

SOUL FRUIT

Discussion and Resource
Guide for Adults





SOUL FRUIT

A Note To The Grown Ups

Thank you for your support in downloading this Free Soul Fruit Resource Guide!

My prayer is that this carefully and faithfully created guide can enrich your child's understanding of the Fruit of the Spirit and draw them closer to Jesus!

This guide contains the following:

Understanding the Fruit of the Spirit

How to model and teach the Fruit of the Spirit, including practical tips

Information about the Soul Fruit Intro and Outro

Discussion Questions designed to encourage thought provoking conversation and opportunities to connect with your children

Final encouragement and prayer



But the fruit of the spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things, there is no law.

— Galatians 5:22-23 NIV

Understanding The Fruit of the Spirit



The Fruit of the Spirit is not something we can create on our own; it is the evidence of God's work in us.

When we walk obediently with Him, His Spirit produces these qualities in our hearts. The outworking of our faith, with the guiding help of the Holy Spirit, is spiritual fruit that glorifies God.

God can use our fruit to witness to others and ultimately these qualities lead us to be more Christ-like.

As parents, caregivers and mentors, our role is not to force this fruit to grow in our children, but to foster an environment where they can experience and embrace these virtues in daily life, as modelled by us.

Model and Teach The Fruit of the Spirit

God's love is unconditional, and our kids can see this love through our actions. Model Godly, sacrificial love by showing grace when they make mistakes and speaking words of affirmation to and over them.

PRACTICAL TIP: Start a daily habit of sharing something you love about each other.

LOVE!

Teach children that peace comes from trusting God rather than controlling everything around them.

PRACTICAL TIP: When a child feels anxious or stressed, pray with them, reminding them that God is in control.

PEACE!

Kindness is love in action. Show children how to treat others with gentleness and respect.

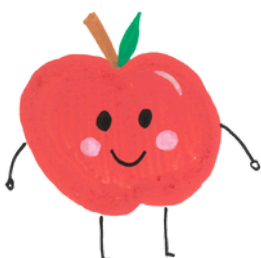
PRACTICAL TIP: Challenge your children (and facilitate opportunities for younger children) to do one random act of kindness each day.

KINDNESS!

Faithfulness means being loyal and consistent in our relationships and our walk with God. It's keeping promises, and trusting God no matter what.

PRACTICAL TIP: Read the Bible to your children from birth. For older children, encourage a Quiet Time routine that meets their learning capabilities.

FAITHFULNESS!



Joy comes from knowing and trusting God no matter what happens. Help children understand that true joy isn't based on having fun or getting what they want, but on a heart connected to Christ.

PRACTICAL TIP: Encourage gratitude by asking your children what they are grateful, and discuss.

JOY!

Patience is learned through experience. Allow children to wait for things rather than giving instant gratification.

PRACTICAL TIP: Do activities that naturally involve waiting for turns, like playing board games or baking together, and highlight the value of patience during the activity.

PATIENCE!

Goodness is about choosing what is right and helpful to others because it pleases God.

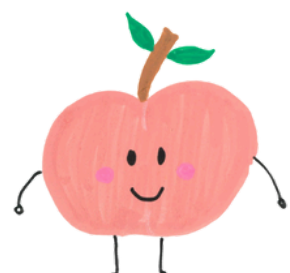
PRACTICAL TIP: Share stories from your own life when choosing goodness was hard but worth it. Invite your child to spot "good" choices in others.

GOODNESS!

Gentleness is about how we treat others, especially in moments of frustration or conflict. It means being calm, careful, and treating others with compassion.

PRACTICAL TIP: Practice a "gentle redo" where your child can repeat a sentence or action with more gentleness after reflecting.

GENTLENESS!



Self-control is the ability to stop, think, and choose what honours God even when our desires are pulling us in a different direction.

PRACTICAL TIP: Teach "pause and pray", taking a deep breath and asking God for help before acting, when big decisions or emotions rise in the face of temptation.

