



UNIT 29 | SESSION 4

THE HOLY SPIRIT CHANGES US

GALATIANS 5

KEY PASSAGE:

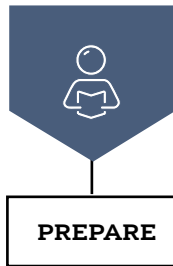
Galatians 5:22-23

BIG PICTURE QUESTION:

How does the Holy Spirit help Christians? The Holy Spirit comforts us, shows us our sin, and guides us as we live for God's glory.

CHRIST CONNECTION:

The Holy Spirit changes our minds and hearts so that we want to obey God, and He gives us power to obey. The Holy Spirit guides us as believers as we live out God's mission for us to share the gospel in all the world.



PRIOR TO TEACHING THE SESSION



LEADER Bible Study

Today's passage from Galatians illustrates the Holy Spirit's power in Christ followers' lives. Written by the apostle Paul to the non-Jewish congregation in Galatia, this letter outlines the importance of pursuing righteousness by faith as opposed to the works of the flesh.

How are believers today at risk of pursuing legalism or lawlessness rather than the love of God just as the church in Galatia did? Why is it essential to live in step with the Holy Spirit's guidance instead of false doctrines or the whims of our flesh?

Though thousands of years have passed since Paul first penned this writing to believers in the place known today as Turkey, today's Christians still wrestle in the faith as they did back then—between the belief that we must earn salvation and the tendency to forgo good works altogether. For the Galatians, the issue at play was a mistaken belief that circumcision was necessary upon coming to faith.

Paul discussed how being led by the Holy Spirit in faith is our hope of righteousness; it is not our works that save us, but faith in the work Christ did on our behalf. Even so, good works are the evidence of His power in action within our lives. Christ kept His promise to send the Holy Spirit, and He in turn

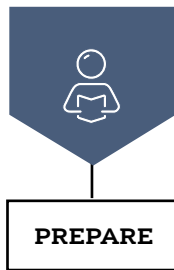
empowers and enables us to be His witnesses on mission to the world through our words and our actions.

The balance between legalism and lawlessness could never be attained by doing more good things or by avoiding being bad; rather, the steadiness we seek is only found in following the Holy Spirit's guidance. The proof of our following is the fruitfulness in our lives, as seen in the ways we love God and our neighbors.

As you prepare to teach Galatians 5 to your kids, consider sharing how the Holy Spirit's guidance has shaped your own spiritual journey. May we all continue to grow in fruitfulness as we yield to the power of the Spirit in our own lives.

DOCTRINE TO KNOW

Work of the Holy Spirit in the Life of a Christian: The Holy Spirit empowers and indwells believers, intercedes on their behalf, and equips them with special gifts for the service of God's kingdom.



PRIOR TO TEACHING THE SESSION

GATHER Supplies

Keep a regular supply of the following items available at all times: Bibles, pens or pencils, markers, crayons, colored pencils, scissors, glue or tape, paper.



WELCOME

Activity Page

- ☐ "Collect the Fruit" activity page

Session Starter (Option 1)

- ☐ apples
- ☐ bananas
- ☐ oranges
- ☐ lemons
- ☐ watermelon
- ☐ brown paper bags, 1 per fruit



LEARN

Introduce the Session

- ☐ countdown video

Big Picture Question

- ☐ Big Picture Question Poster

Review the Timeline

- ☐ Giant Timeline

Tell the Bible Story

- ☐ "The Holy Spirit Changes Us" video
- ☐ Bible Story Picture Poster

Questions from Kids

- ☐ "Unit 29, Session 4" questions from kids video

Missions Moment

- ☐ "C.W. Pruitt and North China Training School Photo" printable

Key Passage Activity

- ☐ Key Passage Poster
- ☐ "The Fruit of the Spirit (Galatians 5:22-23)" song
- ☐ worship song of your choice (optional)
- ☐ index cards, 18 cards per group



LOVE

Review & Bible Skills

- ☐ Small Group Timeline and Map Set (optional)



LIVE

Activity Choice (Option 1)

- ☐ note cards, 1 per kid
- ☐ dry erase board (optional)

Activity Choice (Option 2)

- ☐ seed packets of various fruits, 5–10

Reflection and Prayer

- ☐ Bible Story Coloring Page (optional)



WELCOME Kids

Greet each kid as he or she arrives. Use this time to collect the offering, fill out attendance sheets, build relationships, and help new kids connect to your group.

