

September 23-29 Galatians

"WALK IN THE SPIRIT"

1. Paul's Letters- Read "Paul's Letters" from *The Friend*
<https://www.churchofjesuschrist.org/study/friend/2019/09/pauls-letters?lang=eng> . Review who Paul was and let them know that we're going to learn about some more really important things that he taught.
2. Fruits of the Spirit Bowl- Read/discuss/summarize Galatians 5:22-23. Have them look at the pictures of the fruits below. Talk about which fruits are their favorites, what they taste like, why they like them, etc. The manual explains, "Just as fruits have different flavors, we can feel the Holy Ghost in different ways, such as love and peace." Explain that the Holy Ghost is an amazing gift that Heavenly Father gives us, and it can help us in lots of ways.
 - Cut the fruit pictures apart and take turns choosing one of the fruits. Read the word that's on the fruit and help the kids brainstorm times that they've felt joy/peace/whatever the fruit says. Once they've explained what that feeling is or a time that they've felt it, they can glue that fruit piece onto the fruit bowl sheet. Explain that when we feel those feelings, it's the Holy Ghost.
 - If time/interest, read another story about the Holy Ghost from *The Friend*:
<https://www.churchofjesuschrist.org/children/resources/topics/holy-ghost?lang=eng#activities> .
3. Inviting Spirit into Our Home- Brainstorm things we can do to invite the Spirit to be in our lives more. Choose one thing we can do to recognize/invite the Holy Ghost into our home this week. Write it down or draw a picture to display somewhere to remind us. Use this "Inviting the Spirit" page from *The Friend*
<https://www.churchofjesuschrist.org/bc/content/shared/content/images/magazines/friend/2012/03/fr12mar34-inviting-the-spirit.pdf>.
4. Sowing and Reaping Seeds Activity - (Our actions, both good and bad, have consequences) Start by showing the seed pictures below. Look at the pictures and ask, "If we plant a tomato seed, what will grow? If we plant a sunflower seed, what will grow?" etc. Then follow instructions below.

Instructions:

 - Scripture: Read and discuss Galatians 6:7-9. Explain that when we plant seeds, that's called "sowing." Picking the fruits/vegetables that grow from seeds is called "reaping."
 - Sorting Brown Seeds into Corruption/ Everlasting Life Packets: Cut out the brown seeds and put them all together in a pile. Let everyone take turns choosing one seed out of the pile. As each seed is chosen, discuss if it would be a seed of corruption or a seed of life everlasting (remind them of what these words mean). Sort them by placing them into the correct seed packet. Once you're done sorting, ask which packet of seeds they think would grow into the best plant?
 - Tree Chart: Once the packets are filled with the seeds, work together to "plant" them on the "Whatsoever a man soweth, that shall he also reap" chart. Place the everlasting life seeds in the ground on the left side and the corruption seeds on the right side. Look at the pictures of what the seeds will grow into. Which of these trees looks better? Discuss how our actions have consequences. The choices we make (the seeds we plant) determine consequences and blessings we'll receive. When we make good choices, good blessings can grow. When we make wrong choices, the consequences aren't positive. Remind them of how great the blessings are for making right choices and how Christ can help us when we make wrong choices.
 - Additional Seeds we Can Sow: Have kids write additional ideas of "seeds" they must sow in order to "reap" blessings on the extra blank seeds and put them into the chart.
 - What are some "fruits" that come because of good decisions?

- Read “Toys in the Tub” Story from *The Friend* to reinforce the idea that choices have consequences
<https://www.churchofjesuschrist.org/study/friend/2017/03/toys-in-the-tub?lang=eng>

