

Fruits of God's Spirit

The fruit of the Spirit is love,
joy, peace, patience, gentleness,
goodness, faith, meekness,
moderation.

(Galatians 5:22–23, *paraphrased*)





Have you ever
planted a seed in
the ground and
watched it grow?



If a tomato seed is planted and given enough care, sunshine, and plenty of water, a tomato vine will eventually grow, and then in a little more time there will be lovely red, juicy tomatoes. That plant and the tomatoes all grew out of that tiny seed.



Our spirits, or our hearts, are a little like the earth. The things that we “plant,” or make a part of our spirits, will grow and become a part of who we are.



When we are mindful to fill our lives with things that come from God, then our lives will blossom with fruits of His Spirit—love, peace, patience, gentleness, joy, and so much more.

It's important that we take care to plant good things in the garden of our heart. That way, when others look at us, they will see Jesus' loving ways in our actions and words. The more we are like Jesus, the happier we will be.





Ask your mommy or daddy for several dried beans. In a bowl, place some wet cotton or a wet paper towel and place your beans on the towel. Once the seeds sprout, move the towel and seeds to a place where they get sunshine. Write down one thing

you want to do to be more like Jesus, and put it by your bean sprouts so that you're reminded of what it is you want to grow in.

Be sure to water your beans lightly every day. In a few days, you'll see them begin to sprout.

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