

# cooking through the bible

*An immersive lesson series for children and parents to do together, helping them to explore the teachings of Jesus in a fun and creative way.*



## THE RECIPE: Cookie Cutter Fruit Salad

**The best part of this recipe?** Using cookie cutters! Smaller cookie cutters work best, and shapes like hearts and stars typically tend to cut better. For the fruit, Watermelon, Cantaloupe, Honeydew, and even Pineapple work well with a cutter. Other suggestions: Grapes, Bananas, Blueberries, or Mandarin Oranges.

**Want to take it up a notch?** Add honey and lime! It makes it feel more like a “recipe,” and adds some great flavor to the dish.

## THE VERSE:

Galatians 5:22-23: But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control.

## THE LESSON:

Fruit of the spirit. It's a funny phrase, but basically it is a group of different attitudes and actions that we can use to help us follow Jesus' example. They call them fruits because they grow in our lives, just like fruit grows on a tree that has been taken care of.

When you give a fruit tree food, water, and plenty of sunshine, it produces beautiful fruits. Imagine a fruit tree that was covered in different kinds of fruits—that would be incredible, right? That's kind of what we should look like. As we grow, we should be surrounded by examples of us acting in loving, peaceful, kind and gentle ways.

It's a lot of work, practicing these things. And it isn't always easy. Sometimes, we have to try really hard at them. And that's okay. Sometimes, we might forget to water the fruit tree. Or it might be cloudy for a few days, and it doesn't get a lot of sunshine. It happens. But you keep trying. Just because you forgot to water the tree, doesn't mean you stop watering it altogether, right?

The fruit of the spirit are meant to be tools with which we can better share love with others. Just think, if you had a huge fruit tree in your yard, wouldn't you want to share it with your friends?

So practice growing your own fruits. Tend to your tree so that you have more love and goodness to share with others around you.

**REFLECTION:** What are some ways you can practice tending your own fruit tree?