

Activity Sheets



Just for Fun!

Seed Pass Challenge.

Put some seeds or frozen peas / corn in a bowl. Have another bowl next to it or to make the challenge harder a metre or 2 away. Using chopsticks pass the seeds from one bowl to the other. Time how long it takes and challenge each other for the best time!

Blind Flower Painting.

Put on a blindfold and try to draw or paint a picture of a flower. The best flower wins.

To Think about

1. Have you ever planted seeds or done any gardening? Did you enjoy it?
2. Jesus tells us that the seed that is planted in us is God's Word! The seed is the truth about God and Jesus. Can you remember or think of any truths you have learnt about God or Jesus? Which one is your favourite?
3. When the seed is planted in us who makes the fruit grow in us? (Find the answer in 1 Corinthians 3:6)
4. Galatians 5:22-23 says the fruit that God grows in our lives is: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. How are you allowing God to grow his fruit in your life?

God grows **LOVE** through me when I

God grows **JOY** through me when I

God grows **PEACE** through me when I

God grows **PATIENCE** through me when I

God grows **KINDNESS** through me when I

God grows **GOODNESS** through me when I

God grows **FAITHFULNESS** through me when I

God grows **GENTLENESS** through me when I

God grows **SELF-CONTROL** through me when I

5. Which fruit do you need God to grow more in your life?

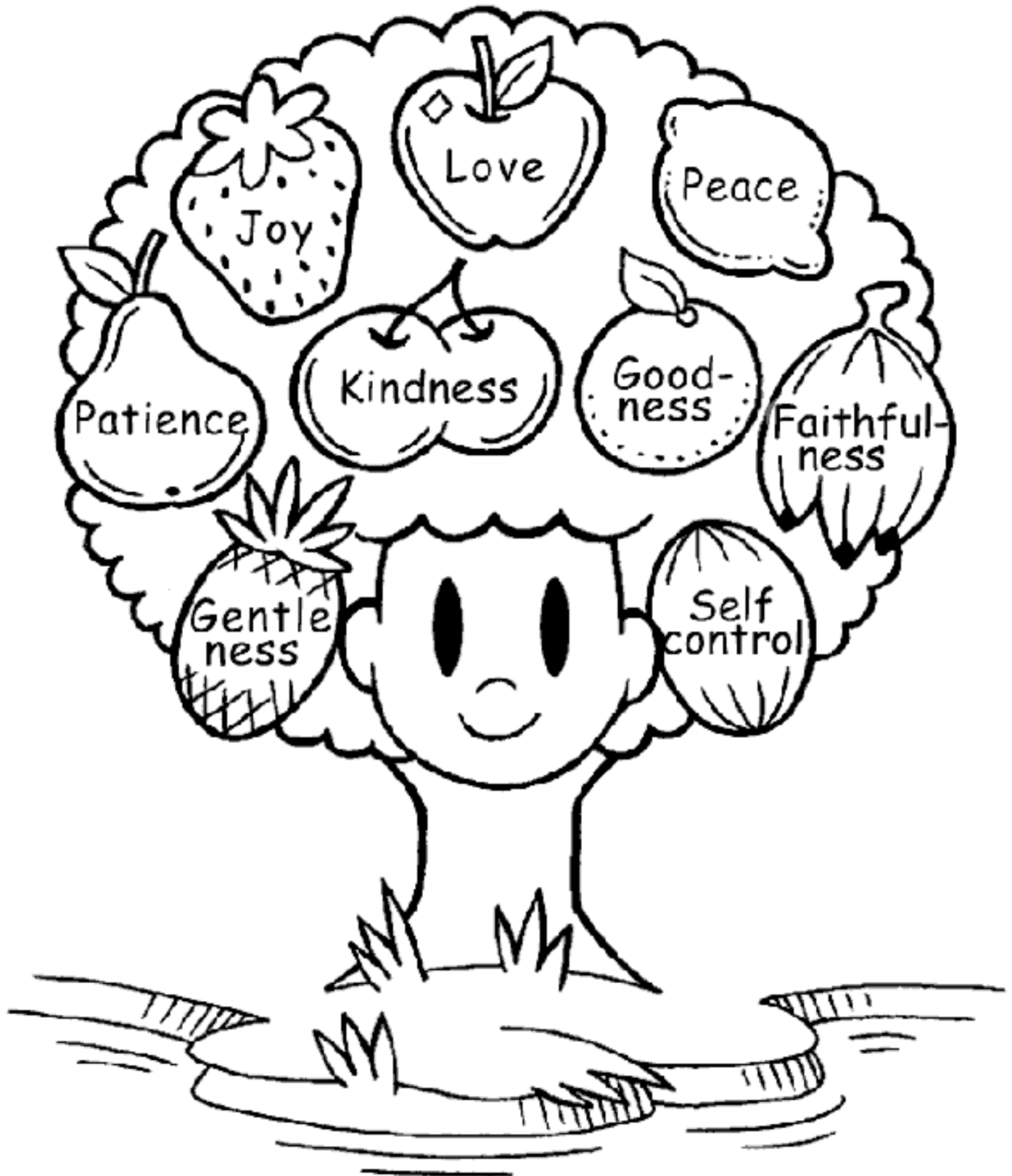
The Parable of the Sower



A farmer went out to sow seed. Matthew 13:3

Fruit Of The Spirit

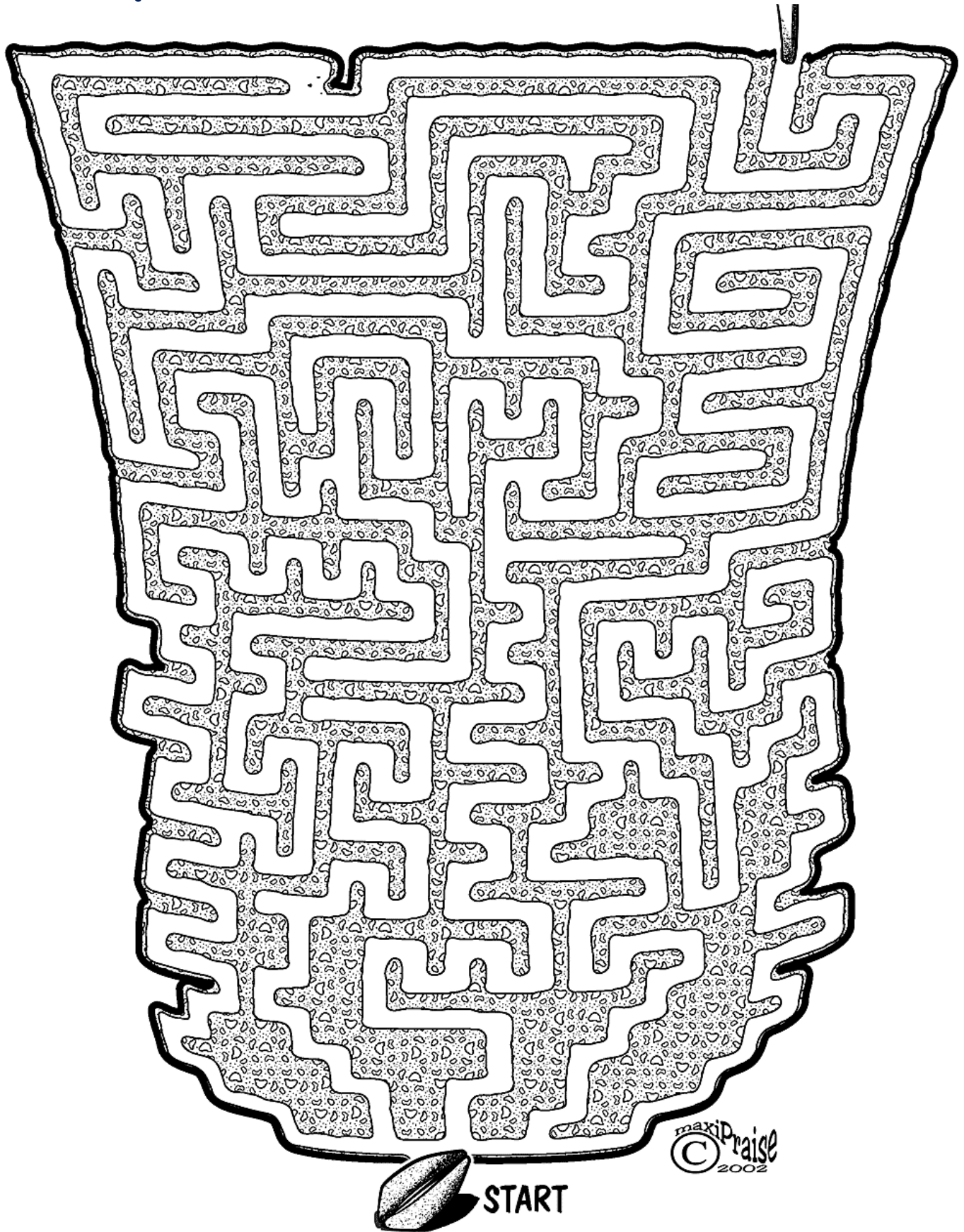
Galatians 5:22-23



I am a tree planted by the water.