5. Role play: In Galatians 1:10, Paul says that he seeks to please God more than men. Is it sometimes hard to do this? Have the kids role-play how they would respond to the following scenarios and discuss positive/negative consequences that could come from the way we choose to respond:
 - Your friend double-dog-dares you to say a swear word.
 - You find a really cute outfit at the store. You want to buy it, but it’s immodest.
 - Your sister tries to play with you in the middle of family prayer.
 - Your neighbors want you to go to the movie theater with them on Sunday instead of going to church.
 - Your friend offers you something that you know is against the Word of Wisdom (something that’s bad for your body).
6. Christ Liveth in Me- Read/discuss/summarize Galatians 2:20. What do you think it means when it says “Christ liveth in me”? Remind them of the attributes of Christ and how we’re trying to become like Him. As we make good choices, we feel the Spirit more and become more like Him. One thing we do when we’re more Christlike is to “bear one another’s burdens” (Galatians 6:2). Discuss what this means and ways we could help people in need.
 - Let family members choose their favorite songs about Christ to sing. Share testimonies of Him and His importance to us.
7. Fruit Salad/Skittles- Make fruit salad with different types of fruit, or if you want to go with a less healthy option, get a bag of fruit Skittles. 😊 As each family member chooses a fruit/Skittle to eat, have them either review one feeling the Holy Ghost can give us or one thing we’re going to do to feel the influence of the Spirit in our lives this week.

Additional Ideas

Support article and activities from *The Ensign*:

<https://www.churchofjesuschrist.org/study/ensign/2019/09/galatians?lang=eng>

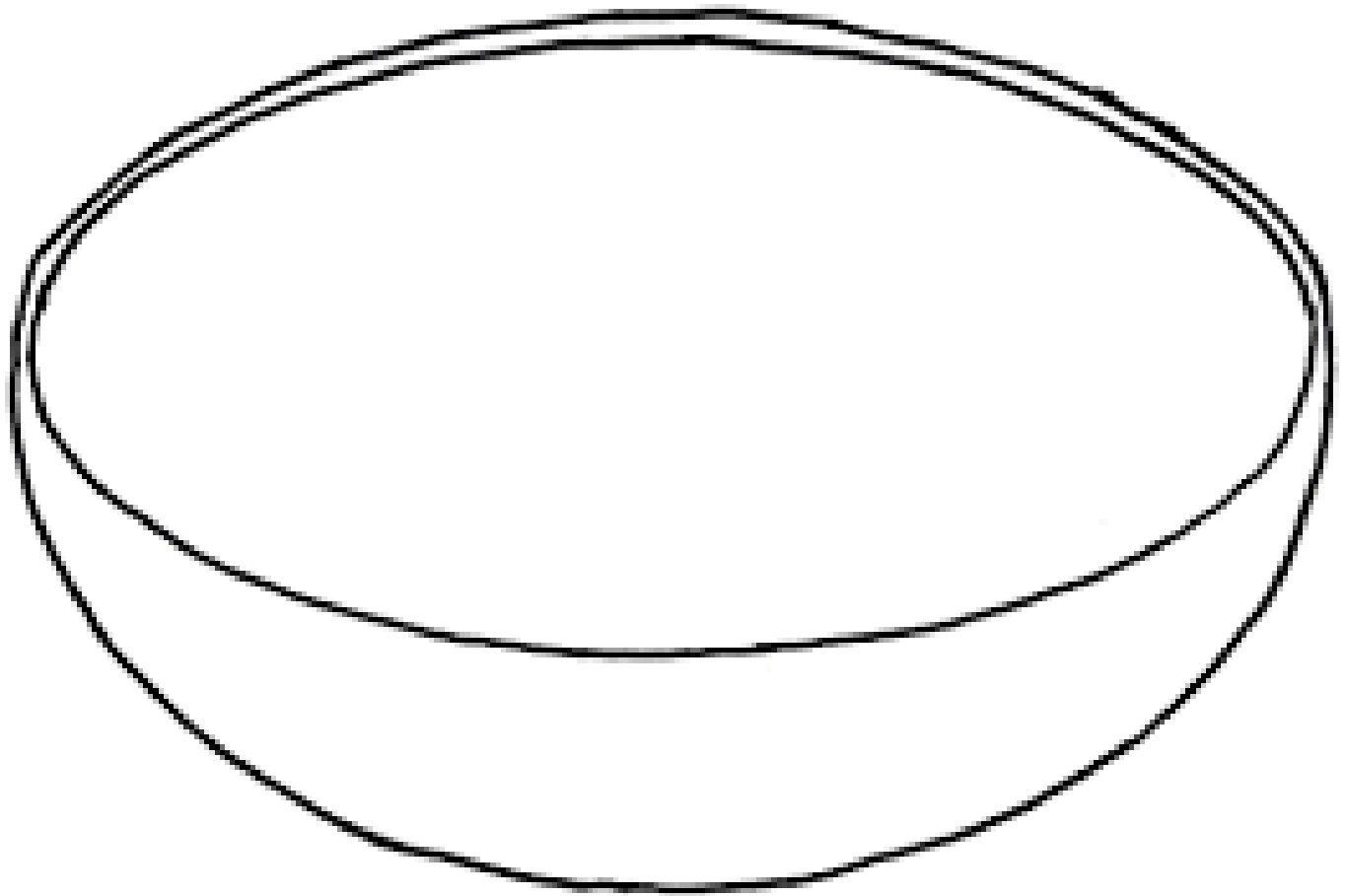
More great ideas at <https://www.theredcrystal.org/blog/>

