



# Faithfulness, Gentleness & Self-Control



## THE MISSION AIM

To help recruits know that the Holy Spirit develops “good fruit” in us such as faithfulness, gentleness and self-control.



## KEY VERSE

**Proverbs 3:3:** “Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart.”



## Pre-Mission Activity



## Supplies Needed

### Option #1

- Oven mitts
- Bread and butter knife
- Large chocolate bar
- 2 dice

### Option #2

- Paper
- Markers or crayons

## Directions

**DO:** Choose option #1 or #2 based on your group or time frame.

**SAY:** In our previous four lessons we have learned that God sent the Holy Spirit to help us and to develop good fruit in us. Who can name one of these fruits? (Encourage responses)

**SAY:** Before we look check in with control central, let’s play a game (do an activity, option #2) together that will help us to remember what it means to show love, joy, peace, patience, kindness and goodness.

### Option #1

**SAY:** We are going to sit in a circle. I will pass the dice to one of you. As you roll the dice, watch to see if you roll doubles, two 3’s, two 5’s, etc. If you do roll doubles you will move to the centre of the circle and put on the oven mitts, then open the chocolate bar and attempt to cut off a piece of chocolate to eat with the butter knife. However, as you are doing this, we will continue

to pass the dice around the circle. As soon as someone else rolls doubles, you must stop and return to your spot giving them a turn to put on the oven mitts, take the knife and attempt to get a piece of the chocolate. As the game continues you may have time to eat a piece of chocolate and you may not. Ready to try?

**DO:** Allow the game to play on for a little while. Some may get to eat a lot of chocolate, some will get just a piece and some will get none. You may wish to have some extra chocolate to share with those who did not get any during the game.

**SAY:** Well that was a lot of fun. Can you tell me how this game reminded you of the Fruit of the Spirit that we have learned about so far?

**DO:** Give opportunity for the recruits to discuss this.

**SAY:** Love – some of us wanted to show love to others and wanted to help them as they struggled to cut off their piece of chocolate. We wanted to help a person in need. Love means to loves others as God loves them. We wanted to help and did not expect them to give us their chocolate.

**Joy -** I believe we were all enjoying this game even though we didn't all get chocolate. Joy is the inner gladness God gives us regardless of our circumstances. For some of us, we still felt joy even when our circumstances, position in the game, etc. were not what we had hoped for.

**Peace -** Peace is not worrying, because we know God is in control. Peace means that we are able to tell God about our concerns and trust them to God.

**Patience –** It is never easy to have to sit and wait your turn, especially when there is a special treat at stake, like chocolate. But we managed to wait and remain calm even during difficulties. The difficulty here: wanting to have a turn and wanting to get some chocolate!

**Kindness –** We showed kindness as we helped others along and gently passed on the oven mitts and knife even when we wanted to continue to cut off our own piece of chocolate. Kindness is treating all people with love and forgiveness.

**Goodness –** I feel that we all showed some signs of goodness as no one tried to cheat or to take a piece of chocolate. We all played by the rules of the game. Goodness is making the right choices that God would want us to make.

**Option #2**

**SAY:** We now know six of the fruit of the spirit. Let's see if we can make symbols for each of the fruit. For instance, we could draw a heart for love but how can we represent the other fruit? Let's each take a couple of pieces of paper. Write the word for each fruit; love, joy, peace, patience, kindness and goodness in a section of your paper. Now see if you can draw a symbol to represent each of these fruit.

**DO:** Encourage the recruits' creativity. If they need assistance make the following suggestions: love – heart, joy – smiling face, peace – peace symbol or a hand showing the peace symbol, patience – stop sign. Kindness – flower, goodness – two hands clasped together.



**SAY:** You have made some great symbols for these fruit of the spirit. Let's spend a couple of minutes reviewing what we have learned about each of these fruits or characteristics.

**DO:** Allow time for the recruits to share their symbols with the other recruit. Review the definitions of the fruit of the spirit as you go through them. These are all listed above.

**SAY:** Well, now that we have reviewed all that we have learned about the first six Fruit of the Spirit, we should check in with the Recon Team and see if they can use our help today. Are you "Ready to Serve"?



