my soul to keep
Angels watch me through the night
Until I wake with morning light.

1 Chronicles 28:20

David also said to Solomon his son, "Be strong and courageous, and do the work. Do not be afraid or discouraged, for the LORD God, my God, is with you.

Good Thoughts! Good Morning!

1. How do you feel when you wake up?
2. What is the first thing you think of when your feet hit the floor as you get out of bed?
3. What about saying, "This is the day the Lord has made, I will rejoice and be glad in it!"

Waking up in the mornings can be hard! We are usually hungry and sluggish. Can you act out right now what it looks like to be SLUGGISH? Yes, it can look a little funny, can't it?

We may even be CRANKY when we first wake up. Have you ever just wanted to go straight back to bed, but you couldn't because you had to get ready for school? Try your best to think Good Thought in the morning! Try to bless your family with a hug or at least a smile! Those little things can make the day go great!

Prayer ~ Dear God, when my feet hit the floor in the mornings help me to remember to thank you for the day you have made and help me to think Good Thoughts! Thank you for the sunshine that rises every morning! Amen.

Genesis 1:5

God called the light "day," and the darkness he called "night." And there was evening, and there was **morning**—the first day.

The Golden Rule

So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets. Matthew 7:12

1. What is a rule?
2. What is a rule that is good for all of us to follow?
3. Do you like to follow rules?
4. What is a rule you do NOT like to follow?
5. Is it hard for you to treat everyone else the way YOU want to be treated?

7:30 in the morning is *crazy* at our house! We are all trying to get dressed, teeth brushed, breakfast eaten, lunches packed, backpacks filled with *everything* we need for school, snacks packed, dog fed, fish fed, and coats and shoes on! It is *crazy*! We have brothers and sisters all doing this at the same time.

Sometimes we get frustrated. There isn't enough room to get our coats and shoes on. Sometimes we fight over who needs to feed the fish and the dog. Once in a while we drop our things or forget something. We may even get mad with one another.

Then it happens. One of us gets a really mean look on our face and squints our eyes at the other. Go ahead, give it a try! Try to make that mean face right now. Then, we use mean words to go with that mean face. We scream something like, "Get out of my way!" "You are too slow!" or "Don't be an idiot!"

When those words are spoken to you from someone with a mean face, how does it make you feel?

Good or Bad? (Circle)

Happy or Sad? (Circle)

Jesus tells us that we should work hard to treat other people like we would like to be treated. Speaking nicely and waiting on others are ways we can treat other people, just like we would like to be spoken to nicely and waited on when we are trying to get packed for school.

Think about on the playground or outside, we like to take turns playing with basketballs, four-square or tether ball. We should do our best to wait patiently while other people have a turn, so then they can wait patiently when we have a turn.

It is very important that we speak nicely to other people, especially our family. We can make people feel happy when we say nice things to them, or we can make them sad when we say bad things to them. Just like when people speak to you! When they say nice things to you, you feel happy. When they say mean things to you, it makes you feel sad. So, when you talk to other people, think about what you say and talk nicely to make others happy. Think before you speak.

Prayer ~ Dear Lord, when I get mad and frustrated with others, please help me to be patient. Help me to speak nicely to them and not make them feel bad. I also make mistakes sometimes and when I do, I need people to talk nicely to me and forgive me. Help me to smile and not squint! Amen

The Golden Rule II

Once upon a time there was a beautiful young girl who was sitting by a dark green tree at recess. She was sad while she was sitting there because she missed her old school and her old friends. This was a new school with new kids and she was scared.

Have you ever been sad or scared? All of a sudden two girls saw her crying and went to meet her. They said, "It's ok to miss your old friends, but you should make new friends!" They asked her to play with them, to run around and laugh. And she did!

The young girl felt so much better! She had made some new friends and was thankful for the two girls.

Luke 6:31 Do to others as you would have them do to you.

1. Can you share a time when you were scared and someone helped you?
2. Did you thank them?
3. Has there been a time when you have helped someone else?
4. What is one thing you can do right now to help someone else?
5. Go do it!

Prayer ~ Dear Lord, thank you, thank you, thank you! Thank you for making me special. Show me how to be nice to others when they need help. Show me how to do unto others as I would like them to do to me.
In your name, Amen

It's Good to Be You!

Psalm 139:14 I praise you because I am fearfully and wonderfully made;
your works are wonderful,
I know that full well.

Think about when you have been in a school lunchroom or at the zoo or even standing in your own kitchen. When you are there with other people, do you all act the same way? If you have brothers or sisters, do they think and act exactly like you do? When you play with others, do you always like to play the same things?

NO!

No one person is exactly like any other person! Some people may run slow or fast, talk loudly or quietly, be tall or short. Some people may have big families or small ones. Some may have a dog or a cat, or a bird or a rat! Just like God makes no two snowflakes the same, he does not make you like any one else either! You are wonderfully made! You are special!

Look at your finger. Take your pinky finger and look at your fingerprint. Compare it to the person sitting with you. They are not alike. You each have been given your own set of fingerprints and eyes and teeth and body and smile and families. The list goes on and on. You are special!

