



FCA Elementary Cultivate

My Father is glorified by this: That you produce much fruit and prove to be Disciples.
John 15:8

Workout: Fruit is Produced

Share about a time when something you did in a game made your coach really happy.

How did that make you feel to see your coach so excited? For many athletes, it makes them feel like they are on top of the world! If you think about a young athlete playing a new sport, he or she is definitely going to keep their eyes on the coach. They want to do their job well in competition and have fun, but they also really care about pleasing the coach and learning everything they can from him or her.

Our verse for today says, "My Father is glorified by this, that you produce much fruit and prove to be my disciples" (John 15:8). It makes God really happy when we produce much fruit and show ourselves to be on His team.

What fruit is Jesus talking about? He is not talking about the apples and bananas you eat before a game for energy. He is talking about the Fruit of the Spirit. This is basically evidence, the proof, that you are connected to the Vine (Jesus). Galatians 5:22-23 tells us the Fruit of the Spirit is "love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control."

Think of a team: Do the athletes all look alike? Of course, there are differences in height, skin, and hair color, but they are all wearing the same jersey, right? You can tell who is on what team because they have on matching jerseys or shirts.

Warm Up Copy Cat

Enjoy a game of charades. How easy is it to copy someone without thinking about it? After all, the game is fun, right?

Now think about copying a friend who is making choices that do not honor God. Is it easy to make the choice that honors God?

In our lives, our goal is to become like Christ: producing much fruit and proving to be His disciples. As we become like Him, we can look in a mirror and see His reflection instead of our own.



When we are on God's team, we begin to look like Him. We wear His jersey. The fruit we are talking about is from the Spirit and those traits begin to grow in our hearts and minds as we are connected to the Vine (Jesus), and we spend time with God, the Gardener.

What does it look like to spend time with God? We spend time with God when we read the Bible, pray to Him and tell Him about our day and how our heart is feeling. We can also can sing to Him! Three simple ways to spend time with God each day are to read the Bible, talk to Him about everything throughout the day, then talk a walk at the end of the day to enjoy His creation. Time with God each day helps to pull the weeds and bad habits out of our heart while also helping grow the Fruit of the Spirit.

If we think of the difference between fruit and weeds, which is grown by God and which is grown by sin in our life? When He sees this fruit growing in our hearts, it makes Him so happy! He looks at us as His team and cheers us on. He loves us wearing His jersey. He loves us being on His team and He loves being our coach!

Previously, we learned thorough our connections to the Vine (Jesus), we produce much fruit and prove to be His disciples. Today, we are going to learn about how that affects our daily life.

Workout: Joy is the result

Jesus tells us, "If you keep My Commandments you will remain in my love, just as I have kept my Father's commands and remain in His love. (John 15:10). To remain in something means to stay in it.

Sometimes we run from God. We don't stay in His love. We run off because we don't like to sit still, we like to do what we want. We don't want to do what God says. But Jesus tells us if we keep His commands, we will stay in His love, and when we do that, His joy will be in us and we will have complete joy!

Connect

Jesus said, If you keep My Commands you will remain in My Love, just as I have kept My Father's Commands and remain in His Love. I have told you these things so that My Joy may be in you and your joy may be complete. John 15:10-11

Freeze Tag

Play a game of freeze tag with your friends. Be competitive. Play to win!

When you play freeze tag, how hard is it for you to stay still once you've frozen?

Almost impossible! You can't move one inch until someone comes by to unfreeze you, and that's a challenge. It's hard to remain in one place for a long time because we like to move around.



THE FOUR

The Four is the Gospel explained in four simple truths

- God loves you
- Sin separates you
- Jesus rescues you
- Will you trust in Jesus?

What happens when your coach tells you to do something in a game and you choose not to do it but do what you want? You miss out on the game and how it was created to be played.

When we all listen to the coach and play the game the way it was meant to be played, we all get to experience the joy of the game. The joy of the game is why it was created in the first place.

Your coach has experience in the sport you are playing; if he is telling you to do something or even not to do something, it is for a purpose and reason. When you disobey, most times the coach will sit you out.

How do you feel in a situation like this? Jesus tells us to keep His commands, and when we do this, we will stay in His love. His commands for us aren't just a set of rules we must follow in life. He actually knows the ways of life better than we do; in fact, He's the one who created it! He knows all the secrets to helping us get the most out of our life with Him.

You might be wondering where to start learning His commands so that you can stay in His love. Start out by reading the book of John. In this book of the Bible, you will learn about the life of Jesus: how He lived, how He treated people, how He loved them, and how He loves you. Before you start reading, ask God to speak to you and tell Him that you want to learn more about Him today.

When we listen to the coach and do all that he says, we can expect to get the most out of our position, our sport, and our time with our teammates.

We have to give God a chance. He knows what we need. He knows our hopes and dreams. He truly wants us to live and experience His joy.

Wrap Up

- What is something you have learned about the Fruit of the Spirit?
- What is your favorite Fruit of the Spirit?
- How will you spend time with God today?

Create a list of worship songs, books of the Bible, and prayers. Use that list to spend time with God each day.

Cool Down

When we are on Jesus' team, we should choose to share how incredible that is with others (John 15:12-17)

- What does this Scripture say about God?
- What does it say about people?
- By God's grace, how will you obey God's Word this week?
- Whom will you share this Scripture passage with?
- What are you thankful for?
- What are you struggling with?
- How did you obey last week?