

Family Time



Main Idea:

What Fruit Are You Bearing?



Key Verse: Galatians 5:22-23

²² But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness, and self-control. The law is not against such things.



Set it Up:

With your cell phone camera, take 8-10 photos of packaged food ingredient labels. Do not let the photo give away the food item.



Game:

Give out a piece of paper to each family member and have them number the paper 1 to 8 or 10 (depending on the number of photos you took).

Show the photo to everyone and have them write down what food item they think each ingredient label is from.

After you have gone through all the photos, you can then reveal the food identity of each label.



Talk:

Packaged foods often contain additives and chemicals that prevent spoilage or enhance the flavor.

Were there any surprises to what ingredients it takes to make a certain food?

Were there more ingredients or fewer ingredients than you expected?



Discussion Questions:

- 1) What would happen if we removed one ingredient from the label? (*The food would not be the same. Every ingredient helps make the food what it is supposed to be.*)
- 2) Write down the ingredients that make up a Believer in Jesus
- 3) Re-read Galatians 5:22-23.

God gives every Believer fruit of the Spirit. What things does this verse say should be a part of our ingredient label?
- 4) What would happen if we removed one part of the Spirit's fruit from our life? (*We wouldn't be all that God wants us to be.*)



Pray to God and ask Him to help you and your family to show the fruit of the Spirit.