Living Out the Fruits Every Day: A 7-Day Study on Children



Explore how children can embody God's fruits daily, growing in love, joy, peace, and more through Scripture and devotion.





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Introduction

Children are a precious gift from God, uniquely positioned in their early years to absorb lessons and nurture virtues that shape their entire lives. **Living Out the Fruits Every Day** invites children and those who guide them to explore the beautiful qualities God desires in us—love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. These fruits are not just lofty ideals; they are practical virtues that influence our daily words, actions, and attitudes.

Throughout this 7-day Bible study, we will journey together through Scripture that highlights how children can grow in these fruits, learning God's heart and reflecting His character in every situation. Whether you are a parent, teacher, mentor, or child yourself, this study challenges and encourages you to embody these traits in both simple and meaningful ways.

Imagine a life where every day is marked by kindness, where patience is practiced even in hard moments, and where joy and peace fill your heart regardless of circumstances. This is the life God desires for us all, and He calls children—and adults—to live out these fruits consistently.

Each day we will focus on one or two fruits, supported by Scriptures that show God's instruction and example, accompanied by devotions to inspire and reflect. We will also provide journaling prompts and prayers to help connect these truths to real life. Through this intimate encounter with God's







word, children can grow strong in spirit, and those who walk alongside them can be encouraged in their vital role.

Let's begin this exciting adventure of faith together, embracing how children can shine God's light daily by living out His fruits of the Spirit.

















Your Verse

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

Supporting Scriptures

- 1 John 4:7 "Dear friends, let us love one another, for love comes from God."
- Psalm 118:24 "This is the day the Lord has made; let us rejoice and be glad in it."







Devotional: Rooting Life in Love and Joy

Love and joy are foundational fruits of the Spirit, especially for children learning how to navigate their world. God's love is unconditional and neverending, and when a child carries that love in their heart, it spills over in kindness to friends, siblings, and family.

Joy is more than happiness; it's a deep, lasting gladness rooted in God's presence, even when things are tough. When children fix their eyes on God's love, they can face every day with a smile, knowing He is with them and that their worth is secure in Him.

Encourage children to show love by helping others, saying kind words, or forgiving quickly. Help them celebrate the good things God gives—sunshine, friends, and family—and remember that joy comes from Him, not just from fun times.

Through practicing love and joy, children grow into people who spread warmth and light wherever they go.







Reflect and Apply

1.	How do you show love to your family and friends each day?
2.	Can you think of a time when joy helped you through a hard moment?
	In what ways can you practice love and joy even when things don't seem fun?







Journaling Prompts

1.	Write about a moment today when you felt God's love.
2.	List three things that bring you joy and thank God for them.
3.	Describe one way you can show love to someone tomorrow.







Prayer for Today

Dear God, thank You for loving me so much! Help me to love others the way You love me and fill my heart with joy today and always. Teach me to be kind and happy in You even when things are hard. Help me to spread love and joy to my family and friends. Let Your love shine through me in everything I do. In Jesus' name, amen. $\heartsuit \odot \not \gtrsim \swarrow$

















Your Verse

Colossians 3:12-13 - "Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another."

Supporting Scriptures

- Philippians 4:7 "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."
- James 1:19 "Everyone should be quick to listen, slow to speak and slow to become angry."







Devotional: Practicing Peace and Patience Every Day

Peace and patience often go hand in hand. For children, learning to wait calmly, listen well, and keep peace at home or school is a real challenge but a vital fruit of the Spirit.

Peace means more than no fighting; it is a quiet confidence that God is in control, which calms fear and worry inside our hearts. Patience helps children wait their turn, forgive others, and not get easily upset.

Patience teaches us to trust God's timing and peace reminds us He is always near, even in confusing or frustrating moments. When children practice these fruits, conflicts become chances to grow and learn instead of creating hard feelings.

Encourage children to pause and pray for peace when they feel anger or impatience rising. Over time, this fruit makes hearts steady, relationships stronger, and joy deeper.







Reflect and Apply

	How do you usually react when you have to wait or things don't go your way?
2.	What are some ways you can bring peace to your classroom or home?
3.	Why is patience important for showing God's love to others?







Journaling Prompts

1.	Write about a time you waited patiently and how it felt.
2.	List ways you can choose peace instead of arguing.
3.	Describe someone you think shows God's peace and patience well.







