

# Galatians 5:16-26

## This is the Way

**Scripture:** Galatians 5:16-26

**Memory Verse:** Galatians 5:22-23a "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control."

**Lesson Focus:** In this famous fruit of the Spirit passage we see the way that God would have His people walk. We will challenge the kids to both move and yield to the Spirit in faith.

**Activities and Crafts:** Word Search and Bring It Home Discussion Qs for 3<sup>rd</sup> - 5<sup>th</sup>.  
Craft for 1<sup>st</sup>/2<sup>nd</sup> Grade: Fruit of the Spirit Apple

**Starter Activity:** Cause and Effect Challenge Revisited

Several weeks ago we had fun starting our lesson with a **Cause & Effect** challenge (see [Galatians 3:1-14 lesson](#)). So far in Galatians we have learned all about the gospel, the **cause** of our salvation. But now we will learn about how the gospel **affects** the life of the Christian practically.

As we did before, invite several volunteers brave enough to experience various **effects**. You will be the **cause** agent! Write these effects on the white board so that the kids know what they are beforehand but have your "secret" causes ready. Here are a few ideas below, but feel free to come up with your own:

### **"SECRET" CAUSE**

(give the kid a piggy-back ride)  
(gently spray kid with water bottle and wipe him/her down)  
(let kid gently spray YOU with water bottle)  
(bring in some Redi-Whip and spray it in their mouth)  
(put some silly sunglasses on the kid)  
(briefly and carefully hold kid upside-down)

### **EFFECT**

I am moving \*  
I am clean \*  
I am happy  
I am a mess  
Everything is dark  
Everything is upside-down

Afterwards, transition into the lesson by adding one more effect: I AM SAVED. We are at a crucial point in the book of Galatians. Most of what we have read so far covered the **cause** of our salvation: the gospel of Jesus Christ which we receive through faith ALONE. (**Teachers:** Consider drawing a cross to represent God's grace as the corresponding **cause** and draw an arrow to the I AM SAVED **effect**) \* But now what? Well, the rest of this letter covers gospel **effects**: How our faith in Jesus changes us and **affects** how we live our lives every day. Let's take a look!

## Bible Study:

**Galatians 5:16a:** Because Christians are freed and saved children of God, they are called to walk in the Spirit! This is God's Holy Spirit Who \* comes and permanently dwells inside the believer the moment they are saved. (**Teachers:** Consider adding the Holy Spirit as another effect from that same cross)

Q: If you are walking, are you moving or unmoving? A: You are moving! This "walk" talks about the Christian's daily movements and behaviors that are to be yielded to God's ways in the Spirit. (**Teachers:** We will leave a "YIELD" traffic sign in your class and consider using this to explain what it means to yield to something) \*

**Galatians 5:16b:** Even though Christians are changed and in-dwelt by the Holy Spirit, we still have our sinful nature or "flesh" that demands we yield to it instead!

**Galatians 5:17-18:** The Spirit and the flesh are at war with one another! And every minute of every day we are either going to "yield" to God's ways in the Spirit or "yield" to sin. The Christian is at WAR with sin and the Holy Spirit helps us fight!

Q: How many of you have ever played the "War" card game? How does it work?

**Teachers:** Consider having a few small decks of cards ready to play "War", but with a twist. Invite a volunteer up to play a game of "War" against "SIN". Put a sign on a chair labeled "SIN" and put a deck of higher cards (6-8s) face down in front of the chair. Then give the volunteer a deck of lower cards (2-5s) and play, flipping cards over simultaneously. \* Notice the kid always loses. Point out how this shows the life of the unbeliever apart from the Holy Spirit. This describes how without Jesus we are slaves to sin and powerless to overcome on our own (review **Galatians 3:22**)!

