



“Be Like Jesus”

Fruit of the Spirit – Galatians 5:22-23

Month	Title	Scripture	Fruit
September	Jesus Heals a Paralyzed Man	Mark 2:1-12	Kindness
October	Jesus Speaks to the Woman at the Well	John 4:7-18	Gentleness
November	Jesus Feeds the 4,000	Matthew 15:32-29	Goodness
December	Jesus is Born	Luke 2:7-14	Joy
January	Jesus Calms the Storm	Mark 4:35-41	Peace
February	Jesus Raises Lazarus	John 11:38-44	Love
March	Jesus Prays in the Garden	Matthew 26:36-46	Self-Control
April	Jesus is Raised from the Dead	Matthew 28:1-7	Faithfulness
May	Jesus Appears to Thomas	John 20:24-29 2 Peter 3:9	Patience



Introduction to the Fruit of the Spirit

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law”.
(Galatians 5:22-23)

- In Galatians 5:22-23 you can read about the Fruit of the Spirit
- When you accept Jesus as Lord and Savior, the Holy Spirit lives in your heart, helping you to reflect His nature and character
- The Holy Spirit gives every born-again believer nine qualities of the ***Fruit of The Spirit***.
- The Holy Spirit teaches and empowers us to live more like Jesus
- The nine qualities of Christ (Fruit of the Spirit) are: Love; Joy; Peace; Patience; Kindness; Goodness; Faithfulness; Gentleness; and Self Control
- We need to practice these spiritual qualities in our daily lives. They are characteristics of Jesus Christ.
- Our Dove Bible Club theme for the 2025-2026 school year is the “Fruit of the Spirit” Our goal is to “**Be Like Jesus**”.



“...to be conformed to the image of his Son ...” (Romans 8:29a)

LESSON PLAN - KINDNESS

Jesus Heals the Paralyzed Man

Month	Title	Scripture	Fruit
September	Jesus Heals a Paralyzed Man	Mark 2:1-12	Kindness

1. Introduction:

Begin the class by discussing the concept of kindness. Encourage students to share examples of kind acts they have done. Following this discussion, play a charade game about “acts of kindness”. Explain that today’s lesson will focus on how Jesus showed kindness to others, and how we can do the same in our own lives. Name some kind of acts you can do for others.

***Note: prepare for this activity by writing acts of kindness on slips of paper (e.g., helping a friend with homework, giving a compliment, being inclusive, helping with a chore, sharing, smiling, picking up trash at recess, helping the teacher.)*

2. Read Mark 2:1-12:

¹A few days later, when Jesus again entered Capernaum, the people heard that he had come home. ²They gathered in such large numbers that there was no room left, not even outside the door, and he preached the word to them. ³Some men came, bringing to him a paralyzed man, carried by four of them. ⁴Since they could not get him to Jesus because of the crowd, they made an opening in the roof above Jesus by digging through it and then lowered the mat the man was lying on. ⁵When Jesus saw their faith, he said to the paralyzed man, “Son, your sins are forgiven.”

⁶Now some teachers of the law were sitting there, thinking to themselves, ⁷“Why does this fellow talk like that? He’s blaspheming! Who can forgive sins but God alone?”

⁸Immediately Jesus knew in His spirit that this was what they were thinking in their hearts, and He said to them, “Why are you thinking these things? ⁹Which is easier: to say to this paralyzed man, ‘Your sins are forgiven,’ or to say, ‘Get up, take your mat and walk’? ¹⁰But I want you to know that the Son of Man has authority on earth to forgive sins.” So he said to the man, ¹¹“I tell you, get up, take your mat and go home.” ¹²He got up, took his mat and walked out in full view of them all. This amazed everyone and they praised God, saying, “We have never seen anything like this!”

3. Handout/Color Sheet

4. Jesus is KIND!

5. Lesson Questions

- Who can you show kindness to this week?
- What will you do to show someone kindness?
- How was Jesus kind to the paralyzed man?
- What 2 things did Jesus tell the paralyzed man?

