

## Got Fruit?

### Goodness

Ready (*Plant the seed*)

Let your light shine before others, that they may see your good deeds and glorify your Father in Heaven. –Matthew 5:16

Set (*Get the conversation started*)

Goodness means actively choosing to do the right thing in all circumstances. It means that you stand firm against evil and wrongdoing. It's not always easy, but it is necessary. The Bible says, "Turn away from evil and do good; then you will dwell in the land forever. For the Lord loves the just and will not forsake his faithful ones." –Psalm 37:27-28.

Sometimes it's easy to choose goodness; like not stealing something that doesn't belong to you. It can be harder, though, when you are surrounded by friends who may not be making the right choices. Yet, this is the exact moment when it is the most important. In Matthew 5:16, Jesus says, "let your light shine before others, that they may see your good deeds and glorify your Father in Heaven." God calls us to be the light to others, guiding them His goodness.

In athletics, we sometimes have team captains. They are the people on our team encouraging us to not only play our best, but also play with good sportsmanship. This means always playing by the rules, being fair and treating others respectfully. It's easy to do these things when the game is going well; when you are winning. It's much harder to do when you are feeling the frustration of losing or playing against a team who is not playing fairly. Maybe you feel that since the other team is pushing, it's okay to do it back? These are the times when we remember that we play for the Lord our God. He is our audience of one and your personal team captain. Even if nobody else notices your misdeed, He sees. 1 Peter 3:9 says, "Do not repay evil with evil or insult with insult. On the contrary, repay evil with blessings, because to this you were called so that you may inherit a blessing."

Grow (*Talk it over*)

-Why do you think it's harder to choose the right thing when others aren't?

-Have you encountered unfair play on the field? How did you react?

-What can we do if we are struggling to react with goodness?

Pray

Father God, your goodness overwhelms us. We are so thankful for your love for us and encouragement to do the right thing. We are sorry that sometimes we don't make the right choices. Please strengthen us to be brave and stand against evil. Please help us to be lights in the darkness that others may see and glorify you. In Jesus name, Amen.

Overtime (*Optional object lesson as time permits or just show the picture of a boat.*)

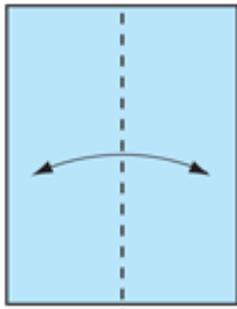
Materials needed: paper & attached folding directions.

-Say: *Share with me some times when you were in a situation where it was difficult to choose the right thing. I'm going to listen while I follow these folding directions to see what we get.*

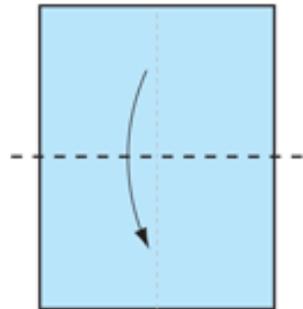
-Start folding the paper to create the boat. Take as many stories as you need to finish folding the boat. When you are done, hold it out in front for everyone to see.

--Say: *I'm finished! What is it? Yes, a boat! What does a boat do in the water? Yes, it floats! What happens if too many people get into a boat? It could sink, that's right. Do you want to be on a sinking ship? No, you don't. Following others who are doing wrong just because they are all doing it is like climbing onto a sinking ship. You know that you could sink, but everyone else is on it, so maybe you should jump on too. Sounds crazy doesn't it? That's why you should always do the right thing by obeying God's commandments, especially when it may seem that everyone else is not. Eventually they will have to face the consequences and you don't want to go down with that ship!*

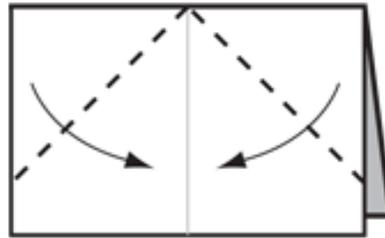
(If material is available, you can make copies of the folding directions for them to take home.)



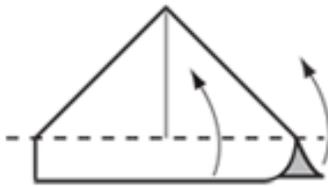
1. FOLD IN HALF



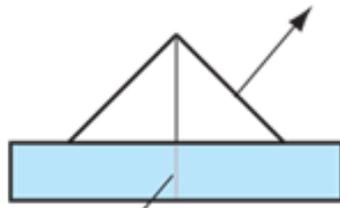
2. FOLD IN HALF AGAIN



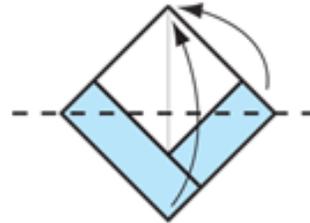
3. FOLD IN CORNERS



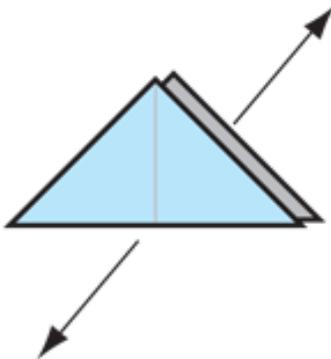
4. FOLD UP EDGES ON BOTH SIDES



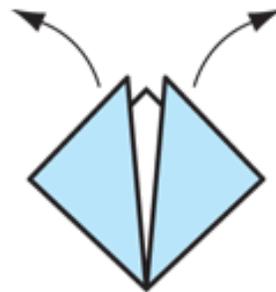
5. PULL THE SIDES OUT AND FLATTEN



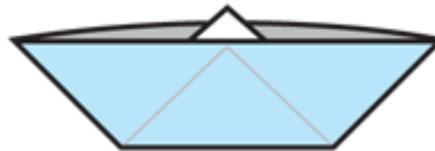
6. FOLD FRONT AND BACK LAYERS UP



7. PULL SIDES APART AND FLATTEN



8. PULL TOP FLAPS OUTWARDS



9. SQUISH THE BOTTOM AND PULL THE SIDES UP

10. TA DAAA!