## Mission Uplink 1



Have ready YouTube playlist: "Season 3 – Fruit of the Spirit Episode 5: Faithfulness, Gentleness and Self-Control"

Play "Fruit of The Spirit (S3) Episode 5 (1/4)". Episode begins with the *Ready to Serve* theme song, followed automatically by the MISSION # 1 VIDEO. Pause the video when the MISSION # 1 CARD appears on screen and remains as you and your recruits complete Mission # 1.

If using PPT for video, have FOTS-Episode\_5-Faithfulness\_Gentleness\_Self-Control.pptx ready and play slide one. Pause on the MISSION # 1 CARD so you and your recruits can complete Mission # 1.



## Mission #1



### Supplies Needed

- A guide dog and its owner or trainer, or a video depicting a guide dog or a working dog.

Examples of videos can be found on Youtube:

- 1.) Working Dogs: Sam and Faith guide dog team

<https://www.youtube.com/watch?v=nJn7Hq-PTao>

- 2.) Best Friend: Being a service Dog

<https://www.youtube.com/watch?v=UtngapT2V8k>



### Mission Assignment

**Say:** I'm sure all of us have times when we feel just like Oliver. We either struggle with knowing whether the fruit of the Spirit are really developing in us or we wish the Holy Spirit would control us like a remote controlled car so that we could always make choices that would be pleasing to God. But that's not how God made us. He sent the Holy Spirit to help us - not control us. Let's read our first mission together on three. 1, 2, 3 (read mission card from satellite uplink) "Recruits, service dogs are trained to care for their owners. Your mission is to gather Intel on what we can learn about the fruit of the Spirit from them."



**Do:** Introduce the guests or the video. Explain that as we watch what the dog does we should see signs of faithfulness, gentleness and self-control. Explain that following the demonstration or the video that you will ask them to tell you when these fruit were seen. Begin demonstration or show video.

**SAY:** How was this dog faithful?

**Do:** Allow the recruits to answer.

**SAY:** To be faithful is to be loyal and trustworthy. It is also trusting and choosing to follow someone other than ourselves. The service dog owners must be able to completely trust the dog to guide them or to help them. Owners rely on their dogs to safely guide them or to help them perform tasks at home, work or school. The service dog is faithful to their owners. What are some examples of times that the service dog must be relied upon? *(When crossing the road, when coming to stop lights)*

**SAY:** How was this dog gentle?

**DO:** Allow the recruits to answer.

**SAY:** Gentleness is being tender and mild in our words and actions. It means to have strength but not a bad temper; to be quiet, calm and kind. The service dog must be strong to ensure his owner's safety but has to do this carefully and tenderly. Can you give examples of when the dog shows gentleness? *(When it carefully holds back so that the owner does not go out into an unsafe roadway, doesn't pull its owner around but gently leads the way)*

**SAY:** How did the dog show self-control?

**DO:** Allow the recruits to answer.

**SAY:** Self-control is choosing to do what is right even when faced with temptation. In other words, it is being careful to not do something that might be wrong even though you want to do it. Self-control is choosing to do what we know is right. Can you give examples of when the dog shows self-control? *(When it lies still beside its owner instead of walking around smelling everything)*

**SAY:** A service dog has been well trained to care for its owner and is a great example to us of our last three fruit: faithfulness, gentleness and self-control. It has been quite interesting to look at the trained dog and to identify these three fruit of the Spirit. Galatians 5:22 and 23 say, "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control."

**DO:** Be sure to thank your special guest if you had one.

**SAY:** Let's report back to the Recon Team so that they too can see what these fruit look like in action, and share what we've learned with Oliver.





## Mission Uplink 2



YouTube: Play "Fruit of The Spirit (S3) Episode 5 (2/4)". Pause the video when the MISSION # 2 CARD appears on screen and remains as you and your recruits complete Mission # 2.

PPT: Click to advance to next slide. Pause video when MISSION #2 CARD appears on screen and remains as you and your recruits complete Mission # 2.



## Mission #2



### Supplies Needed

- Bible – 1 Samuel 24 (paraphrased story below)
- Role Play Situation Cards (see attachment page 9)



### Mission Assignment

**SAY:** We've got our next mission recruits. Let's read it in a big voice together (read mission card from satellite uplink). "Explore the story of David in the cave and determine if he was able to show faithfulness, gentleness and self-control towards King Saul. Then discover if you would be able show these fruit when faced with your own difficult situation."

