

Fruit Salad: Which is a Fruit of the Spirit?

Prepare several types of chopped **fruits and vegetables** (or other food items) in advance and place them in individual containers. (If you do not have nine types of fruit, just spread the various fruit into nine bowls.) I chose to use tin foil for the lids and wrote directly upon it. In advance label each fruit container with a fruit of the spirit. Label the non-fruit items with words such as selfishness, dishonesty, jealousy, or rudeness. (For older children and teens consider using synonyms instead of the actual word listed in the verse.) It worked well for us to have three bowls of non-fruit.

Explain to the children that today you need to make a delicious fruit salad. Ask what would NOT be in a fruit salad. Ask what behaviors and attitudes are sins in our lives. Remind them (or ask) that these do not come from the Holy Spirit. Ask what is in a fruit salad. Ask what the fruit of the Spirit is. Remind them that our lives can sometimes get mixed up, with the evidence of our heart shown as the fruit of our lives.

Using the bowls, have children choose and pour fruit items into a larger bowl. Then stir and serve the fruit salad to the children! My son asked multiple times (the same day even) for another fruit of the Spirit salad!

Fruit of the Spirit Song

<https://www.youtube.com/watch?v=ymNuBZXCK20>

Fruit of the Spirit Game Ideas

- [Fruit Basket Upset game idea](#)
- Another [Fruit of the Spirit game](#) (with video demo)
- Printable review game [Fruit of the Spirit BINGO](#)
- Try "[the Ninja Game](#)" to talk about self-control