SAY “Have you ever bitten into a fruit that had gone bad or had a bruised spot? What did it taste like? Why shouldn’t we eat rotten fruit?”

1 ACTIVITY PAGE (5 minutes)

Invite kids to complete “Collect the Fruit” on the activity page.

SAY “Did you collect all the fruit in the maze? Today, we will learn more about the fruit of the Spirit and how the Holy Spirit changes us.”

2 SESSION STARTER (10 minutes)

☐ OPTION 1: WHAT'S THE FRUIT?



Before the session, cut up several fruits including apples, oranges, bananas, lemons, and watermelon. Place each fruit in a brown paper bag. Ask kids to close their eyes as you bring one bag at a time for them to smell the fruit. After all kids have smelled the fruit, ask them to identify the fruit. Continue until kids have smelled all the remaining bags of fruit.

SAY “Each fruit has a unique smell, touch, and taste. You can smell an orange and know it is not a banana. In a similar way, our lives can show if we are Christians. When we trust in Jesus, the Holy Spirit changes us to look more like Him. The Spirit produces good fruit that identifies us with Jesus and not with the ways of the world. Let’s get ready to learn more about how the Spirit changes us.”

☐ OPTION 2: KEEP IN STEP



Lead kids in a simple marching in place exercise by slowly stomping right, then left repeatedly. Direct kids to follow the pace and pattern you set. After about 20 seconds, pick up the pace and stomp more quickly. Then after another 20 seconds or so march by lifting your knees as high as possible. Continue the activity by changing the march as you see fit.

SAY “How were you able to keep in step with my marching? [Allow responses.] You had to watch me at all times. If you didn’t pay close attention, you might miss how I was leading. In a similar way, the Holy Spirit is our guide. We listen to how the Spirit leads us and follow Him. As we do, the Holy Spirit changes us to look more like Jesus. Today, we will learn more about how to follow the Holy Spirit.”

Transition from **WELCOME** to **LEARN**





week 4

THE STORY OF THE GOSPEL

INTRODUCE the Bible Story

1 INTRODUCE THE SESSION (3 minutes)

Show the countdown video as you transition to introduce the Bible story. Set it to end as the session begins.

SAY "Hi, I'm [your name]. I'm so excited you are here! We have been reading from the book of Acts, but today we will be reading from another New Testament book called Galatians. Let's take out our Bibles as we get ready to turn to the book of Galatians. [Distribute Bibles to kids who need one.] Galatians is the fourth book after Acts. [Assist kids in turning to Galatians.]

Later in the book of Acts, a man named Paul became a missionary. Galatians is a letter Paul wrote to the church in Galatia where he had preached. As we hear our story, we will learn how Paul helped the Galatian church understand that the Holy Spirit changes us."

2 BIG PICTURE QUESTION (1 minute)

SAY "Today is our last time reviewing our big picture question and answer. Can you all say the question we have learned? [Allow responses.] How does the Holy Spirit help Christians? Now, can you say the answer? [Allow responses.] The Holy Spirit comforts us, shows us our sin, and guides us as we live for God's glory.

We have learned that God gives the Holy Spirit to everyone who trusts in Jesus. The gift of the Holy Spirit helps us see sin in our lives so we can turn away from it and obey God. We cannot do this in our own power. The Spirit's power changes us as we live by following Him. When we see sin in our lives and turn away from it, that's the Spirit's power at work in us! Turning away from sin and following the Spirit changes us to look more like Jesus."