Prayer for Today

Lord, help me to have peace in my heart and patience with others. Teach me to wait calmly and forgive as You forgive me. When I feel upset, remind me that You are near and in control. Help me bring peace wherever I go and show Your love with patience. Thank You for always loving me. Amen. 😂 🙏 💝 🧩















Your Verse

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

Supporting Scriptures

- Proverbs 11:17 "Those who are kind benefit themselves, but the cruel bring ruin on themselves."
- Matthew 7:12 "So in everything, do to others what you would have them do to you."







Devotional: Living Kindness and Goodness Everyday

Kindness and goodness are fruits that bloom when a child's heart reflects God's character. Being kind means doing thoughtful and helpful actions without expecting anything in return. Goodness goes hand in hand, showing honesty, fairness, and doing what's right even when it's hard.

When children practice kindness, they make their world a friendlier, happier place. A smile, a helping hand, or a gentle word can brighten someone's day. Goodness helps children stand up for what is right and be trustworthy.

Jesus says that the way we treat others is important; it shows what is in our hearts. These fruits build strong friendships and lead children to be lights in their families and communities.

Try to find ways each day to show kindness and live with goodness, knowing God is proud of every small step.







Reflect and Apply

1.	Who do you find it easy or hard to be kind to? Why?
2.	What are some acts of goodness you can do at home or school?
3.	How does showing kindness and goodness reflect God's love to others?







Journaling Prompts

1.	Write about a time someone was kind to you and how it made you feel.
2.	List three kind things you can do this week.
3.	Think of a time you chose to do what's right even if it was difficult.







Prayer for Today

God, please fill my heart with kindness and goodness. Help me to be thoughtful and honest, and to treat everyone with love. Teach me to forgive and help others, just like Jesus did. Let my actions show Your love and make the world brighter. Thank You for caring for me every day. Amen.

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Day 4: Living with Faithfulness and Gentleness









Day 4:
Use Living with Faithfulness and Gentleness

Your Verse

Proverbs 3:3 – "Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart."

Supporting Scriptures

- Psalm 78:72 "And David shepherded them with integrity of heart; with skillful hands he led them."
- Philippians 4:5 "Let your gentleness be evident to all."







Day 4: U Living with Faithfulness and Gentleness

Devotional: Faithfulness and Gentleness in Action

Faithfulness means being trustworthy and loyal. For children, this means keeping promises, being honest, and following through on their word. Faithfulness builds trust in relationships and shows others that God's love is real in their lives.

Gentleness is a soft strength. It means being calm, kind, and careful with feelings of others. Children learn that gentleness does not mean weakness but wisdom and respect that God values.

Jesus demonstrated faithfulness to His Father and gentleness to those around Him. When children imitate these fruits, they become dependable friends and peaceful problem solvers.

Encourage children to be faithful in their studies, chores, and friendships, and to approach others with gentleness, especially when frustrated or upset.







Day 4: ① Living with Faithfulness and Gentleness

Reflect and Apply

1.	What does it mean to be faithful in your daily life?
2.	How can you show gentleness even when you feel upset?
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3.	Why do you think God values these qualities?







Day 4: $\mathbb Q$ Living with Faithfulness and Gentleness

Journaling Prompts

1.	Write about a promise you kept and how it felt.
2.	List ways to be gentle with your friends and family.
3.	Think about someone you admire for their faithfulness or gentleness.







Day 4:
Use Living with Faithfulness and Gentleness

Prayer for Today

















Your Verse

2 Timothy 1:7 - "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."

Supporting Scriptures

- Proverbs 25:28 "Like a city whose walls are broken through is a person who lacks self-control."
- Galatians 5:23 "...and self-control. Against such things there is no law."







Devotional: The Power of Self-Control

Self-control helps children make wise choices and manage their emotions. It is the ability to say "no" to bad habits or impulses and "yes" to what is right and helpful. This fruit protects hearts and minds, much like walls protect a city.

Having self-control does not mean being perfect, but learning to pause, pray, and ask God's help before reacting. Whether it's controlling anger, resisting temptation, or staying focused, self-control empowers children to live strong in faith.