Fruits of the Spirit Bowl- Read/discuss/summarize Galatians 5:22-23. Have them look at the pictures of the fruits below. Talk about which fruits are their favorites, what they taste like, why they like them, etc. The manual explains, "Just as fruits have different flavors, we can feel the Holy Ghost in different ways, such as love and peace." Explain that the Holy Ghost is an amazing gift that Heavenly Father gives us, and it can help us in lots of ways. Cut the fruit pictures apart and take turns choosing one of the fruits. Read the word that's on the fruit and help the kids brainstorm times that they've felt joy/peace/whatever the fruit says. Once they've explained what that feeling is or a time that they've felt it, they can glue that fruit piece onto the fruit bowl sheet. Explain that when we feel those feelings, it's the Holy Ghost.



We Can Feel the Holy Ghost in Different Ways

Galatians 5:22-23



Seed Pictures: Show these pictures and discuss how whatever seed you plant ("sow") will grow into something based on what type of seed it was. Tomato seeds grow into tomatoes, sunflower seeds grow into sunflowers, etc.



Sowing and Reaping Seeds Activity Instructions:

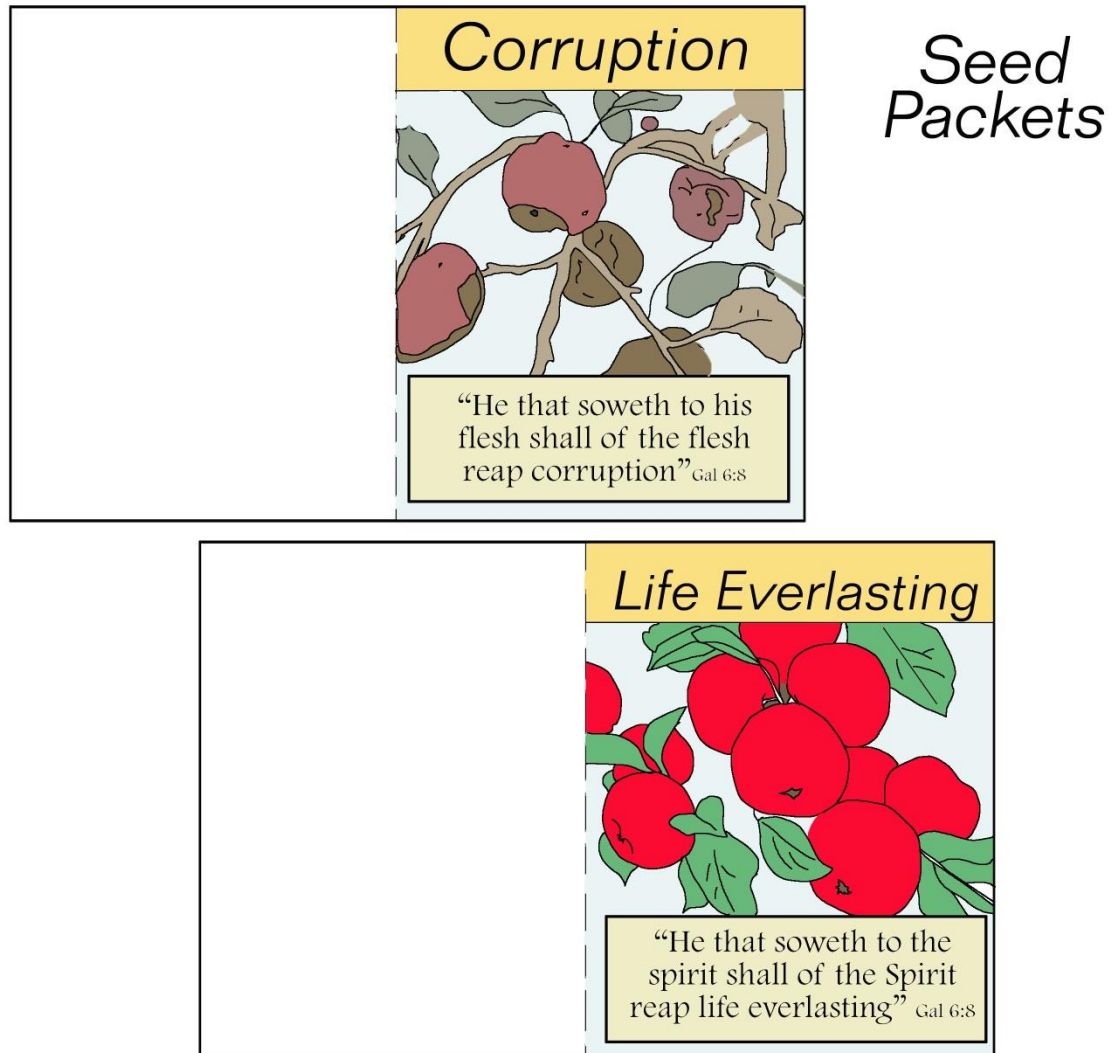
- Scripture: Read and discuss Galatians 6:7-9. Explain that when we plant seeds, that's called "sowing." Picking the fruits/vegetables that grow from seeds is called "reaping."
- Sorting Brown Seeds into Corruption/ Everlasting Life Packets: Cut out the brown seeds and put them all together in a pile. Let everyone take turns choosing one seed out of the pile. As each seed is chosen, discuss if it would be a seed of corruption or a seed of life everlasting. Sort them by placing them into the correct seed packet. Put it into the corruption packet if it's a wrong choice or the everlasting life packet if it's a good choice. Which seed packet do you think will grow into the best plant?
- Tree Chart: Once the packets are filled with the seeds, work together to "plant" them on the "Whatsoever a man soweth, that shall he also reap" chart. Place the everlasting life seeds in the ground on the left side and the corruption seeds on the right side. Look at the pictures of what the seeds will grow into. Which of these trees looks better? Discuss how our actions have consequences. The choices we make (the seeds we plant) determine consequences and blessings we'll receive. When we make wrong choices, the consequences aren't positive. Remind them of how great the blessings are for making right choices and how Christ can help us when we make wrong choices.
- Additional Seeds we Can Sow: Have kids write additional ideas of "seeds" they must sow in order to "reap" blessings on the extra blank seeds.
- What are some "fruits" that come because of good decisions?