1. What do I like most about myself?
2. Am I (circle)
Tall or Short Loud or Quiet Big Family or Small Family
3. Name one way I am different from a friend.
4. Name one way my family is like our neighbors.
5. Ask your parents what they love most about you.

Prayer ~ Father in heaven, you are all powerful and all wonderful! Thank you for making me just as I am! Give me the courage to be who you have made me to be.
Amen.

God Loves You

Some of us live with a mother **or** a father, or a mother **and** a father. Some of us may live with our grandparents or cousins. There are even some of us who are adopted or living with foster parents. No matter whom you live with – they love you. And no matter whom you live with – God Loves You, too!

He loves you in the morning when you wake up, during the day when you play and at night when you sleep. He loves you every day, all day, all of the time! God is love.

1 John 4:16 And so we know and rely on the love God has for us.
God is love. Whoever lives in love lives in God, and God in him.

1 Chronicles 16:34 Give thanks to the LORD, for he is good;
his love endures forever.

1 John 4:19 We love because he first loved us.

So remember when you are scared or sad and even when you are happy, God loves you! Imagine God's big hands wrapped around you giving you a huge hug! He hugs you with his love not just sometimes, but all of the time!

1. Who are some people you love all of the time?
2. Are there some special things you love like a toy or a pet?
3. Does loving them make you feel good or bad? Happy or sad?

4. Go tell someone you love that you love them and give them a huge hug, right now!

5. Fill in the blanks:

_____ is _____. 1 John 4:16

We _____ because he first _____ us. 1 John 4:19

His _____ endures _____. 1 Chronicles 16:34

Prayer ~ Lord, Thank you for making me! Thank you for making me SO special.

Please help me remember that it is just A-O-K to be me! I don't have to try to be like my friends or family because you made me and it's good to be me!

In Jesus name I pray, Amen.

I love Sports!

By a 2nd grader

In my school there are so many great friends. We get to do so many neat things every day! Recess is my favorite time of the day. I get to run and play. Sometimes though, it rains or snows! Then we have to stay indoors for recess. We either get to play in the gym or in our classrooms during indoor recess.

If we are in our classrooms we get free time and get to choose from games, writing on the boards, drawing, reading or just talking. I love sports! When we have free time at school I love to do anything with sports. I like to play all kinds of sports, draw sports, make up a new sport or even just talk about sports! I like to get the scores of basketball games, baseball games, Olympic games every morning! I like to follow the teams and know where they stand in rankings. I like to cheer the teams on, even when they are losing.

I love sports! But, at indoor recess one day a friend of mine asked me to play Legos. He loves Legos. I told him I didn't think I wanted to build Legos right now. Then he said to me, "Why not? ALL you ever want to do is SPORTS!" He said it in a very mean way with a mean face. It hurt my feelings and made me feel very small.

It is true that all of the time I love sports. Maybe I should try to do something else once in a while. It might be good for me to try new things when I play with my friends. It is also true that God made me the way I am and it is ok to love sports. We all have things we are good at and like! Remember that there is only one me and one you!

When your friends want to play what they want to play and you want to play something else, how about making a plan that you do both? Maybe you could play what they want to play for 10 minutes and then play what you want to play for the next 10 minutes. That way you both get to play what you like and you get to say to a friend, "It is ok to like what you like!"

Friendship is a lot about sharing. Try not to hurt other person's feelings and be nice to each other. Remember the Golden Rule! Understand that some of us like Legos or dress-up or trains and some of us may even love sports!

Prayer ~ Dear Lord, thank you for my friends and for time to play with them! Help us to play all kinds of things and to be nice to each other when we want to play different things. Help me to try to play new things once in a while. And let me know it is ok to love the things I love to play. Amen

Jesus is for YOU!

Romans 8:31 says, "If God is for us, who can be against us?" God gave His only son for you. Simply, He died for you on the cross. He loves you.

"I see the steeple! I see the steeple!" shouts the little boy. He is on his way to school, which happens to be in a church. There is a beautiful white steeple atop the church building. It stands way up into the sky and at the very top of it is a cross.

"Jesus died on a cross, Mommy. He died for the things that we do wrong, our sins. That way we can live with God and Jesus forever!"

"Sometimes I do things that are wrong. And sometimes I do things that are right," the boy continued.

"Yes," said the Mommy. "The reason Jesus died on the cross was to forgive us of what we do wrong. He loves us!"

The Bible tells us that God is love; "Whoever does not love does not know God, because God is love". 1 John 4:8 It also tells us that NOTHING can take us away from his love! "Neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord." Romans 8:39

We do make mistakes. Maybe we don't listen to our parents or teachers as well as we should. Maybe we screamed at our brother. Maybe we looked meanly at our classmate at recess. Maybe we talk about ourselves all of the time and really don't think about anyone else. God asks us to obey our parents and to respect authority figures like our teachers, principals and presidents. He asks us to be kind and loving to other people. We should do our best to follow God's word.