God's Spirit gives us the power we need to practice self-control every day. This frees children to enjoy healthy relationships and pleasing God with their choices.

Encourage children to remember that self-control grows like a muscle—they can get stronger with practice and prayer!







Reflect and Apply

1.	What is one area where you find it hard to practice self-control?
2.	How can asking God for help make self-control easier?
3.	Why is self-control important for living as a child of God?







Journaling Prompts

1.	Write about a time you practiced self-control successfully.
2.	List habits you want to change by using more self-control.
3.	Describe how self-control can help you be a better friend.







Prayer for Today

Lord, thank You for giving me Your Spirit who helps me say no to wrong and yes to what pleases You. Help me to control my thoughts, words, and actions. Teach me to pause and pray when I feel upset or tempted. Strengthen me each day to live with self-control and make choices that honor You. Amen. &



















Your Verse

John 15:5 – "I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing."

Supporting Scriptures

- Galatians 5:22–23 "But the fruit of the Spirit is love, joy, peace..."
- Matthew 5:16 "Let your light shine before others, that they may see your good deeds and glorify your Father in heaven."







Devotional: Staying Connected to Grow Every Fruit

All these fruits come from staying close to Jesus. Like branches connected to a vine, children who remain connected to Jesus will naturally grow love, joy, peace, and all the other fruits.

This connection requires prayer, reading God's Word, and listening to His voice through the Holy Spirit. When children draw strength from their relationship with Christ, their lives shine brightly, reflecting God's goodness and love to everyone they meet.

Each fruit reinforces the other; practicing one helps all grow stronger. Challenges can be opportunities to lean deeper into Jesus and show His love through your actions.

Remember, living out the fruits isn't about being perfect but about depending on Jesus every day.







Reflect and Apply

1.	How do you stay close to Jesus each day?
2.	Which fruit of the Spirit do you find easiest or hardest to show?
3.	How can you help others see Jesus through your actions?







Journaling Prompts

1.	Write about ways you connect with Jesus daily.
2.	Name one fruit you want to grow stronger and why.
3.	Describe how your life can shine as a light to others.







Prayer for Today

Jesus, help me stay close to You like branches to a vine. Fill me with Your Spirit and help me grow all Your fruits of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Guide me each day to live for You so others can see Your light through me. Thank You for being with me always. Amen.

















Day 7: 🏂 Celebrating Growth and Fruitfulness

Your Verse

Psalm 1:3 - "That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither—whatever they do prospers."

Supporting Scriptures

- 2 Corinthians 9:10 "Now he who supplies seed to the sower and bread for food will also supply and increase your store of seed and will enlarge the harvest of your righteousness."
- Colossians 1:10 "So that you may live a life worthy of the Lord and please him in every way: bearing fruit in every good work."







Day 7: 🥕 Celebrating Growth and Fruitfulness

Devotional: Honoring Growth and God's Faithfulness

After spending a week learning about the fruits of the Spirit, today's focus is to celebrate how God nurtures growth in children's hearts. Like a well-watered tree, when children stay rooted in God's love, they flourish and become a blessing to others.

Remember, growth takes time and patience, but every step shows God's work in you. Success isn't measured by perfection, but by continual effort to live with love, kindness, and truth.

Celebrate your progress in growing these fruits, thanking God for His faithfulness and promising to keep trusting Him to help you grow.

Let this celebration inspire children to continue bearing fruit, shining as examples of God's grace and goodness in their families, schools, and communities.







Day 7: 🕭 Celebrating Growth and Fruitfulness

Reflect and Apply

1.	What fruits of the Spirit have you grown stronger in this week?
2.	How has God helped you be more loving or patient?
3.	What are you thankful for as you continue to grow in Jesus?







Day 7: 🕭 Celebrating Growth and Fruitfulness

Journaling Prompts

1.	Write a thank-you letter to God for helping you grow.
2.	List fruits you want to work on more in the next week.
3.	Describe how your life has changed after practicing these fruits.







Day 7: 🏂 Celebrating Growth and Fruitfulness

Prayer for Today

Heavenly Father, thank You for helping me grow in Your fruits every day. I praise You for Your patience and love as I learn to live like Jesus. Help me to keep growing strong and to share Your love with others. Thank You for being with me through every step. I trust You to guide me always. Amen.







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