LESSON PLAN - GENTLENESS

Jesus Speaks to the Woman at the Well

Month	Title	Scripture	Fruit
October	Jesus Speaks to the Woman at the Well	John 4:7-18	Gentleness

1. Introduction:

Begin the class by discussing the concept of gentleness (strength under control). Divide students into teams and play "Feather/Ping Pong balls/or Egg Relay Race" to introduce the concept of gentleness. Each team gets a feather and a spoon. The first person in each team must place the feather on the spoon and walk as quickly as they can to the finish line and back without the feather falling off. If the feather falls, they must stop and place it back on the spoon before they continue. Explain that today's lesson will focus on the gentleness of Jesus as our Shepherd.

2. Read John 4:7-18:

⁷When a Samaritan woman came to draw water, Jesus said to her, "Will you give me a drink?" ⁸(His disciples had gone into the town to buy food.)

⁹The Samaritan woman said to Him, "You are a Jew and I am a Samaritan woman. How can you ask me for a drink?" (For Jews do not associate with Samaritans.[a])

¹⁰Jesus answered her, "If you knew the gift of God and who it is that asks you for a drink, you would have asked Him and He would have given you living water."

¹¹"Sir," the woman said, "you have nothing to draw with and the well is deep. Where can you get this living water? ¹²Are you greater than our father Jacob, who gave us the well and drank from it himself, as did also his sons and his livestock?"

¹³Jesus answered, "Everyone who drinks this water will be thirsty again, ¹⁴but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life."

¹⁵The woman said to Him, "Sir, give me this water so that I won't get thirsty and have to keep coming here to draw water." ¹⁶He told her, "Go, call your husband and come back."

¹⁷"I have no husband," she replied. Jesus said to her, "You are right when you say you have no husband. ¹⁸The fact is, you have had five husbands, and the man you now have is not your husband. What you have just said is quite true."

3. Handout/Color Sheet

4. Jesus is GENTLE!

5. Lesson Questions

- How was Jesus gentle with the woman at the well?
- Why was the woman surprised by Jesus speaking to her?
- What kind of water does Jesus give us?
- How does Jesus show tenderness towards the woman?



LESSON PLAN - GOODNESS

Jesus Feeds the 4,000

Month	Title	Scripture	Fruit
November	Jesus Feels the 4,000	Matthew 15:32-39	Goodness

1. Introduction:

Discuss how you can show God's Goodness to others. Have students (or teacher) bring non-perishable items to the meeting. Pass out index cards and markers/pencils to have students write an encouraging word to those receiving the food. Tape it to the food item and later donate to a food pantry. (Local places – South Brevard Sharing Center Second Harvest Food Bank, The Salvation Army)

2. Read Matthew 15:32-39:

³² Jesus called his disciples to Him and said, "I have compassion for these people; they have already been with me three days and have nothing to eat. I do not want to send them away hungry, or they may collapse on the way."

³³ His disciples answered, "Where could we get enough bread in this remote place to feed such a crowd?"

³⁴ "How many loaves do you have?" Jesus asked.

"Seven," they replied, "and a few small fish."

³⁵ He told the crowd to sit down on the ground. ³⁶ Then He took the seven loaves and the fish, and when He had given thanks, He broke them and gave them to the disciples, and they in turn to the people. ³⁷ They all ate and were satisfied. Afterward the disciples picked up seven basketfuls of broken pieces that were left over. ³⁸ The number of those who ate was four thousand men, besides women and children. ³⁹ After Jesus had sent the crowd away, he got into the boat and went to the vicinity of Magadan.

3. Handout/Color Sheet

4. Jesus is GOOD!

5. Lesson Questions

- How many people did Jesus feed?
- How many loaves of bread did the disciples have?
- How many baskets did the disciples pick up as left overs?
- How was the food multiplied?



December

LESSON PLAN - JOY

Jesus is Born

Month	Title	Scripture	Fruit
December	Jesus is Born	Luke 2:7-14	Joy

1. Introduction:

Begin today's lesson by asking students to use their imaginations. You and your family are at the mall shopping, and you get lost. You cannot find your mom or dad; you cannot find your brother or sister. There are people walking all around you. What would you do? How would you feel when you see your family walking towards you?

2. Read Luke 2:7-14:

⁷And she brought forth her firstborn son, and wrapped him in swaddling clothes, and laid him in a manger, because there was no room for them in the inn.

⁸And there were in the same country shepherds abiding in the field, keeping watch over their flock by night.

⁹And, lo, the angel of the Lord came upon them, and the glory of the Lord shone round about them: and they were sore afraid.