That is where Jesus comes in, though. Not one person on this earth is perfect. Not one of us can do everything right all of the time. It is important to try to do good things all of the time, but we can't. God made us with choices and sometimes we choose the wrong thing. But NO MATTER WHAT, God loves us! That is why He sent His son to die for us. "Jesus said to them, "If God were your Father, you would love me, for I have come here from God. I have not come on my own; God sent me." John 8:42 NIV 2011

Create an acrostic poem using the first letter for each line.

J

E

S

U

S

Prayer ~ Dear God, thank you for sending your only son for me. Thank you for sending Him for all of us. Help me to understand that no matter what I do, you love me. But help me also understand that because Jesus lives in my heart, I want to follow Him and listen to Him. Amen.

Search for God. He is always with you.

1. Have you ever felt alone?
2. What does it feel like?
3. Have you ever not known who to play with at recess?
4. Have you ever looked for someone to sit with at lunch?

There are times when we are looking for someone to play with or sit with. There may even be times at home when we need help with something and every one in our family is busy. In those times we can feel alone. That means you are all by yourself.

That feeling of being by yourself can sometimes be scary. It can sometimes not feel very good. BUT, you are NEVER alone. God is always with you! There are times when you can feel him and then there are times when you can't feel him. But, whether you can feel him there or not, he is always there!

So, if you are feeling alone, just start talking to God! He will hear you.

Deuteronomy 31:6

Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will **never leave** you nor forsake you."

Prayer ~ I am never alone! You are always there! Wow! What a promise! Thank you, Lord! Amen.

What Did You Say?

Proverbs 18:21 The tongue has the power of life and death.
Bad words, Tone of voice, Mean words, and your eyes, too...

Did you know that when we talk, we actually can talk with our faces? We can let people know we love them and care about them by smiling at them! We can let them know we are listening to them by looking at their eyes when they talk! We should always have our face looking at a person when they are talking to us.

There once was a 2nd grader who wanted to play basketball at recess. He was so excited to get outside and play. He sat in class and watched the clock tick down to the last second when the teacher said, “Ok, class. Time for recess!”

He jumped out of his chair, grabbed his jacket and headed out to the basketball court. He was smiling so big. It felt so good to get outside and run. He saw the basketball sitting in the middle of the court. As he started to pick up the ball another boy said in a loud, mean voice, “Hey, leave that there! That is mine!”

Ouch! That hurt! Those words that boy said hurt! He talked very meanly. His face was wrinkled and he was staring at the other boy who couldn’t wait to go to recess and play basketball.

Watch what you say to other people! Be nice! Say words with a happy voice! Be sure you smile when you talk to other people. Share the basketball. God calls us to be nice to other people. He says to talk nicely and to not be mean.

You can choose to talk nicely to your friends and family, or not to talk nicely.

1. What is something nice someone has said to you recently?
2. How did that make you feel?
3. What is something not nice someone said to you recently?
4. How did that make you feel?
5. Right now, say something nice to someone!

Prayer ~ Lord, in Proverbs 18:21 you say, “The **tongue** has the **power** of life and death.” For me that means how I talk can make someone feel good or bad. Let me be a light to others and help me control my mouth and my thoughts. Amen.

Friends

by Alyssa Gembala

In times of need and you don't know what to do, go to your friends and talk to them. But don't forget GOD is still there and you can pray to him any time you want to. He is always listening, 24 hours a day/7 days a week. He is listening and watching over you every minute of every day! When I was young I used to think GOD was only going to listen to me when I was laying in bed or when my mom would tuck me in at night, but now I know GOD is always there, as well as my friends.

Let's talk about friends...sometimes you might like something that your friend Dislikes ☺ ☹!

You and your best friend might like different things. But don't stop being friends. Maybe at recess one day you could play what you want to play and another day you could play what your friend wants to play. Or maybe you could share the time playing each other's games, half the time playing the game you like and half of the time playing the game your friend likes.

1. What are your favorite games to play with your friends?

1.

2.

3.

4.

5.

2. Where do you and your friends play?

3. How are you a good friend?

Proverbs 17:17 A friend loves at all times, and a brother is born for adversity.

Prayer ~ Dearest God, thank you for my friends! Teach us to play fairly, share our favorite things and have fun! Amen.

That Wasn't Nice!

By a 7 year old

Today is my 7th birthday! There was a neat surprise treat bag on my desk when I got to school and a sign outside our classroom that read "Happy Birthday!" I had been looking forward to this day for a whole year! It is so fun to grow older and have birthdays!

When I woke up my mom handed me my favorite donut with a birthday candle in it for breakfast. I had to eat a little banana with it too, you know, I HAD to eat something healthy with that great big mound of sugar. In fact, there was so much sugar I couldn't even finish my donut! I think maybe I was so excited about the day and getting to school with my friends that I couldn't finish my breakfast. Birthdays are so fun to celebrate with friends.

During the school day my mom came up and brought treats for my whole class. They all sang happy birthday to me and I began passing out the treats. They were specially ordered iced sugar cookies that had baseballs painted over the tops. They were HUGE! I had the honor to pass one out to every kid in my class and of course, my teacher, too. She loved the cookies and came to tell me how yummy they were.

