

Filled to overflowing

Jesus was filled to overflowing with the spirit of God. He shows us the wonderful things that God can do when we allow the Spirit to move within us. Jesus was always good and kind and full of love. But more than that he was filled to overflowing with love that then healed people and helped them to start a new life .

The good things that we see so clearly in Jesus are sometimes called the fruits of the spirit. Just like we need to try and eat five portions of fruit or vegetables a day to stay healthy, in the same way we need the fruit of the spirit to help us to care for others as we should.

In our next story we hear how the spirit came upon Jesus like a dove as he started his work; which was to tell us and show us, all about God.

Story: [The Baptism of Jesus](#) - Saddleback kids



Craft: Using the templates provided follow the instructions to make a poster.

Prayer time:

Bless us with your love, and help us to be a blessing to others.
We thank you for Jesus,
who shows us just how loving and caring we could be.
Fill us with your spirit of love.
Fill us to overflowing,
so that, like Jesus, we can help those in need around us. Amen.

Praise time: [The Fruit of the Spirit](#) Wesley's Wuppets

[Fruit of the Spirit Song for kids](#) - Starskills

Can you remember all the fruits of the spirit? There are nine in all. See if you can list them all now and then look out for them in the coming days.

Whenever you see someone else (or yourself) being patient or kind etc. say that's a 'fruit of the spirit' overflowing to help someone else.

Cut out the pictures and the words and then see if you can match a word with each picture. Stick the matched pairs on to the outline of the dove to make a poster. Make sure you can see every picture and every word clearly.



Love

Joy

Peace

Patience

Kindness

Goodness

Faithfulness

Gentleness

Self-control

God's Spirit flows through us, helping us to receive his blessing and to be a blessing to others.

