

the  
**FRUIT**  
of the Spirit

*a hands on study of Galatians 5:22-23  
helping families connect, play, learn  
& grow in God's Word together*

# THE LITTLES & ME

creating joyful homes that celebrate and play



Thank you for downloading the Camp Littles & Me Fruit of the Spirit: Goodness Packet. I hope that this is a valuable tool to help your family connect, play, learn, and grown in God's Word together.

I have spent many late nights, early mornings and nap times putting this together and I'm so thrilled to offer it as a resource to you. If you love it and want to share it with a friend I do ask that you would point them to my website so they can receive their own copy rather than just forwarding them the PDF.

If you want all of the fruits at once you can download The Fruit of the Spirit Pack for \$12 in my shop. It includes everything in an organized downloadable PDF PLUS so many other printables (activity instructions with images, helpful tips, introduction to the Fruit of the Spirit, coloring sheets, parent connect + reflect cards, matching game, verse cards, & more). The extra printables are only included when you purchase the pack!

(Purchase HERE: <http://bit.ly/TheFruitoftheSpirit>)

You are more than welcome to print as many copies of the included files as you need for your personal use only. I simply ask that you do not resell or redistribute this PDF in any way.

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Please feel free to reach out if you have any questions. We can't wait to celebrate and play with you!

 ashley

let's connect!  
[www.thelittlesandme.com](http://www.thelittlesandme.com)

     
@thelittlesandme

The Fruit of the Spirit Family Bible Pack  
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For more tools to point your kids to Jesus, connect as a family, and celebrate the everyday moments of life, visit [www.thelittlesandme.com](http://www.thelittlesandme.com)



the **FRUIT** of the Spirit is

# GOODNESS



## MAIN IDEA

God is good and loving to me all the time. Only His power working in me can create goodness in my heart.

## VERSE

For it is God who works in you to will and to act in order to fulfill his good purpose.

[Philippians 2:13, NIV]

## GOODNESS

models Christ's actions of love, humility, and forgiveness. It shows integrity, honesty, and compassion towards others. It is only possible through God's power at work in my heart. Creation reflects God—His nature, character, and goodness.

## READ

Days of Creation  
(Genesis 1-2)

Jesus Storybook Bible:  
The Beginning: A Perfect Home

## HANDS ON

Goodness on the Inside  
Banana Object Lesson

## CREATE

Taste & See  
Citrus Stamped  
Painting

## MAKE

Blueberry Smoothie

## FRUIT IN ACTION

In what ways do you see God's goodness? Go outside on a walk or hike with your family and name out loud the ways you see God's goodness reflected in creation. Ask God to help you share His goodness with others this week.

# WEEKLY SUPPLY LIST

the **FRUIT** of the Spirit is

# GOODNESS



Activity

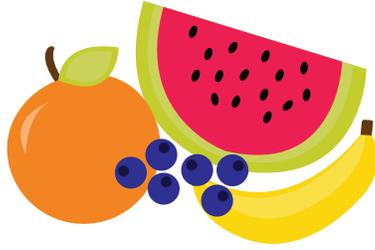
You'll Need

	Activity	You'll Need
<b>HANDS ON</b>	Goodness on the Inside Banana Object Lesson	<ul style="list-style-type: none"><li>• Bananas (When picking the ripeness, be sure to consider when you are going to do the object lesson. You'll want them to be yellow with no brown spots for the lesson)</li><li>• Pens or Sharpie Marker (Depending on your kids ages &amp; your bravery level with permanent markers)</li></ul>
<b>CREATE</b>	Taste & See Citrus Stamped Painting	<ul style="list-style-type: none"><li>• Taste &amp; See Printable</li><li>• Cardstock</li><li>• Lemons, Limes, Oranges, or Grapefruit</li><li>• Paint</li><li>• Plate</li><li>• Knife (to cut fruit in half)</li></ul>
<b>MAKE</b>	Blueberry Smoothie	<ul style="list-style-type: none"><li>• Frozen Blueberries</li><li>• Vanilla (or plain) Greek Yogurt</li><li>• Your favorite Milk</li><li>• Optional: Honey &amp; Frozen Banana</li><li>• Blender</li></ul>
<b>FRUIT IN ACTION</b>	Go outside on a walk or hike with your family and name out loud the ways you see God's goodness reflected in creation.	<ul style="list-style-type: none"><li>• Shoes</li><li>• Water bottle for each family member</li><li>• Optional: Your favorite snack (ex: trailmix)</li></ul>

**TASTE AND SEE  
THAT THE  
LORD IS GOOD**

**PSALM 34:8**

# EXTRA RESOURCES



*Looking for more tools to teach your kids about the fruit of the Spirit and point them to Jesus? I've put together a list for you of additional resources you might be interested in. It includes movies, videos, books, songs, and more!*

*Find the list here:*

<http://thelittlesandme.com/fruitofthespiritresources>

*As I find additional resources that I think you'll be interested in, I will add them to the page I shared above, so be sure to check back occasionally for updates.*

*Looking for coloring sheets, verse cards, a fruit of the Spirit matching game, and SO much more?*

*Purchase the Fruit of the Spirit Pack here:*

<http://bit.ly/TheFruitoftheSpirit>

*Enjoy!*