

SUNDAY SCHOOL LESSON YOU CAN DO AT HOME!

Fruit of the Spirit

Sunday School Lesson Provided by biblestudytools.com

Introduction

Bottom line: We need to live by the Fruit of the Spirit.

Objective: Kids will learn about the Fruit of the Spirit and why they are important.



Cooking with Jesus: Fruit pizza

Have you ever heard of Fruit Pizza before today? If you haven't, I bet you will make Fruit Pizza a regular snack treat. Fruit Pizza is easy to make and doesn't require any baking (unless you decide to make the cookies at home!). You use a sugar cookie for your crust, and you pile on the toppings. You can use whipped topping as a sauce or an extra topping, or you can leave it off and just enjoy the fruit.

Main point of the Fruit of the Spirit

The fruit we eat can grow on trees, vines, and other plants. Fruit only grows when a plant has been carefully watered, given lots of sunlight, and good fertilizer. It takes a lot of time and a lot of patience to grow fruit, but when we see the tiny flower buds close up and begin to bring forth fruit, it makes all our hard work in the garden worth it.

Paul laid out a challenge to the Galatians and to us. The Fruits of the Spirit are not things that come naturally to us but can only come from God's Holy Spirit. When we give our hearts to Jesus, we can begin to grow these fruits in our heart, and when the fruit grows in our life, it makes us a witness to others of the changing power of Jesus.

Drive it home

The fruits of the world are nothing like the Fruits of the Spirit. We are all sinners and, as sinners, we are born selfish and self-centered. The way of the world is to put yourself first and look out for your own interests ahead of others. Worldly fruit is impatient, short-tempered, and unkind. It is quick to get angry and quick to be drug into an argument. The Fruits of the Spirit are all contrary to our sinful human nature. It does not come naturally for us to be loving, joyful, peaceful, patient, kind, good, faithful, gentle, or self-controlled. If we want these fruits in our lives, we have to depend on God to grow them.

Fruit requires water, sunshine, and fertilizer. The Fruits of the Spirit require cultivation of a different kind. It requires us to pray daily, to read the Bible, to worship the Lord, and to serve others. The more time we spend with God, alone and with other believers, and the more we seek God's will for our lives, the more these fruits will grow. At first we will look for opportunities to be loving and kind and gentle with others, but over time, these things will come naturally. We will become true witnesses for Jesus because the fruit will grow in our hearts.

Of course the real purpose of fruit is not simply to provide food but to create seeds to spread that fruit to other places. The Fruit of the Spirit spreads when people see the Fruit at work in our lives. When people see we have godly fruit and not worldly fruit, they will see the difference God can make in a person's life. The Fruit of the Spirit can convince others that they need Jesus in their own hearts.

Galatians 5:22-26

- ²² But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness,
²³ gentleness and self-control. Against such things there is no law.
- ²⁴ Those who belong to Christ Jesus have crucified the flesh with its passions and desires.
- ²⁵ Since we live by the Spirit, let us keep in step with the Spirit.
- ²⁶ Let us not become conceited, provoking and envying each other.

Fruit Pizza Recipe housepfasheats.com

(Easy alternative: Buy Sugar or Shortbread Cookies and make mini pizzas)

Ingredients: Shortbread or sugar cookies for easy mini pizza or a premade pie crust or precook sweet pastry for easy pizza OR IF YOU ARE MAKING YOUR OWN

Cookie Crust

- | | | | |
|---|---|---|--|
| <input type="checkbox"/> ½ cup salted butter softened | <input type="checkbox"/> ⅔ cup granulated sugar | <input type="checkbox"/> 1 egg | <input type="checkbox"/> Zest of 1 lemon |
| <input type="checkbox"/> 1 teaspoon vanilla extract | <input type="checkbox"/> 1 ¼ cups all-purpose flour | <input type="checkbox"/> ½ teaspoon baking powder | |
| <input type="checkbox"/> ½ teaspoon baking soda | <input type="checkbox"/> ½ teaspoon cream of tartar | <input type="checkbox"/> ¼ teaspoon salt | |

Cream Cheese Layer (Can use premade Cream Cheese for pies)

- | | |
|--|---|
| <input type="checkbox"/> 8 ounces cream cheese, softened | <input type="checkbox"/> ½ cup powdered sugar |
| <input type="checkbox"/> 1 Tablespoon fresh lemon juice | <input type="checkbox"/> ½ teaspoon vanilla extract |