3 REVIEW THE TIMELINE (1 minute)

Show the giant timeline. Point to individual Bible stories as you review.

SAY "Before Jesus went back to heaven, He gave His disciples a mission: share the gospel with the whole world. He promised that the Holy Spirit would give them power to complete this mission. The disciples prayed together and waited for the Holy Spirit to come. Then they replaced Judas with Matthias. Finally, the Holy Spirit came upon the disciples as Jesus promised. He filled them with power, and they began to speak in many languages. The Holy Spirit would help them be Jesus' witnesses in all the earth. Today, we will learn that anyone who trusts in Jesus and receives the Holy Spirit is changed to live for Him and be His witness."



THE STORY OF THE GOSPEL

LEARN the Bible Story



1 TELL THE BIBLE STORY: VIDEO OR STORYTELLER (10 minutes)

Open your Bible to Galatians 5. Use the Bible storytelling tips to help you tell the story, or show the Bible story video “The Holy Spirit Changes Us.” Use the bold text to retell or review the story.

THE HOLY SPIRIT CHANGES US

“Paul was a missionary. He traveled all over, preaching to both Jews and Gentiles and telling them the good news about Jesus. One of the places Paul preached was Galatia. Galatia was a province in Rome, and the Galatian Christians were mostly Gentiles, or non-Jews. But later, Paul learned that the believers there had been led astray by false teachers. Some were teaching that Christians must still follow the old laws of Moses in order to be saved.

Paul wrote to the Galatians, telling them to reject those false teachers. He urged them not to become slaves to the law again. “Christ has set us free, so we can live in freedom,” Paul wrote. Jesus’ death had bought them freedom from the law. Salvation comes through faith in Jesus; it is a free gift that cannot be earned by keeping any law.

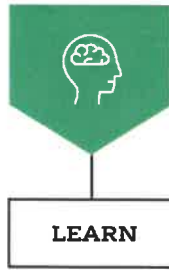
Paul explained that God changes people who trust in Jesus. God gives them the Holy Spirit, who guides them and gives them power to become more like Jesus. “Live by following the Holy Spirit,” he said. Paul wrote that the Holy Spirit changes the way we think and act. When people obey the Holy Spirit’s leading, they have love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. These things are the fruit of the Spirit—proof that the Spirit is in someone—like how a healthy tree produces fruit. This fruit is pleasing to God.

Christ Connection: The Holy Spirit changes our minds and hearts so that we want to obey God, and He gives us power to obey. The Holy Spirit guides us as believers as we live out God’s mission for us to share the gospel in all the world.”

STORYTELLING TIPS

Change location: Change the location of where you tell the story. Invite kids to join you on the floor, in a different area of the room, or even outside.

List It: Ask kids to help you list the fruit of the Spirit.



THE STORY OF THE GOSPEL

2 REVIEW THE BIBLE STORY

SAY “ Paul lived by following the Holy Spirit. He was not perfect, but he wanted to obey God and be His witness to tell other people about Jesus. Why did Paul write a letter to the Galatians? [Allow responses.] Some people were telling them what was not true about salvation. Paul wrote to remind them that salvation only comes through faith in Jesus. We are not saved by following laws or commands. Our sins are forgiven because of Jesus’ perfect sacrifice on the cross.

Paul wrote that Jesus gives His followers the Holy Spirit. Does the Holy Spirit have power to change us? How? [Allow responses.] The Holy Spirit changes how we live and act by giving us power to obey God. God’s Spirit changes us so we can obey and glorify Him.

