



MAR THOMA  
CHURCH of SILICON  
VALLEY  
SUNDAY SCHOOL

## The Fruit of the Spirit

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No school but not quite a holiday either. Unlike summer break, our parents probably have a new set of rules for us. You ask, why do we still have to do our school assignments and follow a routine as if we were in school? Well, rules allow us to do the right thing, and doing the right thing helps us be safe, achieve our goals and keep a schedule. It's not easy to keep rules.

The Israelites also had trouble following the rules. The Torah (the first 5 books of the bible) laid out lots of rules that they had to abide by to be considered righteous before God. While these laws showed what is right and wrong, it did not help them be obedient to it. And try as they may, they could not live their lives to God's standards. They failed over and over again and brought God's anger upon themselves.

The bible says that Jesus is the only one who truly obeyed the law. And then, he died, taking the consequences of our disobedience upon himself, so that all of humanity could be released from the consequences of disobedience and be saved. So how do we live the life that Jesus modelled, one that truly fulfills the law? Well, we do so by depending on his Spirit, the Spirit which he gives as a gift to all who believe in him. When we live by the Spirit, it produces in us its fruit.

The Spirit is a free gift from God but the fruit is not automatic. It is God's continuing work in us – nothing that we can do by yourself. We just have to open our hearts to receive it and cultivate it. As we grow in the knowledge of Jesus, the Holy Spirit will produce fruit in our lives.

### Worship

Fruit of the Spirit, how we live (with Lyrics)



Spirit of the living God (with Lyrics)





Bible Passage  
Galatians 5: 13-26



Devotion  
Rev. Larry Varghese



Memory Verse  
Galatians 4:25

Since we live by the Spirit, let us keep in step with the Spirit.

## Life by the Spirit

<sup>13</sup>You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh<sup>a</sup>; rather, serve one another humbly in love. <sup>14</sup>For the entire law is fulfilled in keeping this one command: "Love your neighbor as yourself."<sup>b</sup> <sup>15</sup>If you bite and devour each other, watch out or you will be destroyed by each other.

<sup>16</sup>So I say, walk by the Spirit, and you will not gratify the desires of the flesh. <sup>17</sup>For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever<sup>c</sup> you want. <sup>18</sup>But if you are led by the Spirit, you are not under the law.

<sup>19</sup>The acts of the flesh are obvious: sexual immorality, impurity and debauchery; <sup>20</sup>idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions <sup>21</sup>and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

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



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Video Resources

Use these videos to learn more about this week's theme.

Learn the fruit of the Spirit with this song (all ages)

Elementary



Pre-school



Middle School





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## Prayer

*Father God,*

*The creator and sustainer of life, we thank you for your everlasting love for us. We thank you for protection and health, for family and friends and all the other blessing you pour upon our lives. We thank you for giving us the perfect example in Jesus your son. Thank you for his Spirit that lives in our hearts and counsels us. We pray that you will help us to be more and more like Jesus. Help us to bear fruit and witness you in our lives. During these times, we pray you will help us to love others, to be patient and kind. Make us generous with our time and abilities in helping others. Keep us and our loved ones safe in your arms. In Jesus' precious name we pray, Amen.*

## Questions?

Submit questions using the form below



## [Sunday School Q&A](#)

## Feedback

Contact Mrs. Sherine Koshy  
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## References

<https://www.youtube.com/watch?v=vmx4UjRFp0M>

<https://ministry-to-children.com/fruit-of-the-spirit-index/>