**DO:** You are going to tell the story of David and King Saul in the cave. Try to be dramatic in your presentation. For your own preparation read the story over in your own Bible in 1 Samuel 24.

**SAY:** Let's look at the Old Testament story of David and King Saul. King Saul hated David and was chasing him with three thousand of his men. When they came to a cave, Saul entered the cave to relieve himself. Hidden far in the back of the cave were David and his men. David's men told him that this was his chance to deal with Saul however he wished. So David crept up quietly behind Saul and... (pause) cut off a corner of his robe. After he did this, David became stricken with guilt. He had cut off a corner of his King's robe. Saul was the anointed one of the Lord and David did not allow his men to attack Saul.

**SAY:** Saul left the cave and David did as well. Once Saul had walked away, David called out to him saying, "My Lord the King! Why do you listen when men say, 'David is bent on harming you?' This day you have seen with your own eyes how the LORD delivered you into my hands in the cave. Some urged me to kill you, but I spared you; I said, 'I will not lift my hand against my master, because he is the LORD's anointed.'" David then showed Saul the piece of his robe that he had cut off as proof that he was so close to Saul that he could have killed him.

**SAY:** David explained to Saul that he had done nothing wrong. He was not trying to harm Saul nor would he hurt him in any way. At this, Saul began to cry.

**SAY:** Wow! This is quite a story. Saul is chasing David, wanting to kill him and yet when David has the opportunity to seek revenge and to kill Saul himself, he chooses not to do this. This must have been a very difficult decision for David to make, but with God's help he was able to make the correct choice.



**SAY: Faithfulness! Gentleness! Self-Control! Where do you see these fruit of the Spirit in this story of David and King Saul?**

**DO:** Allow recruits to answer. Possible answers below:

Faithfulness – David is faithful to God and to Saul. He does not kill Saul because Saul is God’s anointed King and because Saul is David’s King.

Gentleness –David shows this when he cuts off Saul’s robe and then quickly feels remorse for this.

Self-Control – David is being chased by Saul and his men because they want to kill him and yet, he does not strike back when the opportunity presents itself. Instead he calls out to Saul and tells him that he had the chance to kill him but did not. He shows Saul that he is not trying to harm him in any way.

**SAY: Seeing these Fruit of the Spirit in today’s story reminds me of some situations that we have in our own daily lives. Let’s do a little role playing. I will need two recruits to come up. Together you will choose a situation card and then act out the situation. Try to respond to the situation using the “good fruit” that we have learned about today. Who would like to go first?**

**SAY: Recruits, it isn’t always easy to respond in the appropriate way but when we ask the Holy Spirit to guide us and to give us direction, He will help us and the Fruit of the Spirit will grow within us. What other situations can you think of or have experienced, where we could and should respond using the “Good Fruit” that we have learned about today?**

**DO:** Allow time for the recruits to respond.

**SAY: Excellent sharing recruits. We should report back to the Recon Team at Control Central with all that we have learned.**



Squad leader, you may need to read the card to the recruit and possibly help with ideas of how to act the situation out.



## Mission Uplink 3



YouTube: Play “Fruit of The Spirit (S3) Episode 5 (3/4)”. Pause the video when the FIELD MISSION CARD appears on screen and remains as you and your recruits complete the Field Mission Project.

PPT: Click to advance to next slide. Pause video when FIELD MISSION CARD appears on screen and remains as you and your recruits complete the Field Mission Project.





## Field Mission Project



## Supplies Needed

- Bibles

## Mission Project

**SAY:** Recruits we have come to our final mission on the fruit of the spirit, but it is one of our most important missions. Let's read it together (read mission card from satellite uplink). "Recruits, your final mission is to think about the work of the Holy Spirit. Do you want the Holy Spirit to work in your life? Have you invited Him to help you be Christ-like?"

**SAY:** Let's all turn in our Bibles to the book of Ephesians in the New Testament. I want us to look at chapter 1:11 – 14. Listen as I read these verses to you.