But once you trust in Jesus, you receive the Holy Spirit (see **Galatians 4:6-7**) Who now helps you WIN this battle against sin! **Teachers:** Now put the 9-10s on top of the kid's deck and continue the game. Notice now the kid wins! This is an effect of our salvation! We now have the power to WIN the battle against sin! \*

This doesn't mean Christians never sin. While Christians can now win a battle they could never win before, they still make mistakes and fall into sin. The difference now is that when Christians realize they have sinned, they repent or turn away from it! \* **Teachers:** To wrap up the card game illustration mix the high and low cards of the kid's deck together. But now instead of blindly drawing, point out how the kid can CHOOSE which card he will play! Will you yield to the Spirit (play the high cards) or yield to the flesh (play the low cards)?

**Galatians 5:19-21a:** Here we get a sordid list of the sins that tempt all of us. There are a lot of big words here that describe all sorts of nasty sin. \*

We won't get into them all, but let's talk about a couple that you all understand. Notice that some of these are not just actions, but also attitudes of the heart.  
Q: What is hatred? A: The opposite of love. If you hate someone you will want to do all sorts of evil things to them. Do you think that is God's way? NO WAY! \*  
Q: What is an "outburst of wrath"? A: Losing your temper and blowing up. Do you think that is God's way? NO WAY! **Teachers:** Consider blowing up a balloon and popping it to demonstrate how unpleasant this is!

**Galatians 5:21b:** Here's the serious truth! Those who practice and habitually walk in these ways show that Jesus means NOTHING to them! \* Their inheritance is not heaven, but hell. If that's you, it's time to repent and trust in Jesus who will help you battle against these ways by His Spirit! \*

**Galatians 5:22-23:** Notice how the fruit of the Spirit is the opposite of what we just read. Instead of hatred, it starts with love. Instead of "outbursts of wrath" it ends with self-control. This is God's way! Let's talk about some of these. (**Teachers:** We will leave a banana in class. Pass it around as a prop and have kids take turns describing what some of these look like in action) \*

Q: Where does fruit, like a banana come from? A: A tree! A healthy banana tree WILL produce bananas. In the same way, a healthy Christian WILL produce this fruit! These are additional effects of our salvation with the help of the Holy Spirit! (**Teachers:** Consider adding these as more effects on the whiteboard) \*

**Galatians 5:24:** This refers back to that battle we were talking about before. Either we "kill" our sin by yielding to the Spirit, or our sin will "kill" us!

**Galatians 5:25-26:** We now come full circle. God has shown us His way and Christians, as beloved children of God, are to walk in it by the power of the Spirit. \*

**Key Point:** This reminds me of a phrase from the Mandalorian show (with the baby Yoda) where they say to one another, "This is the way". (**Teachers:** See picture we left for you to show the kids) This referred to their moral code. \* Well, Jesus is saying something similar to us: "***This is the Way! Walk in it by the Spirit!***" \*

Let's be clear that the Holy Spirit is not magic. The Spirit empowers believers to walk in His ways and put sin to death in their lives, but they must also move!

Q: What are some ways that, by the Spirit, you can do this?

A1: Pray when you are tempted to sin.

A2: Memorize Scripture like the fruit of the Spirit and reflect on it frequently.

A3: Love Jesus more! As you love Him more, you will love your sin less! \*

A4: Pick one of these "fruits" and commit to practicing it this week!

Let's all yield to the Spirit this week and walk in His ways by faith!

# Bring It Home

**P**aul, an apostle of Jesus Christ by the will of God,

*To the saints who are faithful in Christ Jesus:*

*Greetings! Grace to you and peace from God our Father  
and the Lord Jesus Christ.*

## First

Read Galatians 5:16-17. What does it look like to yield to the Spirit? What does it look like to yield to the flesh?

## Second

Read Luke 6:46. Does this challenge you? Why? Who is the One that helps Christians "do the things Jesus says"?

## Parent Challenge

Read Galatians 5:22-23a. Which "fruit" of the Spirit would you like to grow in the most? Why?

*By His Grace,*

**P**  
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