¹⁰And the angel said unto them, Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people. ¹¹For unto you is born this day in the city of David a Savior, which is Christ the Lord. ¹²And this shall be a sign unto you; Ye shall find the babe wrapped in swaddling clothes, lying in a manger.

¹³And suddenly there was with the angel a multitude of the heavenly host praising God, and saying, ¹⁴Glory to God in the highest, and on earth peace, good will toward men.

3. Handout/Color Sheet

4. Jesus gives us JOY

5. Lesson Questions

- Why was Jesus born in a manger?
- What fruit are we studying this month?
- Who did the Angel appear to at night in the field?
- What did the Angel and the multitude of Heavenly Hosts say?

LESSON PLAN - PEACE

Jesus Calms the Storm

Month	Title	Scripture	Fruit
January	Jesus Calms the Storm	Mark 4:35-41	Peace

1. Introduction:

Begin the lesson discussing what peace means. Show a wind chime, have one student at a time gently touch the wind chime while the others have their eyes closed. Talk about how hearing this sound makes them feel.

2. Read Mark 4:35-41:

³⁵ That day when evening came, he said to his disciples, "Let us go over to the other side." ³⁶ Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him. ³⁷ A furious squall came up, and the waves broke over the boat, so that it was nearly swamped.

³⁸ Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, "Teacher, don't you care if we drown?"

³⁹ He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm. ⁴⁰ He said to his disciples, "Why are you so afraid? Do you still have no faith?"

⁴¹ They were terrified and asked each other, "Who is this? Even the wind and the waves obey him!"

3. Handout/Color Sheet

4. Jesus is PEACE

5. Lesson Questions

- What was Jesus doing when the storm occurred?
- Why were the disciples afraid?
- What did the disciples say to Jesus?
- What did Jesus say to calm the storm?
- What makes you feel peaceful?

LESSON PLAN - LOVE

Jesus is Love

Month	Title	Scripture	Fruit
February	Jesus is Raises Lazarus	John 11:38-44	Love

1. Introduction:

Begin lesson discussing Love. How do you know someone loves you? How do you show love? Have the students name people that they love. Show students sign language for "I LOVE YOU". (Pinky finger, index finger, thumb pointed straight with middle 2 fingers held down the palm).

2. Read John 11:38-44:

³⁸ Jesus, once more deeply moved, came to the tomb. It was a cave with a stone laid across the entrance. ³⁹ "Take away the stone," he said.

"But, Lord," said Martha, the sister of the dead man, "by this time there is a bad odor, for he has been there four days."

⁴⁰ Then Jesus said, "Did I not tell you that if you believe, you will see the glory of God?"

⁴¹ So they took away the stone. Then Jesus looked up and said, "Father, I thank you that you have heard me. ⁴² I knew that you always hear me, but I said this for the benefit of the people standing here, that they may believe that you sent me."

⁴³ When he had said this, Jesus called in a loud voice, "Lazarus, come out!" ⁴⁴ The dead man came out, his hands and feet wrapped with strips of linen, and a cloth around his face. Jesus said to them, "Take off the grave clothes and let him go."

5. Handout/Color Sheet

6. Jesus is LOVE

7. Lesson Question

- How can you show love to someone this week?
- What are the names of Lazarus' two sisters?
- How long did Jesus wait to go to Lazarus?
- Why did He wait so long?

LESSON PLAN – SELF CONTROL

Jesus Prays in the Garden

Month	Title	Scripture	Fruit
March	Jesus Prays in the Garden	Matthew 26:36-46	Self-Control

1. Introduction:

Begin the class by asking students, “Have you ever found yourself in a situation where you had to make a difficult decision or control your actions?” Teach the students how to play the game “Red Light, Green Light”. Then have them play the game to introduce the concept of self-control. Explain that today’s lesson will focus on how Jesus had self-control in the Garden of Gethsemane.

2. Read Matthew 26:36-46:

³⁶ Then Jesus went with his disciples to a place called Gethsemane, and he said to them, “Sit here while I go over there and pray.” ³⁷ He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. ³⁸ Then he said to them, “My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.” ³⁹ Going a little farther, he fell with his face to the ground and prayed, “My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.”

⁴⁰ Then he returned to his disciples and found them sleeping. “Couldn’t you men keep watch with me for one hour?” he asked Peter. ⁴¹ “Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.”

