

PICKING THE FRUIT (OF THE SPIRIT) SERIES • AGES 2–7

# Picking the Fruit:

## Family & Classroom Discussion Guide

Talk-about-it questions, Bible verses, simple activities, prayers, and weekly family challenges to go with each book. Made for parents, grandparents, teachers, and Sunday school helpers.

1 I Don't Like Patience!
2 I Don't Like Sharing!
3 I Don't Like Kindness!
4 I Don't Like Joy!
5 I Don't Like Faithfulness!

by Dawn Caldwell De Wulf

*Stories of faith for little hearts and grown-up readers*

Free to print for home, classroom, and church use.

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## How to Use This Guide

- Read the story together first. Then pick one or two questions; you don't need to use them all.
- Little ones (ages 2–4) can point to the pictures or answer yes or no. Older children (ages 5–7) can tell you why.
- There are no wrong answers. Listening is the most important part!
- Say the Bible verse together, try the activity, and end with the short prayer.
- The "Grow it this week" challenge carries the lesson home or through the school week.
- At the back, color a fruit on the chart each time you see it growing in your child.

★ = a question from the book's own description. Verses are from the New International Version (NIV).

## The Books at a Glance

| Book | Fruit | Verse | Activity |
|---|---|---|---|
| **1. I Don't Like Patience!** | Patience | James 5:7 | Watch It Grow |
| **2. I Don't Like Sharing!** | Generosity | Hebrews 13:16 | Share Basket |
| **3. I Don't Like Kindness!** | Kindness | Ephesians 4:32 | Welcome Card |
| **4. I Don't Like Joy!** | Joy | Philippians 4:4 | Joy Jar |
| **5. I Don't Like Faithfulness!** | Faithfulness | Lamentations 3:22–23 | Faithful Helper Chart |

## Tips by Age

### Ages 2–3
Keep it short: one question, the verse, and the prayer. Let them point to pictures and copy your actions.

### Ages 4–5
Ask "How do you think Molly felt?" and act out feelings with faces. Try the activity together.

### Ages 6–7
Ask "Why?" questions, help them read the verse aloud, and let them lead the weekly challenge.

### Classrooms & groups
Read aloud, then talk in pairs or a circle. Send the "Grow it this week" challenge home for families.

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BOOK 1

# I Don't Like Patience!

FRUIT OF THE SPIRIT

## Patience

"forbearance" in Galatians 5:22 (NIV)

> *"See how the farmer waits for the land to yield its valuable crop, patiently waiting for the autumn and spring rains."* **James 5:7 (NIV)**

**About the story:** Molly hates waiting for her carrots to grow! When she tries to speed them up herself, things don't turn out quite right, and Poppie helps her learn about patience.

## Talk About It

1. ★ Is patience easy?
2. ★ Why is patience worth the trouble?
3. ★ Does patience please God?
4. Molly wanted her carrots to grow faster. What is something that is hard for you to wait for?
5. What can you do while you wait? (Sing, help, draw, pray...)
6. Who helps you when waiting feels hard? Molly has Poppie. Who do you have?

TRY IT TOGETHER

### Watch It Grow

Plant a bean or carrot seed in a clear cup with soil or a damp paper towel. Set it in a sunny spot, add a little water each day, and draw what you see. No digging it up to peek!

PRAY TOGETHER

*Dear God, waiting is hard for me. Please help me wait with a happy heart and trust that You are working, even when I can't see it yet. In Jesus' name, amen.*

GROW IT THIS WEEK

Try a "patience pause." When someone in your family has to wait, count slowly to ten together and say, "I can wait." Cheer each time you see it happen!

DRAW IT

### Draw something you are waiting for.

BOOK 2

# I Don't Like Sharing!

FRUIT OF THE SPIRIT

## Generosity

"goodness" in Galatians 5:22 (NIV)

> *"And do not forget to do good and to share with others, for with such sacrifices God is pleased."* **Hebrews 13:16 (NIV)**

**About the story:** Molly loves the fresh fruits and vegetables from Poppie's garden, but Poppie keeps giving them away! Molly worries there won't be enough left for her, while Poppie is determined to share God's bounty with others.

## Talk About It

1. ★ Is sharing easy?
2. ★ Is being generous and sharing with others worth the trouble?
3. ★ Is generosity pleasing to God?
4. Why do you think Poppie wanted to share God's bounty with others?
5. Have you ever worried there wouldn't be enough for you? What happened?
6. What is one thing you could share this week: a toy, a snack, or your time?

TRY IT TOGETHER

### Share Basket

Fill a small bag or basket with something to give (fresh fruit, a drawing, a homemade treat) and deliver it together to a neighbor, friend, or helper. Classrooms can fill one basket as a class.

PRAY TOGETHER

*Thank You, God, for all the good things You give me. Help me share with a glad heart, just like You share with me. In Jesus' name, amen.*

**GROW IT THIS WEEK** Each day, look for one chance to share without being asked. At dinner or circle time, tell what you shared and how it felt.