SELF-CONTROL!

information about the intro and outro

The “seed” refers to the Word of God. Jesus used this same image in His parable of the sower, where He describes the Word being sown into different kinds of soil.

— Matthew 13:1-23

We respond to God’s seed with faith. Faith is the soil that allows God’s Word to grow in our hearts. When we believe and trust in Him, His truth begins to shape our thoughts, choices and character.

“Faith comes from hearing, and hearing through the word of Christ” — Romans 10:17

Spiritual growth is intentional. Just as we water seeds and plants, we nourish our faith by spending time with God and living out His Word.

“Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. — John 15:4

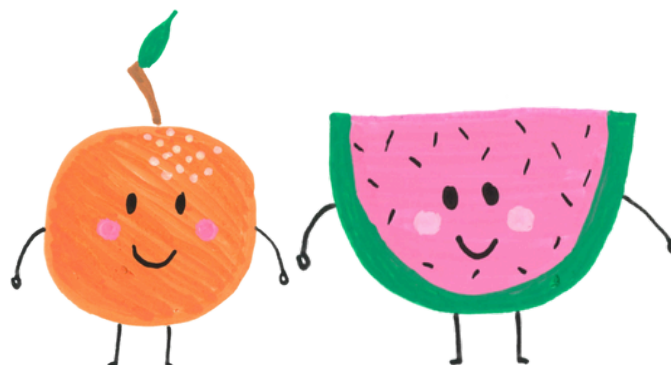
Just like a tree requires exposure to all seasons in order to grow stronger, God can use both joyous and difficult seasons in our lives to grow, strengthen and sanctify us. The Fruit of the Spirit is not something that is immediately mature in us; it requires time and seasonal growth, with God always working for His glory and our good.

“There is a time for everything, and a season for every activity under the heavens” — Ecclesiastes 3:1

“And we know that in all things God works for the good of those who love him, who have been called according to his purpose.” — Romans 8:28

We are encouraged to “walk by the Spirit” and follow His truth. That means living in step with God, by listening to Him, trusting His Word, and allowing Him to lead us. As we do, our lives begin to overflow with evidence of His work in us. That’s what soul fruit is: the visible, Spirit-grown result of a life rooted in God.

“So I say, walk by the Spirit, and you will not gratify the desires of the flesh.” — Galatians 5:16



Discussion Questions

Q: Which Fruit of the Spirit do you think you are great at showing to others?

Q: Which Fruit of the Spirit do you think you need help growing?

Q: What are some ways that we can show love to others?

Q: Can you think of a time you have felt joy even when you were going through hard things?

Q: What helps you feel peace?

Q: Can you think of a time you haven't been patient? What could you try next time?

Q: Who is someone that is kind to you? What do they do to show kindness?

Q: Have you ever had to be good when it was hard?

Q: How is God faithful to us?

Q: How can we be faithful to God?

Q: How can we be gentle to someone who is upset?

Q: Has there been a time you have really wanted something you couldn't have? What happened?

Q: Can you spot the Fruit of the Spirit in your friends or family?



Final Encouragement and Prayer

Thank you for using this guide, dear grown up.

As you read Soul Fruit to your children, remember that growing the Fruit of the Spirit is a lifelong journey... for both them and you!

Personally, writing Soul Fruit was a beautiful reminder that no human is perfect, that we all fall short of God's glory, and that His Spirit guides and nurtures us through our mistakes. It also reminded me that God's sanctifying work in us is a wonderful example for our children to follow.

Will we always get it right? **No.**

But can our children be encouraged by our reliance on God in the midst of those mistakes? **Absolutely.**

And that is my prayer for you and yours.

The best way to nurture these spiritual qualities in your children is by embodying them yourself, and modelling to them how God can refine us over time. Ask the Holy Spirit to work in your own heart and let your home be a place where His fruit can flourish.



Prayer: Lord, help me to model Your love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. May the children in my life see You in me and be encouraged and taught to live a life that reflects You. In Jesus' name, Amen.

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