⁴² He went away a second time and prayed, “My Father, if it is not possible for this cup to be taken away unless I drink it, may your will be done.”

⁴³ When he came back, he again found them sleeping, because their eyes were heavy. ⁴⁴ So he left them and went away once more and prayed the third time, saying the same thing.

⁴⁵ Then he returned to the disciples and said to them, “Are you still sleeping and resting? Look, the hour has come, and the Son of Man is delivered into the hands of sinners. ⁴⁶ Rise! Let us go! Here comes my betrayer!”

3. Handout/Color Sheet

4. Jesus has SELF CONTROL

5. Lesson Question

- Where did Jesus go to pray?
- What did Jesus ask God to do?
- What were Jesus’ disciples doing when He was praying?
- How would you feel if you were Jesus?

April



LESSON PLAN – FAITHFULNESS

Jesus is Raised From the Dead

Month	Title	Scripture	Fruit
April	Jesus is Raised from the Dead	Matthew 28:1-7	Faithfulness

1. Introduction:

Discuss what Faithfulness is: (trusting loyalty, reliable, and devotion to someone or something). A faithful animal shelter volunteer is one who shows up every Saturday, no matter the weather. The faithful volunteer does jobs like pick up after dogs and cats that no one really wants to do.

Set up an obstacle course and divide students into two teams or whole group. Blindfold one student from each team, on “go” they must navigate the course based on verbal directions from their teammates.

Once they reach the end, they pass on the blindfold to the next team member to repeat. The first team to get all the members to the end of the course wins the game.

2. Read Matthew 28:1-7:

¹After the Sabbath, at dawn on the first day of the week, Mary Magdalene and the other Mary went to look at the tomb.

² There was a violent earthquake, for an angel of the Lord came down from heaven and, going to the tomb, rolled back the stone and sat on it. ³ His appearance was like lightning, and his clothes were white as snow. ⁴ The guards were so afraid of him that they shook and became like dead men.

⁵ The angel said to the women, “Do not be afraid, for I know that you are looking for Jesus, who was crucified. ⁶ He is not here; he has risen, just as he said. Come and see the place where he lay. ⁷ Then go quickly and tell his disciples: ‘He has risen from the dead and is going ahead of you into Galilee. There you will see him.’ Now I have told you.”

3. Handout/Color Sheet

4. Jesus is FAITHFUL

5. Lesson Question

- When did Mary and the other ladies go to the tomb?
- Who rolled the stone away from the tomb?
- What happened to the guards at the tomb?
- What did the Angel say to the women about Jesus?

May



LESSON PLAN – PATIENT

Jesus is Patient

Month	Title	Scripture	Fruit
May	Jesus Appears to Thomas	John 20:24-29 2 Peter 3:9	Patience

1. Introduction:

Discuss what it means to be patient. Dim the lights if you can and have students sit in a circle on the floor and be quiet as long as possible. After a few minutes break the silence and ask them how it felt. You can practice a few more times. This lesson shows how Jesus was patient with Thomas after rising from the dead. Thomas didn't believe He was really Jesus.

2. Read 2 Peter 3:9, and John 20:24-29:

John 20:24-29 ²⁴ Now Thomas (also known as Didymus^[a]), one of the Twelve, was not with the disciples when Jesus came. ²⁵ So the other disciples told him, "We have seen the Lord!"

But he said to them, "Unless I see the nail marks in his hands and put my finger where the nails were, and put my hand into his side, I will not believe."

²⁶ A week later his disciples were in the house again, and Thomas was with them. Though the doors were locked, Jesus came and stood among them and said, "Peace be with you!" ²⁷ Then he said to Thomas, "Put your finger here; see my hands. Reach out your hand and put it into my side. Stop doubting and believe."

²⁸ Thomas said to him, "My Lord and my God!"

²⁹ Then Jesus told him, "Because you have seen me, you have believed; blessed are those who have not seen and yet have believed."

2 Peter 3:9 ⁹ The Lord is not slow in keeping his promise, as some understand slowness. Instead, he is patient with you, not wanting anyone to perish, but everyone to come to repentance.

3. Handout/Color Sheet

4. Jesus is PATIENT

5. Lesson Question

- What did Thomas have to see to believe?
- What did Jesus tell Thomas after he believed?
- How can you show patience this week?
- What is the opposite of doubt?