Then I sat down to eat my own special, HUGE baseball birthday cookie with my friends and I saw a friend standing next to me. He said to me, "Hey, I do NOT like that cookie!"

What? What did he say to me? He doesn't like my special ordered, fantastic, wonderful, full-of-sugar, iced-glazed cookie? How could you not like such a thing?

My heart sank and my face turned red. It was my birthday and someone who I really liked and who I thought was my friend, REALLY hurt my feelings. In fact, I could feel the tears come to my eyes.

That wasn't nice.

I hope that when I am given a food or a toy or a gift or anything I do not really like, that I will either say, "No, thank you." Or say, "Thank you," and accept it politely. I don't want to hurt others feelings just because I may not like something. It is ok to not like everything, but it isn't ok to be mean or hurtful to others. I guess that means that I have to actually think about others before myself. I think there are words for that like respect, generosity or just being nice.

1. Tell a time when you were NOT nice.
2. Tell a time when someone wasn't nice to you.
3. What do the 10 commandments say about being nice to others?
4. What is something nice I could do for someone right now?
5. Go do it!

Colossians 3:12 Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, **kindness**, humility, gentleness and patience.

Prayer ~ Move my heart, mind and words to be kind, Lord. Stop me when I am choosing to be mean to others. Help me learn to control myself and do my best to lift others up by encouraging them, not hurting them. Amen.

Bullying

by Alyssa Gembala

BULLYING. Have you ever been bullied or bullied someone else? Bullying means to treat a person abusively or meanly. It is when one kid acts like they are better, smarter, or more powerful than another kid. It is NOT okay to bully anyone!

A good friend is one that will stick around when someone is BULLYING. I think bullying is one of the worst things that can ever happen, especially when it happens at school. B-U-L-L-Y-I-N-G, YUCK! That word is SO NASTY!

I was bullied some. There was a girl in 4th grade that wrote a list of names of people who were popular and for some weird reason this girl HATED me! So, of course, I was at the bottom of the list. But, my true friends stayed with me. They said the list was silly.

A good friend is one who will still be your friend even if someone else is BULLYING you. This one girl didn't like me only because I was good friends with one of her friends. Her name was Millie. Ugh, every time I would try to hang out with my closest friend, which happened to be Millie's friend, Millie would shove me, push, and growl at me. It was ridiculous. It is NOT the way God teaches us to love one another.

Matthew 22:37-39 says, "Jesus replied: Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: Love your neighbor as yourself."

He teaches us to be nice and help others. He teaches us to talk nicely to one another and to speak good things to our friends, not mean, bad things. If someone is bullying you, be sure to tell your parents or an adult.

Prayer ~ Dear Lord, thank you for my friends! Thank you for all of the fun things we get to do together. Help us to share our time doing things we both like, even if that means we take turns. Help us to speak good things to each other. We want to be a good friend! Amen.

Humble Pie!

Have you ever heard of humble pie? Has anyone ever told you that you need to eat “humble pie?” That sounds like a funny phrase, but it really means that we need to be careful. We need to be careful to not think that we are better than anyone else.

For example, what if you are on the swim team and you are a GREAT swimmer? You love to swim and you are SO fast in the pool! You get up most summer mornings, eat a small, healthy breakfast and get to the pool early for practice. In almost every race you beat everyone, every time!

A humble person would smile, have fun, do their best and get in and out of the pool as if nothing was going on. A person who needed to eat “humble pie” would jump out of the pool and say, “Wow! Did you see how fast I swam those laps?” Or they would say, “Oh yeah! I can beat you, every time!” Or they might even say, “Can’t you go any faster? I am whopping you across this pool!”

Romans 12:3 says, “For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you.”

Bounce, bounce, bounce goes the basketball. Up and down the court. It appears you are really fast! It appears you know how to do a lay-up and rebound almost at the same time! Wow! You must have taken basketball lessons since you were a baby!

A humble person would smile, do their best, share the basketball with the rest of the team, and encourage everyone on the team. A person needing to eat “humble pie” would never pass to their teammates so they could score. A person needing to eat “humble pie” would say something like, “Hey, speed it up and get down the court!” Or maybe say, “Did you see all of those shots I made? I scored almost all of the points!” Or they might even say to their teammates, “Could you please get out of my way. You are not good enough to be on my team.”

God has made each and every one of us special. He made each of us with some strengths, where we might be better than other people in certain things. He also made us with weaknesses, where we would not be better or know more than other people in certain things. We are all His creation! No matter what we are good at or NOT good at, let’s treat other people nicely, respecting them. Let’s stay humble and work with everyone God puts in our lives.

1. What is something you are really good at?
2. What is something you are really bad at?
3. Write down a time when you were humble?
4. What does it mean that someone may need to eat “humble pie?”
5. Is there a time you needed to eat “humble pie?”

Prayer ~ Dear Lord, thank you for making me and everyone around me special! Let me be kind to others and accept them for who they are. Help me to NOT need to eat “humble pie.” It doesn’t sound very tasty! Amen.

Nightmares!

“Mommy! Mommy!” came the little voice screaming through the hallway in the middle of the night. “Help me! Someone is trying to hurt me!”