Corruption and Everlasting life **SEEDS**

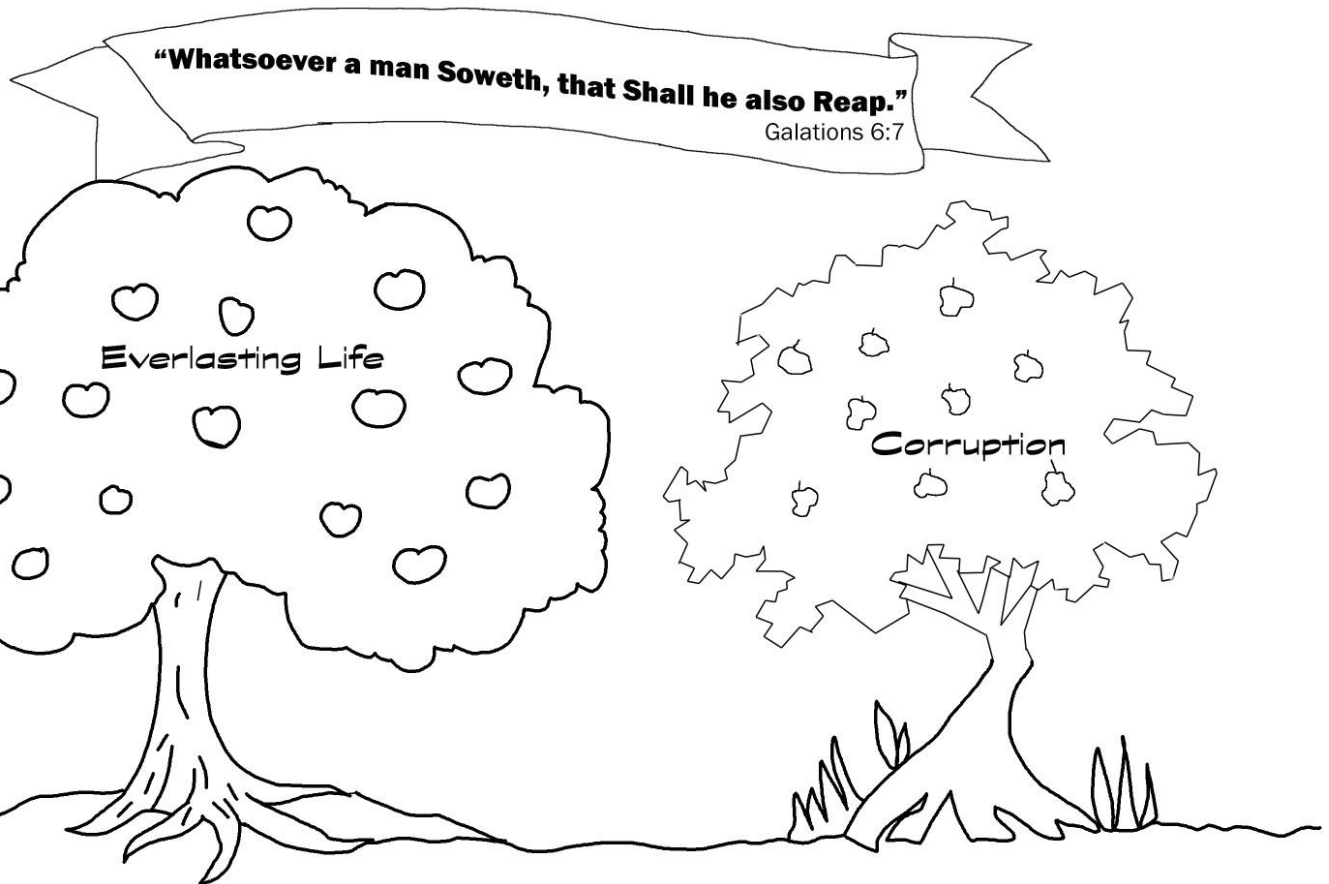
GALATIANS 6:7-9



Corruption/Everlasting Life Seed Packets: Cut these apart, fold them, and tape the bottom and sides shut (leave an opening in the top to place the seeds in). As you sort through the brown seeds, place the good seeds into the everlasting life packet and the bad seeds into the corruption packet. Which seed packet do you think will grow into the best plant?