Toppings (Can use your favourite fruits. Here are some ideas:

- | | | | | |
|---------------------------------------|--------------------------------------|--------------------------------------|--|----------------------------------|
| <input type="checkbox"/> Strawberries | <input type="checkbox"/> Blueberries | <input type="checkbox"/> Raspberries | <input type="checkbox"/> Kiwi | <input type="checkbox"/> Peaches |
| <input type="checkbox"/> Pineapple | <input type="checkbox"/> Banana | <input type="checkbox"/> Mango | <input type="checkbox"/> Canned mandarin oranges drained | |

INSTRUCTIONS:

For the Cookie crust if making your own:

1. Cream butter and sugar in a large bowl until light and fluffy. Add the egg and vanilla extract, along with the lemon zest, if using. Beat until combined, scraping down the sides of the bowl as needed.
2. Next go in the dry ingredients of flour, baking powder, baking soda, cream of tartar, and salt, mixing until combined to make a nice, soft cookie dough.
3. Pat the sugar cookie dough into a large round pizza pan (mine is about 14") or just use a baking sheet if you don't have a round pan and pat it into a big circle (or even a fun heart!). You might want to line your pizza pan with parchment paper for easy removal, or spray it with cooking spray and dust with a little flour first.
4. Bake in a preheated oven at 350 degrees F for 12-14 minutes until it is light golden brown around the edges. You don't want to overbake the cookie or it will dry out and not be as super soft and wonderful. Remove from the oven and let it cool completely.

Butter: I use salted butter. If you only have unsalted, just increase the salt below by a pinch. **Sugar:** The amount is just right for a perfectly sweet cookie with the right texture. People commonly think sugar only affects taste, but it plays a big part in texture too!

Vanilla extract: Sugar and vanilla go hand-in-hand in most cookie recipes. You can get away with imitation vanilla if you need to in this recipe.

Lemon zest: This is optional, but I almost always add it because I love just the hint of lemon flavor it imparts. It is one of the little additions I've added over the years that makes this the best fruit pizza ever! **Egg:** Just one for binding.

All-purpose flour: Be careful when you measure not to pack in the flour. **Baking powder & baking soda:** Gives the cookie a little lift and keeps it soft. **Cream of tartar:** This also helps with the rise and gives a subtle, but unique flavor to the dough. I also use this ingredient when making snickerdoodles. **Salt:** Just enough to bring out the flavor in this cookie.

Instructions for Fruit Pizza Continued

Cream cheese topping:

1. In a medium bowl, beat the softened cream cheese for 1 minute until smooth using an electric mixer.
2. Add the powdered sugar, lemon juice, and vanilla extract. Beat until combined and smooth.

Cream cheese: Make sure your cream cheese is softened to room temperature so it blends easily and goes on nice and smooth instead of leaving little lumps. **Powdered sugar:** The tanginess of the cream cheese is perfectly offset with this ingredient. **Lemon juice:** It's amazing how adding a little lemon juice brightens the flavor of the whole dessert. **Vanilla extract:** Balances everything out and lends a classic vanilla scent to the fruit pizza so it doesn't taste just like sugar.

How to make fruit pizza It doesn't take long for the fruit pizza to cool, so you don't really need to worry too much about making the cookie part far in advance. I find that if I start pulling together the cream cheese topping and prepping my fruit once I pull the cookie part out of the oven, it's cool enough to frost by the time I'm done peeling and slicing the fruit I plan to use.

Assembly Once the cookie crust is completely cooled, spread the cream cheese topping in a single layer almost to the very edge of the cookie, leaving just a little rim so you can see the crust beneath. Arrange your chosen fruit in a decorative pattern. I like to fill in every possible space on top for maximum fruit-to-cookie ratio. **Slice and serve!**



[Easy Fresh Fruit Pizza - House of Nash Eats](#)

Fruit of the Spirit: Sunday School Lesson Conclusion

Fruit is healthy and gives our bodies the vitamins and nutrients it needs. The Fruit of the Spirit makes our hearts healthy. It sets us apart from the world, and it can make us a witness to others. It takes time and patience to cultivate these fruits, but when we let God grow these fruits in our hearts, God will use us to bring glory to his name.

Prayer

Dear God,
Teach us to live by the Fruit of the Spirit so people will see Jesus in our lives.
In Jesus' name,
Amen



PLAINS
PRESBYTERIAN