**DO:** Read Ephesians 1:11-14.

**SAY:** Here we are told that we were in fact made to be God's children and that we can respond to Him, by believing the Good News and accepting God as Saviour in our lives. When we choose to become God's children He seals us with His Holy Spirit. The Holy Spirit, when we seek Him, and choose to trust Him, works within us helping us to make the correct choices and decisions about how we live our lives. He develops the "Fruit" or characteristics of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control within us.

**SAY:** However, it is a choice that we must make. It's a choice as simple as A-B-C. We must choose to:

**A-** Accept God as our Lord and Saviour

**B-** Believe that Jesus died for us so that we may be free from our sins

**C-** Confess that we sin and that we need the help of the Holy Spirit to work in our lives and guide our path and choices



## Prayer Huddle



**YouTube:** Play "Fruit of The Spirit (S3) Episode 5 (4/4)". Pause the video when the PRAYER HUDDLE CARD appears on screen and remains as you and your recruits complete the prayer huddle.

**PPT:** Click to advance to next slide. Pause video when PRAYER HUDDLE CARD appears on screen and remains as you and your recruits complete the prayer huddle.





## Supplies Needed

- Branch from a tree standing in a pot or a small tree (We want the recruits to be able to hang fruit from the tree)
- Fruit shapes cut out of paper with a string attached in order for the recruits to be able to hang them from the branches of the tree (have enough for at least two pieces per recruit)
- Pencils, pens, or markers

## Directions

**SAY:** In front of us today is a tree. This is an opportunity for each of us to decide to: Accept Christ, Believe in Jesus and Confess our sins so that the Holy Spirit can work in our lives.

**SAY:** Today, as we quietly sing the Chorus "Move Holy Spirit, Move in our lives. Move Holy Spirit make us like Christ, Move, Move, Move in our lives, Move, Move to make us like Christ, Move Holy Spirit, Move in our lives, Move Holy Spirit, Make us like Christ." (If this chorus is too difficult or unknown, the chorus, God is so Good, God is so Good, God is so Good, He's so Good to me, could be substituted)

**SAY:** You can choose to accept, believe and confess. As we pray, if you want to make the decision to become a child of God or to recommit yourself to allow the Holy Spirit to grow that "Good Fruit" in you, then come and choose a "fruit" from the front here. Write your name on the fruit and then hang it on the tree. Maybe there is a particular fruit that you feel you need help with, you can even write down the name of the "Good Fruit" and hang it beside your name.

**DO:** Begin to quietly sing the chorus and allow opportunity for the recruits to come forward.

**SAY:** Father, we thank you that you invite each of us to become your child and that you will send your Holy Spirit to work in our lives. We give thanks for those recruits who have made a commitment today to allow your Holy Spirit to work in their lives. We pray that each recruit will ask the Holy Spirit for his help and will continue to allow your Good Fruit to grow in them. Amen.

**DO:** Be sure to touch base with the recruits during the week and to help them on this journey.

## NOTES





## Role Play Situation Cards

### Card #1

You and your best friend have made plans to get together for a sleep over on Saturday night. On Friday, he calls you to say that he can no longer come as he has been invited to a hockey game. What do you do? What fruit are you showing?

Act out the phone call from your friend and show how you will respond.

### Card #2

Your group is working on a big project at school. Two of you are working really hard at completing all parts of the project. One of your group members is fooling around and doing nothing to help out. What should you do? What fruit are you showing?

Act this scene out. How do you respond?

### Card #3

One of your friends has asked you to go to a movie with him. You ask your mom but she tells you that you can't go because she doesn't think the movie is appropriate. You now have to explain to your friend that you are unable to go. What do you say? What fruit could you show to your friend?

Act out telling your friend you are unable to go to the movie. Do you blame your mom? Say mean things about her? Become angry? How do you tell your friend that you cannot go?

### Card #4

You have been working really hard on a project for school. Your Bristol board display is lying on the floor as you glue on your final pieces. Suddenly, your little brother runs into the room and steps right in the middle of your project. What do you do?

Act out this scene and show how you would react to your little brother.

### Card #5

You confided in one of your best friends and told her about a problem you were having. Later you learned that she has told another one of your friends. You are deeply hurt by this. At lunch, the group you are sitting with begin to make fun of the clothes your friend is wearing. You are not sure what you should do. Do you join in or do you stand up for your friend?

Act out the scene with a group of friends. What would be the proper response?