Have you ever woken up in the middle of the night after having a nightmare? Most everyone on earth has! It can be really scary! There are times after a nightmare that we might sweat, or crying, or shake. We might see very frightening things in our dreams from monsters to storms. Those dreams can be terrifying. They make us fearful.

Have you ever stood on a diving board? Did you look down at the beautiful blue water that never seemed to end? It seemed that it went down, down, d-o-w-n... If you are not a very good swimmer, that can scare you! You may not know how you could possibly jump in that pool! Who would catch you? Who would be there just in case? That can make us fearful.

Fear can seem like it eats us up! It can make us shake or look like our eyes are popping out of our face! Can you make your face look like you are super scared?? Come on, let's see it!

Well, it is our Lord who will be there just in case. In fact, He is there in any and every case! It is also Him who says to us through His word in Isaiah 41:10 “So do not **fear**, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.” Then again in Isaiah 41:13, just two verses later He says, “For I am the LORD your God who takes hold of your right hand and says to you, Do not **fear**; I will help you.”

Amen! We are human beings and sometimes we get scared. But, do know, that even when we are scared, God will help you and hold you.

List 5 things that make you really scared.

- 1)
- 2)
- 3)
- 4)
- 5)

Prayer ~ Heavenly Father, how awesome are you to help us and hold us, especially when we are frightened! Turn our thoughts to you when we are scared. Amen.

Let's Chat About These Things:

1. What is something that we CANNOT do in our home? What is NOT allowed?

Why?

2. List ways we CELEBRATE our family?

a.

b.

c.

d.

3. List ways we honor and serve our Lord:

a.

b.

c.

d.

4. What is a new way we can do something good for someone (or some family) in need?

5. Why do we want to go to heaven?

The Fruit of the Spirit

Galatians 5:22-23

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

In Galatians 5:22-23 Paul writes to the Galatians. He explains that Christ died for us. He did that so our sins are forgiven. Paul also reminds the Galatians to live by the Holy Spirit. He gives us the verse above to show us how to do that.

Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control are all ways that Jesus lived. We are not perfect, but God, Christ and Paul call us to do our best to live with those qualities. We need Jesus's and the Holy Spirit's help to live by those traits. It is not always easy, but we can love God (The Great Commandment) and love others (The Great Commission) by praying and asking for help to live with those characteristics.

The Fruit of the Spirit reminds us to obey God. It tells us what characteristics we should live by. It shares how God treats us and we should treat others that way. The Fruit of the Spirit tells us how to act, to be kind to others, to control our anger and how to love on each other.

F – Free! Christ has set us free. Free to be forgiven of our sins. Free to live with God forever. Free to make good choices.

R – Remember to Love God and Love Others!

U – You! You are so very important to the Lord! He Loves You!

I – I can serve Jesus by loving, sharing joy, being peaceful, being patient, being kind, trying to put others before myself(goodness), being true(faithful), being gentle to others, and controlling my thoughts and actions to not hurt anyone else!

T – Thank you, Lord! Thank you for reminding me how Jesus treated others. Thank you for showing me how I should try my best to be like Christ.

Let's look at each fruit.

LOVE

Love, love, love! Love makes the world go around! God loves us perfectly, so then we can try to love others perfectly! Love is all about OTHERS and not ourselves! It means putting other people before us. If we love our friends and family, we do not do them any harm. We follow the golden rule and treat them like we would like to be treated.

Love is God, family and friends. We need to cherish others, take care of them and respect them. Sometimes it is VERY hard to put other people before ourselves. Learning to not be selfish is one great way we can LOVE!

How can we show God's love?

- 1.
- 2.
- 3.
- 4.
- 5.

One easy way to show God's love is to SHARE! We can share our toys, our books, and our time. We can share a swing or a basketball at recess. We can share a snack if a friend is hungry. We can share turns jumping into the pool. We can share hugs with our parents!

Read Genesis 22:1-18. God Loved Abraham!

Prayer ~ Dear Lord, thank you for loving me! Thank you for loving the birds, the trees, and the sky. Thank you for giving us love, so we can love other people. God, you ARE love! Amen.

JOY

Romans 15:13 says, “May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.”

Kids sometimes think that joy is the same as happiness. But, it is a little bit more than just being happy. Joy is knowing God’s love and living in it every day. If we believe and feel God’s love for us, we will be happy every day! We will be happy towards others and we will be able to live out all of the characteristics of the Fruit of the Spirit.

Some of us say that joy is to be happy, energetic and positive. It can be to be happy because of God. It can mean to rejoice in our God. It can mean that if you play on a soccer team and play in a long tournament placing 2nd, that you still have joy because you even got to play. No pouting!

Joy is more than just saying, “I feel happy!” It comes from our inside out! If we are children of God then our faces should show it! We can show our joy on our faces by smiling and laughing! God created smiling and laughter just for us! “A cheerful look brings joy to the heart,” says Proverbs 15:30.

1. What makes you smile?
2. How can you show joy?
3. Trusting God brings us joy, do you trust him to help you when you are confused or hurting?