Psalms 1:3

Help the Seed grow through the soil



But some of the seed fell on good ground. There it grew and made grain. Some plants made 100 times more grain, some 60 times more, and some 30 times more. ⁹ You people who hear me, listen!"

Matthew 13:8-9

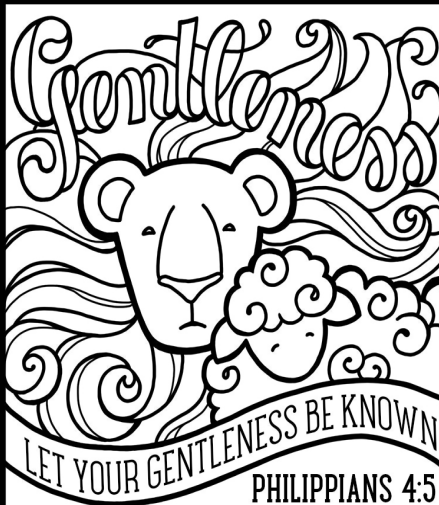
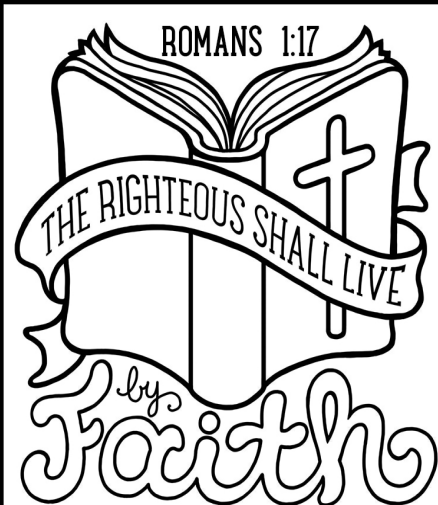
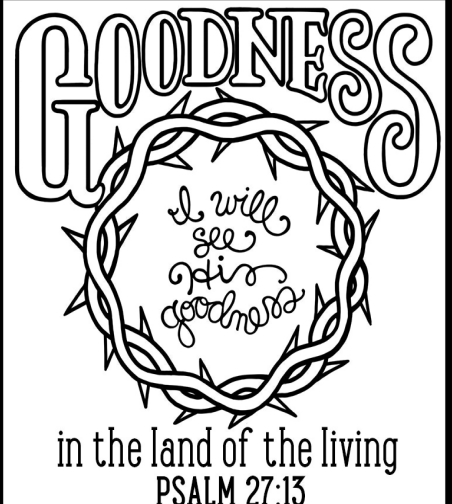
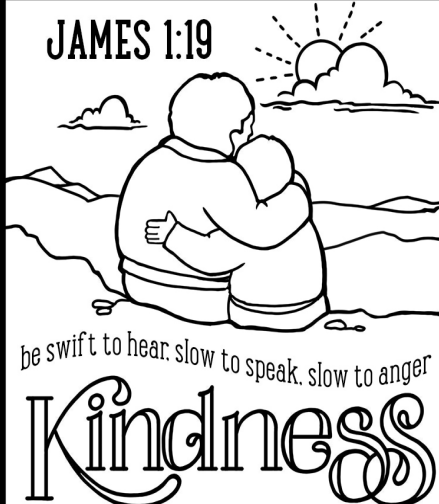
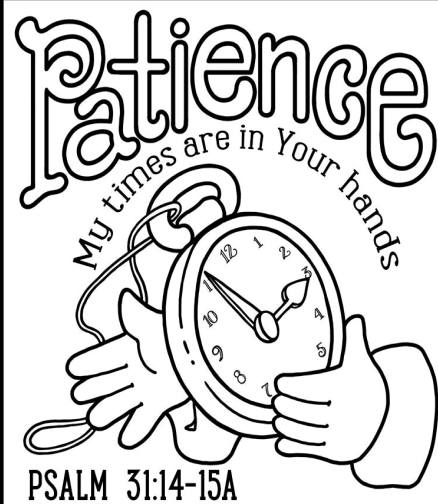
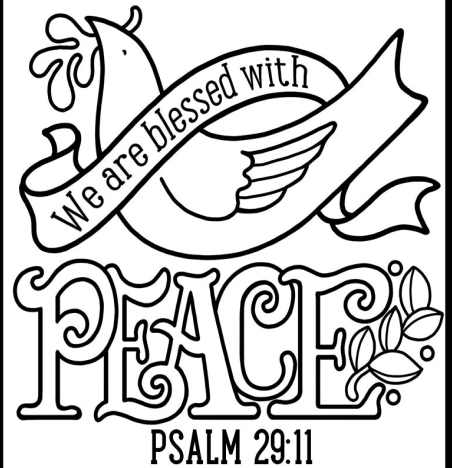
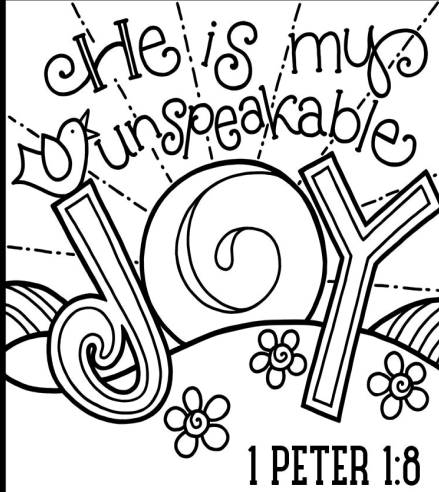
These farmers are trying to sow their seed but most of it is disappearing. Some of the picture below has also disappeared.

