



WEEK FOUR

GALATIANS 5:22-23
The Fruit of the Spirit

SAY THIS

**The Holy Spirit helps me
grow faithfulness,
gentleness, and self-control.**

DO THIS



DRIVE TIME

As you drive, play this game with your kid: Say the phrase, "I need to talk to you," in a neutral tone. Then ask your kid to say the same phrase in a variety of different tones — in an excited tone, a sad tone, an angry tone, a surprised tone, a whiny tone, etc. Point out how a negative tone communicates a different message with the same words. Encourage your kid to choose gentleness by using a gentle tone when speaking to others, especially when tempted to yell or argue.

REMEMBER THIS

"But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control."
Galatians 5:22-23, NLT