

**Lesson 67: FRUIT OF THE SPIRIT
BEAR ONE ANOTHER'S BURDENS**

Text: Galatians 5; 6

Memory Verses:	Galatians 5:14	For all the law is fulfilled in one word, even in this; thou shalt love thy neighbor as thyself.
	Galatians 5:22,23	But the fruit of the spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law.
	Galatians 6:1,2	Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such a one in the spirit of meekness; considering thyself, lest thou also be tempted. Bear ye one another's burdens, and so fulfil the law of Christ.
	Galatians 6:7	Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap.
	Galatians 6:10	As we have therefore opportunity, let us do good unto all men, especially unto them who are of the household of faith.

Goals:	<p>Student will learn:</p> <ul style="list-style-type: none"> • when Christ is at the center of our lives, He produces love, joy, peace, long-suffering (patience), gentleness, goodness, faithfulness, meekness (kindness), and temperance (self-control) in us. • we must help each other in troubles and problems, for we all need help at some time in our lives.
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Outline:

- I. Fruits of the flesh and of the spirit. Galatians 5
 - A. Christ makes us free.
 - 1. Faith through love, not circumcision.
 - B. Love others as you love yourself.
 - C. Works of the flesh.
 - D. Fruits of the spirit.
- II. Humility. Galatians 6
 - A. Bear one another's burdens.

- B. Sowing and reaping.
- C. Do good to all men, especially brethren.
- D. Glory in the cross/Marks of faith.

Facts:

1. In Galatians 5, Paul continues with his thoughts from chapter 4, urging them to cling to their freedom in Christ. Do not let the old law be forced upon you (of circumcision), for we are Christians (of Christ) and through our faith we work toward the hope of heaven in love and service to others.
2. Paul uses the example of the Grecian games (races). He asks who stopped their run (or following of the truth). Paul says to turn from those that teach false doctrine; remember a little leaven leaveneth the whole lump, and they will be condemned by God. (The great offense of the cross to the Jews was that Christ is the atonement for sin and the Jewish law was abolished by Christ's death.) Paul wished these false teachers would leave the Galatian church alone.
3. The freedom Christ gives us is not a license to do evil, but to love and serve others. The essence of Christ's law is "love others as you love yourself." (Romans 13:8, Matthew 22:39) If we are critical or hateful, we will only destroy ourselves. Paul advises us to live under the guidance of the Holy Spirit (Word of God).
4. Satan leads us to such wrong doings as adultery, fornication, uncleanness, lasciviousness (impure thoughts), idolatry, witchcraft, hatred, variance (fighting), emulations (jealousy), wrath (anger), strife, seditions, heresies (false doctrine), envy, murder, drunkenness, revellings (wild parties), and such like. These are called the works of the flesh.
5. Paul addresses sexual sins frequently. These were sanctioned by the heathen religions in the worship of the goddess Venus. Witchcraft and sorcery were also prevalent in ancient times.
6. The fruit of the Spirit produces love, joy, peace, long-suffering (patience), gentleness, goodness, faithfulness, meekness (suffers wrong without resentment), temperance (self-control). If we belong to Christ, we nailed our evil desires to the cross and crucified them there through baptism. Living by the Word of God, we don't look for earthly honor and popularity. (Romans 6:2-6)
7. Paul tells us in chapter 6 that if a brother is overcome by some sin, gently and humbly help him back on the right path, for it could happen to you. Share each others' troubles or problems. Help each other; if you see someone about to stumble, hold him up. (John 13:34, Hebrews 12:1,2) None of us is perfect. If we think we are, we are deceiving ourselves. (I John 1:8)
8. Paul says to let those taught by preachers and teachers sustain (pay, support) them.
9. Don't be misled into thinking God can be tricked. He cannot! He sees exactly what we sow, whether it be wrong desires or good things. We will reap accordingly. Paul says don't give up or get discouraged in doing good, for if we are faithful, the harvest of blessings we shall reap will be worth it all.
10. Paul says take advantage of every opportunity God gives you to do good to everyone, but especially to those of the church.

11. He gives one last warning against false teachers. They are looking for vain glory. Circumcision is of no importance to Christianity. What matters is that our lives are changed to focus on the fruit of the Spirit. Paul tells them not to dispute his authority as an apostle. He bears the scars that mark him as a slave to the Lord Jesus. (II Corinthians 11:24,25) May the grace of Jesus be with you.

Visuals:

- Characterization props:
 - plastic, fabric, construction paper, artificial fruit
 - application stories/activities for:
 - fruit of the spirit
 - works of the flesh
 - helping others
 - bearing burdens
 - paper chains, handcuffs/freedom in Christ
 - Grecian races - torch, wreath
 - leaven, yeast, dough
 - examples of loving, serving others:
 - cleaning your room
 - set the table
 - help carry groceries
 - pick up toys
 - take fruit or flowers to sick
 - examples of works of flesh, pictures, props
 - examples of fruit of spirit
 - cross, nail, hammer, pictures of evil
 - examples of helping one who has stumbled
 - play money, check, coins - pay preacher
 - sowing, reaping visuals
- Flannelgraphs
 - Flipchart
 - Puppets/Dolls
 - Sandbox Map
 - Storybook
 - Video

Songs:

- A Helper I Will Be
- Angry Words
- Be Careful Little Eyes
- Happy All The Time
- He Is My Everything
- Humble Yourselves
- I Am Crucified With Christ
- Jesus Loves Me
- John 13:34,35

- Love Love Love Love
- Love Love The Gospel
- Roll The Gospel Chariot Along
- Standin' In The Need Of Prayer
- The Fruit Of The Spirit
- The Very Best Life
- This Little Light Of Mine

Activities:

- Bring fruits, label them after the fruit of the spirit, put them in a basket, and give to someone in need.
- Learning Center reinforcements
- Age-appropriate handwork

Discussion Questions:

1. Name the fruit of the Spirit. Which ones do you possess?
2. Name the works of the flesh. Which of these do you need to work on?
3. Who might I help with a problem? How can I help? Why should I?
4. How do you love another as you do yourself?
5. What were some problems with which the Galatian church was dealing?
6. From what does Christ set us free? How?
7. What opportunities to do good have you taken advantage of recently? What opportunities have you let slip by?