Can you spot the 12 differences.



The Fruit of the Spirit

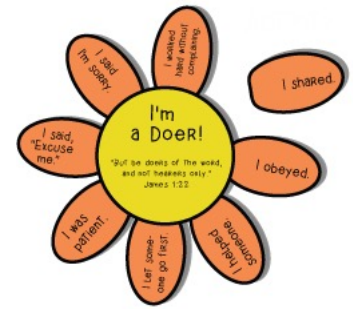
DEUTERONOMY 7:9



Galatians 5:22, 23

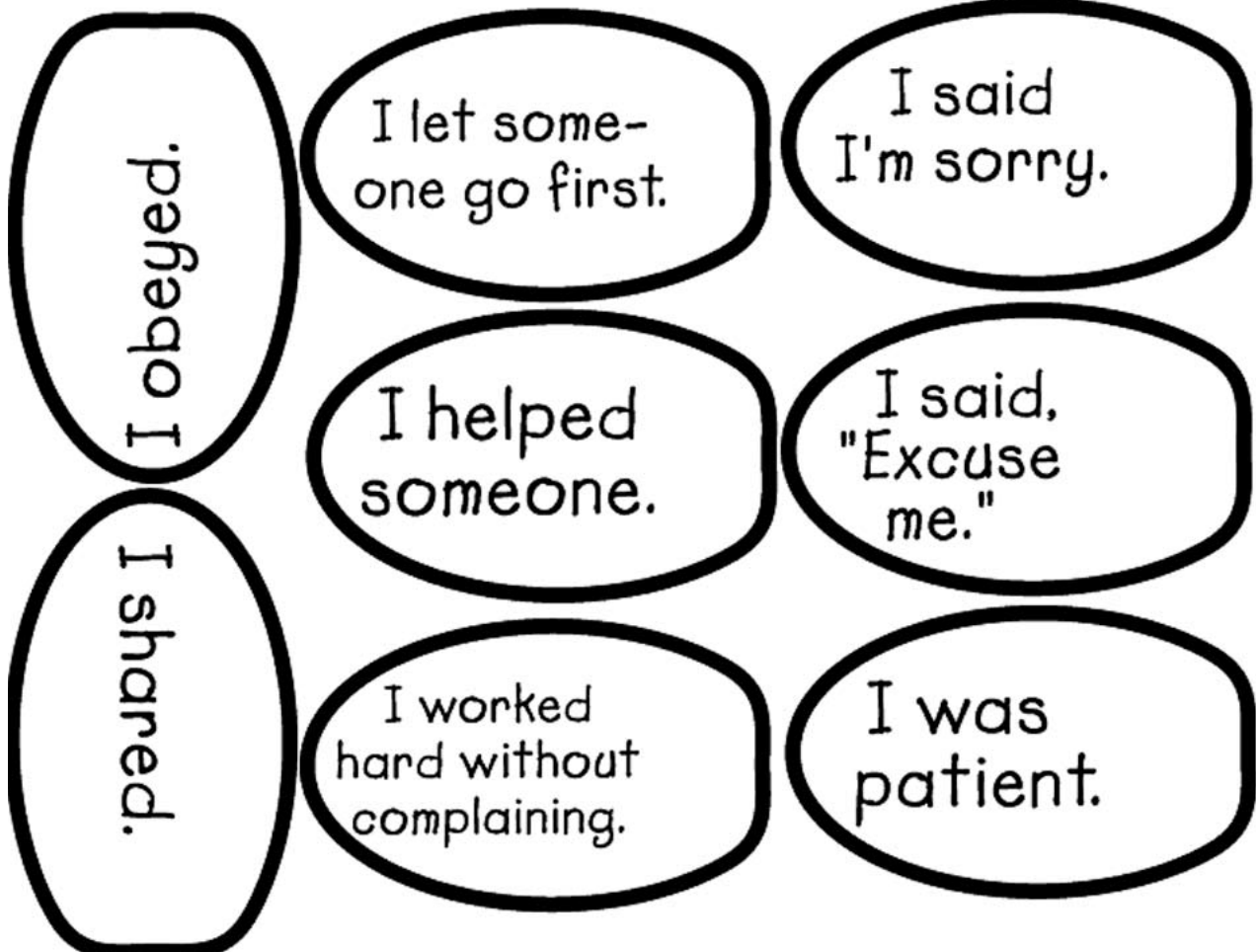
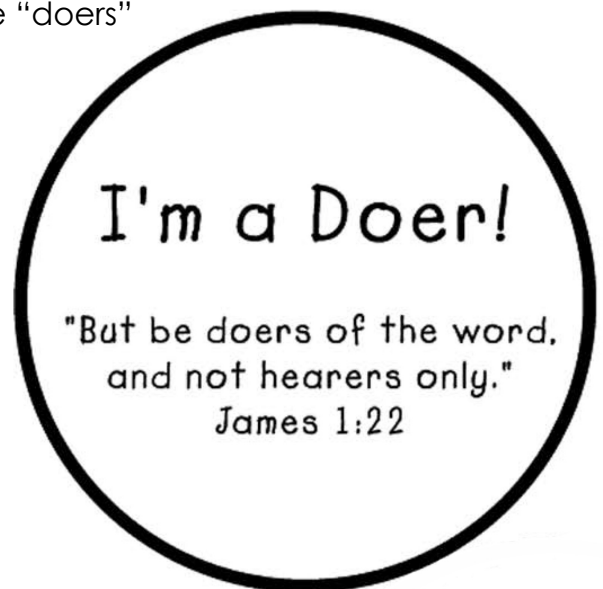
"I'm a Doer" Flower Craft

