

Healthy Lifestyle/Fruits of the spirit

Type of Ministry: Lesson for 9th – 12th Grade

Main Aim: We want to show the students that a healthy lifestyle comes from developing a healthy character using the fruits of the spirit -> Galatians 5: 22-23

Attention:

Module: Let the students taste a smoothie and let them guess what ingredients have been used.

What kinds of ingredients do you need for a healthy lifestyle? Have students share with the class what they think are important characteristics to have.

Application:

Module: Character vs Personality Definitions -> Give definitions and explain the differences in front of the class.

Module: Fruits + definitions -> give half of the students' fruits and other half definitions -> find your pair. *For example: fruit = Joy + definition = Gladness that is not based on circumstances.*

Now in a class discussion talk about the fruits and their definitions and explain them to the class

Module: Make cards in the shape of a fruit of your choice and let the students choose one off the fruits of the spirit and let them write on the back of the fruit why it is important to have this "fruit" for a healthy lifestyle for them personally. After that students are going to hang those "fruits" on the tree. Now read some of them out to the class.

Appeal:

Module: Challenge the students to take a picture of acting on one of those fruits and tagging us in the picture on Instagram using our hashtag.

Supply List: paper tree to hang fruits, fruit cards, smoothie, Fruits & Definition cards, definitions of the fruits of the spirit and character & personality(can be found online), Smoothie

Images: