

Bearing Fruit

A Primary Resource exploring Pentecost and the Fruits of the Holy Spirit.

Core Themes: The Fruits of the Spirit, The work of SCIAF around the world, Prayers to the Holy Spirit, The Gifts of the Holy Spirit.

TIOF Core Learning:

Referenced rather than fully covered:

PS RERC 2-24a: I have considered ways in which the Catholic Christian community (*through SCIAF*) works together to show care for the world and for the needs of all people. I have reflected on the implications of this for my life and that of others.

P4 I am exploring the Sacraments of Initiation and Reconciliation and I have reflected on how the Sacraments help to nurture faith. RERC 1-09a

P6 Through my study of the Seven Sacraments I have developed a deeper understanding of them and I have reflected on how they strengthen my relationships with God and others. RERC 2-09a

Lesson Plan

Activity 1: Bearing Fruit

SCIAF is supporting communities in some of the world's poorest places, to grow their own fruit and vegetables so that they have enough to eat and can sell the extra to earn an income.

Use the PowerPoint 'Bearing Fruit' to share more information on SCIAF's work and the communities we serve.

Fruit provides physical nourishment for us all. The Bible also talks about 'fruit' in relation to Christian characteristics that come from the Holy Spirit. When the Holy Spirit is at work in us, we are able to exhibit the 'fruits' in their purest form.

Galatians 5: 22-23 says: "The fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. There is no law against such things."

St Paul is writing to the Church in Galatia and prior to the verses above, he describes life without the Holy Spirit which is devoid of love, joy, peace...etc.

Watch the video 'Fruits of the Spirit'.

Activity 2: Good Fruit, Bad Fruit?

The purpose of this activity is to help the pupils determine what types of fruit (characteristics) are good and bad.

Use pdf 'Good and bad characteristics'. Print, cut out and hand the cards out so that groups of 5/6 have a set each. Make sure they're mixed up. Have the children sort out and split up the good and bad traits. You can get the children to feedback their answers.

Alternatively, you can read out the characteristics mixed up and have the pupils move to one side of the classroom for 'Good' and the other side for 'Bad'.

Read out Galatians 5: 22-23 - "The fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control."

Explain that St. Paul is referring to love, joy, peace etc. as 'fruit'. Just as a tree can grow and bear good or bad fruit, we too can be persuaded to produce some of the 'bad fruit' like jealousy and hate or we can be guided by the Holy Spirit and produce 'good fruit' like love and joy.

Activity 3: Prayer Tree

The intention of this activity is to provide a way for every pupil to take part in creating a visual display of their prayers.

Use pdf 'Prayer Tree'. Ask pupils to think of a 'fruit' of the Spirit listed above from Galatians and ask them to write a short prayer on a 'fruit' template.

For example, if you choose peace you might write *'Dear God, I pray for those that have been hurt around the world, that they may feel your peace. Help me to promote peace in my life. Amen'*. Or if you choose kindness you may simply write *'Help me to be kind and share what I have with others. Amen'*.

Print, cut out and hand out the templates to allow pupils an opportunity to respond in prayer. You could have an outline of a tree in the school reception ready to be populated by fruit prayers and it could grow to include a whole year group of prayers, or even the whole school! What an act of solidarity to have a large number of prayers together in one place! It makes a real connection to the communities we help grow fruit and vegetables to nourish them.

Activity 4. Going Deeper

As well as recognising 'good fruit' it is important to think about how, practically, we can show the 'fruits'. This is a simple activity that encourages pupils to get into groups and discuss and write down examples of how they can show love, joy, peace etc.

Give each group a couple of different 'fruits' and challenge them to think of and write down three examples of how we can practically show each kind of 'fruit'.

For kindness, it might be to say hello to a local shopkeeper and ask how their day is going. Or for generosity, it could be to donate money to SCIAF. The pupils can come up with anything relating to their 'fruit'.

Each group should have the chance to feedback their ideas to the rest of the class.

Activity 5. Reflection on the Holy Spirit

Use this as a reflection/meditation in class, an assembly or as you see fit.

When Paul writes in Galatians about the 'fruit of the Spirit', he is referring to the good characteristics that the Holy Spirit enables us to show.