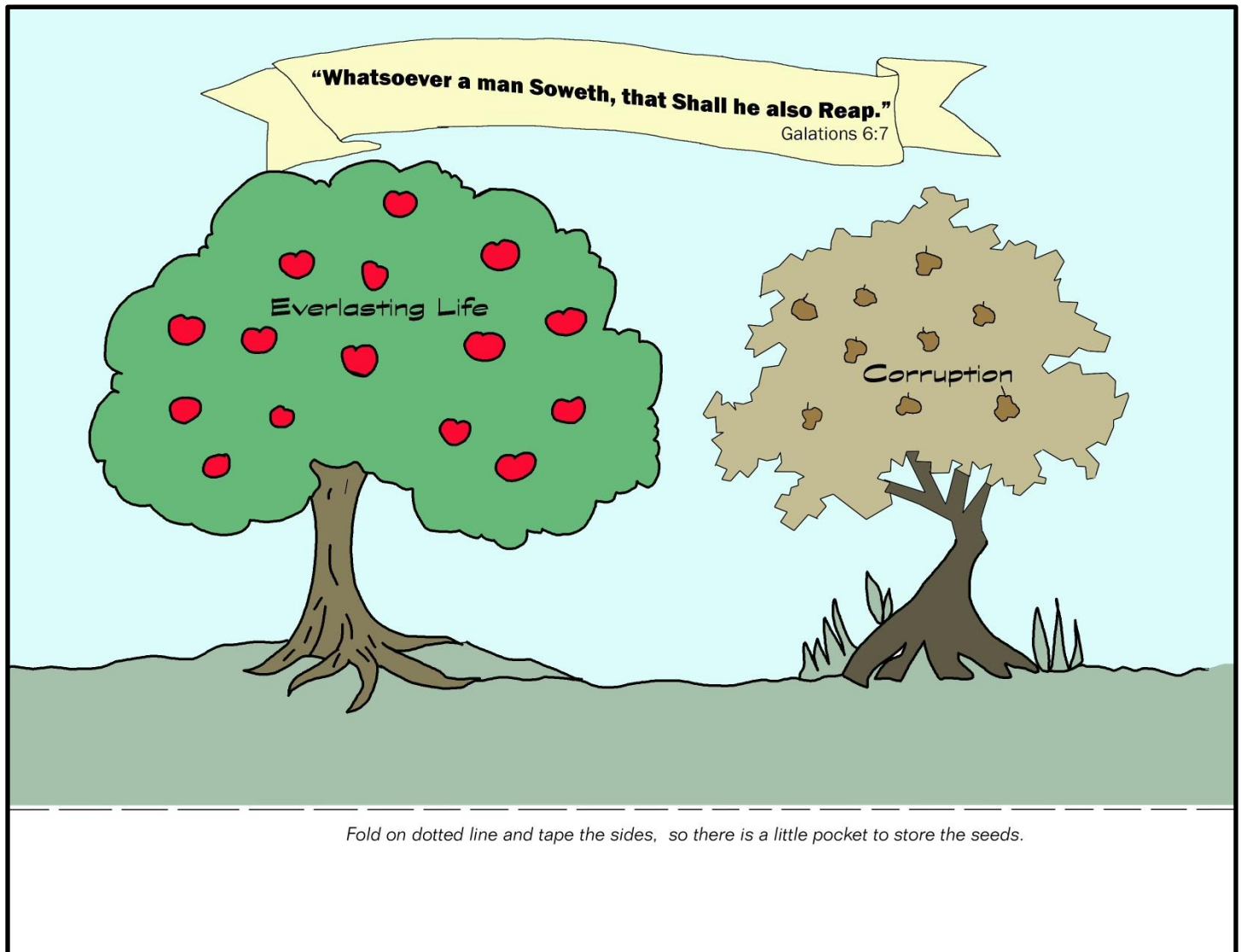


Tree Chart: Once the packets are filled with the seeds, work together to “plant” them on this chart. Place the everlasting life seeds in the ground on the left side and the corruption seeds on the right side. Look at the pictures of what the seeds will grow into. Which of these trees looks better? Discuss how our actions have consequences. The choices we make (the seeds we plant) determine consequences and blessings we’ll receive. When we make good choices, good things can grow. When we make wrong choices, the consequences aren’t positive. Remind them of how great the blessings are for making right choices and how Christ can help us when we make wrong choices.



Fold on dotted line and tape the sides, so there is a little pocket to store the seeds.

Color Version of Tree Chart:



Created by Crystal from www.theredcrystal.org