Read Matthew 27: 58 through Matthew 28:10.

Prayer~ The Lord has risen. He has risen indeed! Do not be afraid, but be filled with joy! The Lord says, “I am with you.” Children of all nations, love your Lord and love each other. Smile and spread joy to all! Amen.

PEACE

Do you mean a piece of paper? NO! Do you mean a piece of pizza? NO! Do you mean a piece of CANDY? NO!

P-E-A-C-E means calmness. It means to be quiet, to not be upset or angry. Peace means to not be at war, to not be fighting, to relax.

Can you sit in the place you are right now and show HOW to relax? Show how to sit peacefully.

Ask someone to show you the peace sign.

It sounds so easy to just sit peacefully, but many times we get scared or upset. A way to have peace even in troubled times, especially in troubled times, is to know that God is in control. He is sovereign. He is above everything in our lives and we can rest knowing that! He is big enough to take care of us. He is big enough to take care of all of us.

We can go to God in prayer with ANYTHING! Did you know He loves to hear from us? Whenever something may start to bother you, you can stop wherever you are at and say a prayer. You can even have a special place in your home where you may like to pray. You can pray out loud, quietly, or with other people. You can even just pray in your heart and mind. God loves to hear from you!

1. How can you create peace in your home?
2. Where is a peaceful place you can go and pray?
3. Is there a place you go that makes you feel very peaceful?
4. How can you create peace at school?
5. Who do you like to pray with?

Read Matthew 8:23-26:

Jesus Calms the Storm

Then he got into the boat and his disciples followed him. Suddenly a furious storm came up on the lake, so that the waves swept over the boat. But Jesus was sleeping. The disciples went and woke him, saying, "Lord, save us! We're going to drown!"

He replied, "You of little faith, why are you so afraid?" Then he got up and rebuked the winds and the waves, and it was completely calm.

Prayer ~ Dearest Lord, thank you for being so magnificent! Thank you for showing us that even when we are scared, upset, nervous, fearful or uncomfortable you are there! Jesus came to calm our storms and teach us how to talk to you. Amen.

PATIENCE

WAIT! WAIT! WAIT! Are you waiting your turn in line at the drinking fountain? Are you waiting your turn to talk at the dinner table? Are you waiting for breakfast to be served? How many times a day do you think a parent, teacher or adult asks you to wait?

Waiting can sometimes make you feel bad, hungry, thirsty, sad, or antsy. But, waiting can also mean waiting in goodness. For example, maybe you are waiting for the days to pass so you can go on vacation. Maybe you are waiting expectantly for your grandparents to come visit you from far away.

Waiting can be both negative and positive. Waiting is a simple word to explain patience. Waiting patiently for things takes a lot of effort. We can be kind to others by being patient, like the Fruit of the Spirit calls us to do. It can mean to not get angry when we don't get something we want. For example, have you ever been at a store and seen a toy or video game that you REALLY wanted RIGHT THEN?! Then, come to find out, you were told you couldn't buy it, but maybe you should wait patiently for your birthday to come and you may get it then.

Being patient with other people can mean that you treat them respectfully. You don't interrupt someone when they are talking or telling a story. You don't get angry or hit anyone for taking their turn at a game. You are calm and nice to your friends and family.

Patience can mean, "Wait my turn." It means waiting politely! No huffing or puffing! We can be patient and loving to others with our eyes, mouths and the way we talk.

Give an example of each of these:

- 1) Show how to LOOK patiently at someone.
- 2) Show how to TALK patiently to someone.
- 3) How is one way you can be more patient with your siblings?
- 4) How is one way you can be more patient with your parents/grandparents/family?
- 5) Show how to LOOK and TALK Impatiently!

1 Corinthians 13:4 Love is patient, love is kind.

Romans 8:25 But if we hope for what do we not yet have, we wait for it patiently.

One of the greatest stories of patience is God's patience with us. No matter what we do, good or bad, He always loves us! He never leaves us! He is patient with us, watching over us as He gives us life. We can do nothing to move Him away from us. He is patient with us and always loves us. He does ask us to love Him and accept Jesus so we can then, with His help, be patient with everyone else.

Read Genesis 8. It is another great story of patience. Just imagine being Noah and waiting on that ark, day after day, wondering if the waters would ever go away. He was patiently waiting on the Lord to return land to his family and the animals. Then, after many, many days, the Lord did return it. What a blessing.

Prayer ~ Greatest Lord, teach me, teach me, to wait patiently. Show me how I can make my eyes and mouth be kind and patient to my friends and family. Give me the words to come out of my mouth that honor you and share my patience. Let me be a shining light by waiting with happiness for all things that I must wait on! Amen.

KINDNESS

True or False?

- 1) It is kind to push someone in line while waiting to go out to recess?
- 2) It is kind to give your parents a hug first thing in the morning when you see them?
- 3) It is kind to scream at your brother or sister to move out of your way?
- 4) It is kind to tell your friend, "Hey, nice shirt! It looks like you were playing in the mud."
- 5) It is kind to smile.
- 6) It is kind to cry when you can't eat dessert.
- 7) It is kind to let someone get their lunch before you get yours?