Paul told the Galatians to live by following the Spirit. When we follow the Holy Spirit, we are given power to turn away from sin. The Holy Spirit makes good fruit grow in our hearts. What is the fruit of the Spirit? [Allow responses.] The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

When we give our hearts to Jesus, the Holy Spirit can begin to grow this fruit in our hearts. Like a fruit grows from seed, growing the fruit of the Spirit takes time. But when this fruit grows in our life, we show others the changing power of the Holy Spirit in us. ”

3 CHRIST CONNECTION

SAY “ The Holy Spirit changes our minds and hearts so that we want to obey God, and He gives us power to obey. The Holy Spirit guides us as believers as we live out God’s mission for us to share the gospel in all the world. ”

(Tip: Use Scripture and the Gospel Plan Poster to explain how to become a Christian. Make sure kids know when and where they can ask questions.)

4 QUESTIONS FROM KIDS (3 minutes)

Show the “Unit 29, Session 4” questions from kids video. Prompt kids to discuss:

1. Does being a Christian mean we always obey God? What should we do if we don’t always obey God?
2. What fruit of the Spirit do you see in your life?

5 MISSIONS MOMENT (3 minutes)

Print the “C.W. Pruitt and North China Training School Photo” and display it as you talk about the missionary.

SAY “ We’ve been learning about the missionary C.W. Pruitt and his wife, Anna, who faithfully served in China for more than 50 years. God was at work during the Pruitt’s service and in 1912, C.W. wrote that people in China were rushing into the church, and people were being baptized almost every Sunday. They had seen Chinese people become Christians in the early years of their work, but now more people were hearing and believing in Jesus. ”



THE STORY OF THE GOSPEL

Tell kids that C.W. helped Christians grow in their faith and understanding of the Bible by starting a Bible school called the North China Training School. Explain that people from kindergarten through older adults were invited to learn about the Bible and train for missions at the school. Tell kids that the Pruitts retired from their work in China in 1936. Close in prayer, thanking God for the Pruitt's faithful witness and their willingness to teach others about Jesus.

6 KEY PASSAGE ACTIVITY (5 minutes)

Before the session, create two pairs of index cards for each fruit of the Spirit and write each fruit on the cards. Make enough cards for each group to have a set.

Show the key passage poster. Lead kids in reading aloud Galatians 5:22-23 together.

SAY 🗣️ Today, we learned that the fruit of the Spirit is shown in our lives when we are living by the Spirit. He helps us obey God and look more like Jesus. 🙏

Form kids into groups of four and provide each group with an index card set of the fruit of the Spirit. Direct kids to place the cards face down where they cannot see the words. Lead kids in a game of memory and ask them to take turns flipping the cards over to match each fruit of the Spirit together. Repeat the activity as time allows.

Lead kids to sing "The Fruit of the Spirit (Galatians 5:22-23)." You may also choose to sing a worship song of your choice.

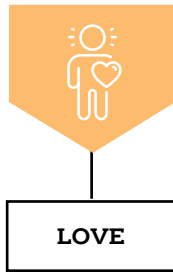
7 PRAY (2 minutes)

Invite kids to pray before transitioning to Love.

SAY 🗣️ God, thank You for giving us the Holy Spirit to help us live with love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Teach us to live by the fruit of the Spirit so people will see Jesus in our lives. Amen. 🙏

Transition from **LEARN** to **LOVE**





THE GOD OF THE GOSPEL

LOVE God by Applying the Story

1 REVIEW & BIBLE SKILLS (5 minutes)

Distribute Bibles. Guide kids to open their Bibles to Galatians 5. Explain Galatians is the ninth book of the New Testament and is a letter from Paul to the Christians in Galatia. Tell kids that this letter was written for many churches in the area of Galatia, now modern-day Turkey. Share that these churches were made up of Jewish and Gentile Christians.

Choose a volunteer to read aloud Galatians 5:13-14 or ask the kids to follow along as you read the verses aloud. Consider pointing out the location of Galatia (B8) on the New Testament Mediterranean Map.

SAY “ Paul reminded the Galatian churches that they were freed from trying to be saved through obeying the law. Jesus has freed anyone who believes in Him because He lived perfectly in our place and died for our sin. Paul wanted the Christians to use their freedom to show they love one another.

