

Following Jesus

PARENT CONTEXT

Lent is a season of preparation for Easter. A time to refocus ourselves on God as we ponder the suffering Jesus endured to forgive us of all our sins. The 40 days of Lent are modeled after Jesus' 40 days of temptation in the desert. This period acts as an opportunity to recognize our sinful ways, our need for Jesus, and His suffering. It all culminates with Holy Week which consists of Palm Sunday, Maundy Thursday, and Good Friday. The Good News is that this time of repentance and reflection all point to the greatest joy in history: Jesus' death and resurrection on Easter Sunday!

BIBLE READING

GALATIANS 5:22-23

"The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control."

Craft

Make your own 3D Fruits! Follow the attached instructions and craft outline to make different 3D fruits. On the fruits write examples of fruits of the Spirit you and your child can accomplish in your daily lives.



Craft website link:

<https://capturingparenthood.com/3d-paper-fruits-for-summer/>

PRAYER

Dear God, help us to look for You in our lives this week. Help our family to make good fruit for Your kingdom and to work together to make sure our words, actions, and thoughts every day brings us closer to You. In Jesus' name we pray, amen!



ASK: What can you remember about Lent?

Lent is a time that we use to get ready for Easter! We have Lent in the church year to help us remember that we sin and need Jesus to forgive us. Sometimes the Lent season can be sad as we think about all the suffering Jesus went through for us on the cross. However, it leads us to the empty tomb of Easter morning. Jesus died and rose again to forgive us of all our sins!

ASK: What are habits? Habits are something a person does again and again. There are good or bad habits, either habits that help us grow or habits that hurt us.

ASK: How can we know if our habits are good or bad?

(Kids may say "parents" which is a great and correct answer, but how do parents know? God!) God gave us the Ten Commandments to show us how He has called us to live as His children. God also gave us someone who followed those ten rules perfectly: Jesus. When we read the Bible, we get to see all of the good things Jesus does, and all of the good habits He teaches us. When we follow His example and live out good habits, something amazing happens! We make fruits. Not actual fruits, but something God calls "fruits of the Spirit."

READ: Galatians 5:22-23

ASK: How do normal fruits grow?

They need lots of water and good soil to grow in to make yummy fruits. Just like plants we also need good things to grow in, but instead of soil we have God's Word- the Bible! When we follow the Bible, we make good fruits. Meaning, when we follow God's examples we show love, spread joy and peace, are patient, kind, good, faithful, gentle, and have self-control. During Lent, we get to learn how to grow in walking in step with the Spirit. However, even though we can try our best to follow Jesus we cannot and we sin sometimes. We disobey God by not doing what we ought to, and by doing what we ought not. That is why Easter is so important to our Christian faith. Even though we sin, Jesus died and rose for us! Jesus came to forgive us, save us, and give us eternal life.

ASK: Think of some things you have done over and over this past week. Can you find those habits in the list of the fruits of the Spirit God gave us?

These are templates for each fruit. You will use these guides to cut out shapes on different colors of paper, then fold the paper in half and glue all the pieces together. To make one of each fruit you will need to cut out 2 strawberries, 2 pears, 2 apples, 2 oranges, 2 pineapples, 4 cherries, 2 cores, 3 stems, 3 leaves, one cherry stem, one strawberry stem, and one pineapple leaves. Go to <https://capturingparenthood.com/3d-paper-fruits-for-summer/> for more information.