Being kind basically means to be nice to others. Being kind means to love other people, to show appreciation towards them and to NOT be mean. Being kind can also mean to obey. Obey your parents and obey God. In God's commandments for us, the 5th commandment says to honor your father and mother. Some of us may not have a father or mother, but God does give us authorities which we should also honor.

Kindness can be as simple as sharing.

Acting in kindness means to be nice to others NO MATTER how they act towards you! Wow! Ouch! That can be very hard to do! Acting in kindness means to be good friends with other people. Be someone who will be there for them. Don't be a friend who talks meanly about them behind their back. Uplift all of your friends. Say nice things about them. There is a saying, "If you can't say anything nice, do not speak at all."

Jesus was kind to a blind beggar. Read Luke 18:35-43.
Jesus was kind to the little children. Read Mark 10:13-16.

Leviticus 19:18 Do not seek revenge or bear a grudge against anyone among your people, but love your neighbor as yourself. I am the LORD.

Prayer ~ Heavenly Father, choose my words and actions to treat others kindly, as Jesus did. Amen.

GOODNESS

Has anyone ever asked you to “BE GOOD?”

Maybe one of your parents has said, “Sweetheart, we are going into the grocery store now, will you please BE GOOD?”

We may think that being good is being obedient. Listening closely to what our parents, babysitters or teachers say and ask of us and doing that, is being obedient. That is being good, too. However, there is another way to look at the word “goodness” in the fruit of the spirit and that is to not just BE good, but to DO good.

What? How can I DO GOOD?

Easy, try to think of other people before you think of yourself. If your little brother, who cannot pour milk, wants a bowl of cereal, why not pour him a bowl before you pour yourself one? If you are waiting to open Christmas gifts, why not let your parents open one before you do? If you see someone in a wheelchair or walking on crutches, why not open the door for them before you walk through it?

Goodness is the opposite of bad.

Good

Giving your parent a hug in the morning
Helping your sister carry in her project
Playing catch with your friend
Praying for your family

Bad

Saying, “I need toast and juice.”
Watching her drop it all the way in to school
Telling your friend she can’t play
Not praying for your family

We can do a lot of good in our world, but we need Jesus’s help. We need to ask Him to show us. If we are about to do something and we get that rumbling feeling in our stomach or we need to hide what we are doing, then we shouldn’t do it. God gives us signs to know if what we are doing is good. Any time we think our parents or our God would frown at what we are doing, then they probably would frown, and that is NOT GOOD!

- 1) Tell a time when you acted “GOOD.”
- 2) Tell a time when you should have acted better than you did.
- 3) What is one way you can DO good for someone else?
- 4) What are some words you can use to spread goodness in your world?
- 5) Make a list of things that are NOT good:
 - a)
 - b)
 - c)
 - d)
 - e)

2 Chronicles 7:3 When all the Israelites saw the fire coming down and the glory of the LORD above the temple, they knelt on the pavement with their faces to the ground, and they worshiped and gave thanks to the LORD, saying,

“He is good;
his love endures forever.”

Prayer ~ Lord, help us to think of others first! Thank you for loving us! You are SO good! Amen.

FAITHFULNESS

We can be faithful and God is always faithful.

Some children describe themselves as being faithful by trusting God, by obeying God and believing in Him. Trusting God no matter what! For example, what if a child who is an orphan ends up being a pastor? Does the Lord have His hand on that person's life? YES. Even when bad or tragic things happen, God is faithful to us and never leaves us.

Staying true to yourself is a way to be faithful. You don't need to change the way you dress, talk or think to be like someone else. God made you in His image, just as you are. Being yourself is a way to be faithful to yourself and the Lord. Stay true to God's word, too. Study the Bible and let the words and guidance show in your life.

You can be faithful by not getting distracted by what you are focusing on. If you say you will play with someone at recess, then do it. If you say you will keep your clothes off of your bedroom floor, then do it. If you say you will practice your baseball or piano every day, then do it. Being a faithful person means you do what you say you are going to do. You are dependable and can be counted on, trusted.

Keep in your mind that God is faithful to you. He upholds you, even when you can't see it. You, then, can be faithful to Him and to others. You can be faithful to Him by praying, reading the Bible, knowing and living by the 10 Commandments and most of all, by doing your best to live out the Fruits of the Spirit. If you do your best to be faithful, you will make the world a better place!

Moses was faithful to God and God was faithful to Moses. Read Exodus 3:1-14 and then Exodus 12:31-42. What a wonderful story of how one person, Moses, changed the world with his faithfulness!

- 1) What does the word faith mean to you?
- 2) What do you believe in?
- 3) Is there something you need to ask God to help you be more faithful about?
- 4) Share a time where God was faithful to you.
- 5) Name an action that shows you are faithful to your family.

Prayer ~ Lord, please find us faithful! Give us the strength and courage to live as you would like us to live. Let us know that you are always with us! Thank you! Amen.

them and took them to school to give to the newest student. What a fun way to make a new friend and to be gentle.