When we trust in Jesus and the Holy Spirit lives in us, we can show we love one another. The fruit of the Spirit is the proof that Jesus lives in us because now we act more like Him. If we show kindness to someone who is mean or gentleness toward our friend or patience with our brother, then we are loving our neighbor as ourself. ”

2 GROUP DISCUSSION (10 minutes)

Ask the following questions. Lead the group to discuss.

SAY “ Has the Holy Spirit helped you obey God’s Word? When? How did He help you obey? ”

Answers will vary. Remind kids that the Holy Spirit is equally God and that He lives in us when we trust in Jesus. Tell kids that when we seek to follow the Spirit, He changes our minds and hearts so that we want to obey God, and He gives us power to obey.

SAY “ Is there a fruit of the Spirit that seems hard for you to grow? Why? ”

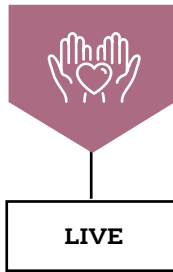
Answers will vary. Discuss how growing the fruit of the Spirit takes time. Explain that just as a seed takes time to grow into a tree that produces fruit, so does our spiritual fruit take time to grow. Encourage kids to remember that God has given us our Helper, the Holy Spirit, and that He gives us the power to produce good fruit.

SAY “ Choose one fruit of the Spirit. Can you give me an example of how that fruit shows we love God or people? Explain. ”

Answers will vary. Help kids understand practical ways we can see the fruit of the Spirit at work in our lives. For example, being joyful even when times are hard shows we love God by trusting that He is in control, or having self-control when we are upset shows we love our neighbor because we choose not to react in anger. Remind kids that when we display the fruit of the Spirit, others can see Jesus in us and see how His power changes us.

Transition from **LOVE** to **LIVE**





THE MISSION OF THE GOSPEL

LIVE the Mission

1 ACTIVITY CHOICE (10 minutes)

☐ **OPTION 1: JOY MAIL**



Distribute sheets of paper or note cards and writing utensils to each kid. Lead kids to write a letter of encouragement to a missionary, someone going on a mission trip, or a church staff member. Consider leading younger kids to copy written prompts or draw pictures. Lead kids to write truths from Scripture or Bible verses. Consider writing short verses on a dry erase board for kids to copy. Remind kids that missionaries are often away from their families for extended times as they serve on the mission field. Discuss how sharing encouragement and prayers are very important to them as they work to tell others about Jesus.

SAY “ Missionaries like C.W. Pruitt and even church staff face difficult times as they serve God. Writing letters of encouragement is one way we can remind them that God is faithful to help them. Desiring to bring others joy, peace, and show them love is a way to display the fruit of the Spirit. ”

☐ **OPTION 2: SEED TO FRUIT**



Before the session, gather a variety of fruit seeds such as apple seeds, orange seeds, watermelon seeds, tomato seeds, and so on. Hold up each seed and ask the kids if they know the fruit the seed grows. After kids have had an opportunity to share their responses, explain the fruit each seed produces. Discuss how the seeds need good soil, light, water, and even carbon dioxide to make good fruit.

Provide each kid with a seed, clear tape, and paper. Lead kids to tape their seed to the paper. Then direct them to draw a picture of the fruit the seed grows.

SAY “ Over time, seeds planted in good soil grow and change until they become a plant that makes good fruit. When we trust in Jesus and receive the Spirit, He gives us the power to change and grow. As we follow the Spirit by obeying God’s Word, our hearts become like good soil that grows the fruit of the Spirit in our lives. ”

2 REFLECTION AND PRAYER (5 minutes)

Distribute a sheet of paper and pencil to each kid. Ask the kids to write about or draw a picture to answer the following questions:

- What does this story teach me about God or the gospel?
- What does this story teach me about myself?
- Who can I tell about this story?

Be sure to send the sheets home with the kids along with the activity pages so parents can continue to discuss the Bible story with their kids.

If time remains, take prayer requests or allow kids to complete the Bible story coloring page. Pray for your group.