

Kids devotional  
1<sup>st</sup> book set in  
Series

## LIVING BY THE SPIRIT

*Read Galatians 5:13-26 from a Bible designed for kids or an easy to understand translation.*

In Psalm 1, we learned the Holy Spirit is the water that we, as righteous trees, need to drink so we can grow fruit. We also learned that the fruit is our actions – the things we say and do that are beautiful – like what Jesus said and did.

In Galatians 5, we read about the names of these fruit. Look at Galatians 5:22-23 again. What are the names of the fruit?

*Review the verse and say the names of the spiritual fruits together.*

Yes! Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

As we spend time reading the Bible, praying, worshiping, and listening to hear God speak to us, He begins to change our hearts and minds. He begins to show us different ways of acting toward our family, friends, teachers, and other people around us. He shows us how to grab a piece of that juicy spiritual fruit and how to use that fruit to act more like Him!

Let's create an example. Maybe later today your brother or sister does something that upsets and irritates you.

In that very moment, do not open your mouth to yell at them. Instead – close your eyes and ask God to help you use His spiritual fruits so you can be more like Him!

Guess what? When you pause in that moment and ask for a drink from the Holy Spirit's water, you are already using the Spiritual Fruit of Self-Control!

By choosing not to immediately react or yell at your brother or sister who irritated you, and by choosing instead to get a drink of the Holy Spirit's water – you controlled your temper, and that's self-control!

And there is more!

Not only did you take a big bite of God's Self-Control Spiritual Fruit, you also prayed for God to help you use His spiritual fruit so that you can be more like Him, right?

So now, the Holy Spirit inside you can decide what other fruits He should give you, so you can take a big bite out of them and behave in the same way Jesus would toward your brother or sister.

So, let's say that after closing your eyes and praying for God's help, you began to calm down and not be as angry and irritated anymore. That is God's Spiritual Fruit of Peace! In response to your prayer for God's help, the Holy Spirit just gave you a bite of the Spiritual Fruit of Peace! How awesome is that?!

Now that you are at peace and are calm, if you need to know what to say to your brother or sister so that you do not get angry again, close your eyes and ask God for help again. Ask Him to help you again by showing you what to say or do that would be a nice way to talk about what your brother or sister did.

Let's say after you prayed for His help, nice words came into your mind. Then, you nicely said those words, and suddenly, the problem disappears! Your brother or sister changes the behavior that upset you, and happily skips into another room.

What happened? How did the situation change?

By asking God for help, you were living by the Spirit like we just read about in Galatians 5!

There may have been many spiritual fruits the Holy Spirit gave you the moment you spoke to your brother or sister. Some of them may have been patience, love, kindness, and gentleness! You were patient, gentle, loving and kind by speaking the nice words that came into your mind after you prayed, and because He had already given you the Spiritual Fruit of Peace, you spoke the words in a calm voice. And now the problem is solved! How awesome is that?!

By your choice to ask God for help each step of the way, no one got in trouble with mom or dad in this story, right? You were able to handle the conflict with your brother or sister by yourself!

Sometimes, we may need to involve mom or dad to help us sort through conflicts, so don't be afraid to ask mom or dad to help you solve something if you need them to. Your mom and dad love you and want to help. And God has given them the responsibility to help settle matters and protect their children.

However, just like in this example story, there are times when we can settle problems with our brothers and sisters just by controlling our temper and asking God's help. As you grow up, you will need to learn how to settle some conflicts on your own. And learning how to live by the Spirit is a key that you can continue to use throughout your life – even as an adult! The Holy Spirit knows the best way to handle any and every problem!

Sometimes, He may even tell you to go get your mom or dad (or a teacher or youth leader). By following the leading of the Holy Spirit when it involves telling an adult, the Holy Spirit has given you a big bite of the Spiritual Fruit of Peace, because you are opening up the way to bring change to a situation that God knows you cannot solve by yourself.

**NOTE TO PARENTS:** *One at a time, place your hands upon each child's head and pray that they would learn to follow the Holy Spirit and be sensitive to His leading.*

*Then, if you have the companion journal, Scribbles & Scribes Bible & Quiet Time Journal For Kids: Tree By The Stream, have your children complete the Living By The Spirit journal pages during your family's previously decided journal time.*

*Remember to mix up the artistic tools from time to time. Today's journal activity may be a good time to use paint dabbers for the fruits, or even make the creations out of playdoh, modeling clay, or self-hardening clay.*