James 1:22 says "But be doers of the word and not hearers only." God plants the seed in our hearts and the Holy Spirit waters it, when we do what the word says it's like we are feeding it with fertiliser. The more fertiliser it has the better the fruit will become.



This little activity will help you to remember to be "doers" of God's word, not just hearers.

1. Print out the flower patterns onto card / paper, colour them in then cut them out.
2. Keep the petals together in a safe place, then whenever you do one of the things that is written on one of the petals, you can tape that petal onto the flower head. Try and do what is written on each petal this week to complete the flower.



SONG LYRICS

YOU FORGIVE ME

You take all the pieces of my life
Put 'em back together,
make it all alright
Oh, you forgive me
Only you can heal my broken heart
Make all things new with
a brand-new start
Oh, you forgive me
you forgive me

I try so hard to do things right
But I make the wrong choice
sometimes
And you forgive me
No one knows me, God, like you
You see who I am, not what I do
And you forgive me

GOD SUIT

Every Morning when I wake
I get ready, I get ready
Got my armour for the day (hey!)
I get ready, I get ready.

Chorus:

This way, this way,
I know you're with me
Every step I take, woaoaoh
This way, this way,
I know you're with me
Every step I take
I got the sword of the spirit,
the shield of faith
The belt of truth around my waist
When I feel weak you make me strong
Never back down, I got my God suit on.

Every battle that I face
I'll be ready, I'll be ready
when the arrows fly my way (hey!)
Hold me steady, hold me steady.

Chorus

Your saving grace will guard my head
Your righteousness like a bullet-proof vest
These good news shoes were made to
run
Never back down, I've got my God suit
on
Never back down, I got my God suit on.

10, 9, 8, 7, 6 ... Got my hands in the air
and praise on my lips
5, 4, 3, 2, 1 ... Every battle I face my God
has won!
10, 9, 8, 7, 6 ... Got my hands in the air
and praise on my lips
5, 4, 3, 2, 1 ... Never back down, I've got
my God suit on

Chorus

Your saving grace will guard my head
Your righteousness like a bullet-proof vest
These good news shoes were made to
run
Never back down, I've got my God suit
on
Never back down, I got my God suit on