There are also stories of gentleness in the Bible. Read 1 Thessalonians 2:1-12. These verses talk about how Paul and his people gently worked hard to bring the good news of the Bible to the people in Thessalonica.

Share a time when you are gentle.

Share a time when you are NOT gentle.

Ephesians 4:2 Be completely humble and gentle; be patient, bearing with one another in love.

Prayer ~ Dear God, when there are times for me to be gentle, please let me see it and act it out! Dig in my heart and mind to serve you by being gentle and kind. When I get frustrated, give me the strength to stop and calm down before I act. Teach me to count to 5 before I do something mean or rude. I pray that I can honor you that way. Amen.

SELF-CONTROL

“No, I want that piece of candy!” exclaimed Thomas.

“It is almost time for dinner, Thomas. You can have it after you eat a healthy dinner,” says his mother.

“NO! I want it NOW!” screams Thomas, as his eyes bulge out of his head. His face starts to turn red.

Thomas’s mother replies, “Thomas, God says that our bodies are temples to Him. Let’s take care of our bodies and eat good foods first. Then maybe we can have a piece of candy.”

Thomas falls to the floor. He kicks and screams and cries!

Thomas was not using self-control. He was doing the opposite of controlling himself. Self-control is what it says it is, controlling ourselves! That means controlling how we act, what we say, how our face looks, keeping our hands to ourselves and not harming or hurting anyone.

It means to think before you speak and control your anger. Sometimes it means almost biting your tongue just so you won’t say anything that would upset someone else. Without Jesus in our lives, we get angry when we don’t get our own way. We can lie, steal, cheat, disobey and say very mean things.

When we can feel anger creeping up in us, we can stop and ask the Lord to help us control it! We can ask Him to help us control our tongue, hands and what we think. Proverbs 18:21 says, “The tongue has the power of life or death.” That means what we say can either encourage and love on others, or tear them down to where they feel badly about themselves and you. Most anytime someone puts you down, they are really only trying to make themselves feel better about themselves. Remember that God asks us to put **OTHERS BEFORE OURSELVES**.

- 1) What could Thomas have done differently?
- 2) When are some times that you have acted like Thomas?
- 3) Describe how you feel when someone says mean things to you. Show what your face looks like.
- 4) How can you gain control over the things you say?
- 5) If you are told “NO” about anything that you want, what are some things you can do to help you control yourself? Example: leave the room and find something to play with.

Read Matthew 5:3-11.

1 Thessalonians 5:8 But since we belong to the day, let us be self-controlled, putting on faith and love as a breastplate(shield), and the hope of salvation as a helmet.

Prayer ~ Our Father in heaven, we pray for help in controlling ourselves! When we get frustrated, stop us in our tracks and help us think before we speak out. Give us gentle words to use and a clear mind to understand what is obedient. Thank you for ALL the blessings you have given us! We are so grateful, Lord. Amen.

The Fruit of the Spirit

Galatians 5:22-23

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

We are lucky that God so loved us that He gave us his only Son to die for us so that we could live with Him forever. He forgives our sins! He forgives us when we are NOT kind, good, joyful, loving, gentle, faithful, or patient. He forgives us when we do NOT have control over ourselves.

However, if we have asked Jesus to come into our hearts and lives, then with His help, we CAN be loving, joyful, peaceful, kind, and patient! We CAN be and do good. We CAN be faithful, gentle and self-controlled! Isn't that amazing that we can actually be a light here on earth for God? We CAN actually be God's love reaching out to EVERYTHING we touch and see!

He loves us so much that He asks us to help Him make the world a better place by doing our best to live the Fruit of the Spirit. Smiles should be on our face as we feel His love. He shares His love for us by giving us people to love and people who love us, no matter what!

Please read, OUTLOUD, the Christian hymn below. It is the message of this book and His message to us. How wonderful you are and how amazing He is! Let's all be His sunbeams!

Jesus Wants Me
For A Sunbeam

Jesus wants me for a sunbeam,
To shine for Him each day;
In every way try to please Him,
At home, at school, at play.

A sunbeam, a sunbeam,
Jesus wants me for a sunbeam;
A sunbeam, a sunbeam,
I'll be a sunbeam for Him.

Jesus wants me to be loving,
And kind to all I see;
Showing how pleasant and happy
His little one can be.

A sunbeam, a sunbeam,
Jesus wants me for a sunbeam;
A sunbeam, a sunbeam,
I'll be a sunbeam for Him.

I will ask Jesus to help me,
To keep my heart from sin;
Ever reflecting His goodness,
And always shine for Him.

A sunbeam, a sunbeam,
Jesus wants me for a sunbeam;
A sunbeam, a sunbeam,
I'll be a sunbeam for Him.

I'll be a sunbeam for Jesus;
I can if I but try;
Serving Him moment by moment,
Then live with Him on high.

A sunbeam, a sunbeam,
Jesus wants me for a sunbeam;
A sunbeam, a sunbeam,
I'll be a sunbeam for Him.

Friends ~ Family ~ Fruit of the Spirit
Kids chat God's spirit II

Self-control

Kindness

Peace

Goodness

Joy

Faithful

Patience

Gentleness

Love