DRAW IT

**Draw something you could share with someone.**

BOOK 3

# I Don't Like Kindness!

FRUIT OF THE SPIRIT

## Kindness

> *"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."* **Ephesians 4:32 (NIV)**

**About the story:** Molly's best friend Cara is moving far away. Her family gently suggests she try being nice to the new kid moving into Cara's house, but Molly is sure that won't take away her sadness. "I don't like kindness," she declares.

## Talk About It

1. ★ Have you ever felt sad when a friend moved away?
2. ★ Did people try to help you feel better? What helped you?
3. Why do you think it was hard for Molly to be kind when she felt so sad?
4. How might it feel to be the new kid moving into a new house?
5. What is a kind thing you can do for someone who is new or lonely?
6. Can being kind to someone else help our own hearts feel better, too?

**TRY IT TOGETHER**

### Welcome Card

Make a card or picture for someone new (a neighbor, classmate, or church friend), or for a friend who lives far away. Add a drawing and "I'm glad you're here!" or "I miss you!"

**PRAY TOGETHER**

*Dear Jesus, when I feel sad, please comfort my heart. Help me be kind to others, even when it's hard, the way You are kind to me. Amen.*

**GROW IT THIS WEEK** Be "kindness detectives." Each person secretly does one kind thing a day. At the end of the week, guess who did what!

**DRAW IT**

### Draw a kind thing you can do for a friend or neighbor.

BOOK 4

# I Don't Like Joy!

FRUIT OF THE SPIRIT

**Joy**

> *"Rejoice in the Lord always. I will say it again: Rejoice!"* **Philippians 4:4 (NIV)**

**About the story:** Everyone feels joy on Christmas morning, but how do you find it again when things don't go your way? Molly searches for joy in her winter garden and finds the delight of giving this holiday season.

## Talk About It

1. ★ What exactly is joy, anyway?
2. ★ When things don't go your way, or when you are sad, how do you find joy again?
3. What gives you a bubbly, happy feeling inside?
4. Is joy the same as getting what you want? Why or why not?
5. Molly found delight in giving. How does it feel when you give someone a gift?
6. What has God given you that makes you glad?

**TRY IT TOGETHER**

### Joy Jar

Decorate a jar or box. Each day, draw or write one thing that brought joy (a hug, sunshine, a gift you gave) and drop it in. Read them all together at the end of the week.

**PRAY TOGETHER**

*Thank You, God, for being with me on happy days and sad days. Fill my heart with Your joy, and help me share it with others. In Jesus' name, amen.*

**GROW IT THIS WEEK** Give joy away! Make or do one small surprise for someone each day: a drawing, a helping hand, or a song. Talk about how giving felt.

**DRAW IT**

### Draw something that fills you with joy.

BOOK 5

# I Don't Like Faithfulness!

FRUIT OF THE SPIRIT

## Faithfulness

> *"...his compassions never fail. They are new every morning; great is your faithfulness."* **Lamentations 3:22–23 (NIV)**

**About the story:** "Pumpkins in June? Why?" Molly asks her Poppie. Molly, Todd, and Leah tend their garden plots from summer into fall, hoping to win the town's pumpkin growing contest, and see how faithfulness helps grow friendships.

## Talk About It

1. Why do you think Poppie said to start the pumpkins in June? (Pumpkins take a long time to grow!)
2. What does a garden need every day or every week to keep growing?
3. What does it mean to be faithful? (Keep doing what's right, even when it's hard or no one is watching.)
4. How can being faithful help a friendship grow?
5. How is God faithful to us?

**TRY IT TOGETHER**

### Faithful Helper Chart

Pick one small job (watering a plant, feeding a pet, setting the table). Make a simple chart and add a sticker or pumpkin stamp each day the job gets done.

**PRAY TOGETHER**

*Dear God, thank You for always keeping Your promises. Help me be faithful in little things and be a good friend. In Jesus' name, amen.*

**GROW IT THIS WEEK** Keep one small promise every day ("I'll put my shoes away"). Mark your chart each time you keep it, and celebrate at the end of the week!

**DRAW IT**

### Draw your own garden or pumpkin patch.

COLOR & CHECK OFF

# My Fruit of the Spirit Garden

> *"But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control."* **Galatians 5:22–23 (NIV)**

**How to play:** Color in each fruit as you learn about it. When you see that fruit growing in someone this week (at home or at school), check a box for that day!

| Color me! | Fruit | Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|---|---|---|---|---|
|  | **Love** | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
|  | **Joy**<br>Book 4 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
|  | **Peace** | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
|  | **Patience (forbearance)**<br>Book 1 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
|  | **Kindness**<br>Book 3 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
|  | **Generosity (goodness)**<br>Book 2 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
|  | **Faithfulness**<br>Book 5 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
|  | **Gentleness** | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
|  | **Self-control** | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

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