"The fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness and self-control." Galatians 5:22-24.

Let's not pretend that we are perfect and that we show all of these positive characteristics all of the time. But with the help of the Holy Spirit, we can bear good fruit.

In order to produce good fruit, the branches (us) have to be united with the vine, who is Jesus. John Chapter 15 talks about being connected to the Vine (Jesus) and Jesus said that if you are connected to him, you will "bear much fruit". But Jesus also said "apart from me you can do nothing".

Prayer helps us recognise the fruits, develop them, and offer them in the service of God and God's people around the world as well as closer to home.

It's also true that we can live our life connected to the wrong vine and therefore the fruit that we produce will not be love, joy, peace, patience, kindness, generosity, faithfulness, gentleness and self-control. Rather it could be hatred, selfishness, greed or jealousy.

Just as a vine feeds the branches with nutrients to produce good fruit, what we get from living our lives close to Jesus, also produces good fruit.

What vine do you choose to be connected to? Is it feeding you with what you need to produce good fruit ...? Or is it bad fruit?

The fruits of our Christian life are the work of God. We are uniquely created so that we can bear fruit for God in a way nobody else can.

We are all capable of bearing good fruit and making a difference in this world.

Jesus said, "I chose you and I appointed you to go and bear fruit, fruit that will last." John 15:16.

What a challenge!



Prayers to the Holy Spirit

Use the prayers below, and those in the **Prayer Graphics** folder, at an assembly, in your newsletters or on the school's social media.

God our Father,
Fill us with the love of your Holy Spirit, so that we may share your love with others.
Help us bear fruit in our love for you and for our neighbour.
We ask this through Christ our Lord.
Amen

Father in Heaven,
Open our hearts to receive your Spirit, so that we may have the strength to speak out
against injustice and protect the most vulnerable in our world.
May the presence of your Holy Spirit give joy to your people, so that we may experience
the love you have poured into our hearts.
We ask this through Christ our Lord.
Amen

Father of mercy, your Holy Spirit is the sign and instrument of your peace in the world.
Fill our hearts with this peace to remove any anxiety and worries
so that we may follow your holy will.
May we rejoice always in the presence of your Holy Spirit.
We ask this through Christ our Lord.
Amen

Additional Activities: For those preparing for Confirmation

Confirmation is the full outpouring of the Holy Spirit as once granted to the Apostles on the day of Pentecost. It deepens our Baptismal life that calls us to be witnesses to Jesus Christ in our everyday life. In the Sacrament of Confirmation, we receive the gifts of the Holy Spirit which gives us the strength to put our faith into action and exhibit the 'fruits' of the Spirit in their purest form.

Activity 1: Use the PowerPoint 'The Pentecost Story' to hear the story of Pentecost (Acts 2:1-4) when the disciples received the gift of the Holy Spirit and were sent out to spread the Good News.

The gifts of the Holy Spirit received through Confirmation are: knowledge, understanding, wisdom, right judgement, courage, reverence, awe and wonder.

Activity 2: Use the PowerPoint 'Bearing Fruit'. Which gifts of the Spirit does each person show? Ask the pupils to write them down and leave time to discuss each one.

Each person featured in the PowerPoint exhibits many gifts of the Holy Spirit, in this example and in their daily lives. Broadly speaking the gifts shown are:

Godfrey and Swaiba: knowledge, wisdom
Maggie: understanding, wisdom
Michael: knowledge, right judgement
Lonnex: knowledge, wisdom
Bernardino: reverence, courage, awe and wonder
Kahumbu: knowledge
Teleza: awe and wonder

Through these gifts the farmers (Godfrey and Swaiba, Michael, Lonnex, Kahumbu, Teleza) have shown the 'fruits' of patience to wait for crops to grow, love for their family, generosity to share seeds with others, and faithfulness to trust in God. The others featured (Maggie, Bernardino) have shown the 'fruits' of peace and kindness by helping others, protecting the vulnerable and speaking up when they see injustice.

Activity 3: Invite pupils to write down the gift of the Holy Spirit they would like to be more present in their lives to help them put their faith into action.

Lonnex, Malawi

