



SYSTEM RESET: WEEK 3

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SYSTEM RESET

WEEK 3: Reconnect

Bible: John 15:5; Galatians 5:20:22–23; Proverbs 16:32; Matthew 5:43–48

Bottom Line: When you stay connected to Jesus, good stuff comes out of your life.

SUPPLIES

- Masking tape
- 2–3 beach balls (more if your group is large)
- Optional – fruit and water balloons
- Jar of small pickles
- A few trash bags
- Bag of large marshmallows
- 18 index cards of two different colors (If you have more than 25-30 students, then add more sets of index cards)
- Bibles
- Piece of black construction paper
- Piece of white paper
- White glitter
- Hardboiled eggs (enough for every 2 people to have one)
- 9 different color beads for each student
- String, yarn, or other material for each student to make a bracelet
- 9 different pieces of fruit
- Box/some type of non-see through container
- Whiteboard or big sign; markers

OPENING GAME: KEEP IT UP

GAME PREP

Split the group into two even teams and mark a line down the middle of the playing area with masking tape.

Each group takes one side of the playing area.

Players spread out wherever they want on their side.

HOW TO PLAY THE GAME

The game will consist of beach balls being thrown (*or hit*) and caught between the two sides.

Players attempt to keep the balls moving and not allow the balls to hit the ground on their side of the playing area.

If a ball hits the ground, the opposing team is awarded points.

The team that has the most points at the end of the game wins.

VARIATIONS

- If your group is large, consider adding more beach balls.
- If your group is really big, consider dividing your class into four parts instead of two.
- To spice the game up, use water balloons or fruit instead of beach balls.

After the game, say: In life, we often react to others in the same way we are treated.

If your brother hits you, you hit him back.

If your parents yell at you, you yell back.

Sort of like what happened in the game we just played.

If one team hit the ball hard, the other team reacted by hitting it hard too.

If one team got really competitive, the other team did too.

Today, we're going to explore how we can react differently to others.

We're going to discover how we can break the cycle.

If someone is mean to us, we're going to learn the secret to how we can react in love rather than hate.

Why? Because when we decided to follow Jesus, God hit the reset button – we're new creations.

Let's get started!

TEACH

Say: As we begin, I need two volunteers.

Choose two volunteers to come up front.

Have them stand about 10-feet apart.

Give one volunteer an open jar of pickles.

Put a trash bag over the other student (so their clothes don't get pickle juice on them).

Place trash bag or plastic sheeting over the floor where the volunteer is standing.

Give the volunteer an open bag of large marshmallows.

The volunteer then attempts to throw a pickle into the mouth of the other volunteer.

Next, the other volunteer attempts to throw a marshmallow into the mouth of the other volunteer.

They must stay 10-feet apart while throwing the items.

Continue, throwing a pickle and marshmallow.

Keep track of how many marshmallows and pickles land in the mouth of a volunteer.

After the activity, congratulate each volunteer for their effort and ask the audience to give them a round of applause.

Say: Believe it or not, if someone throws a smelly pickle at our faces, we can learn to throw a soft delicious marshmallow back at them!

What do I mean by that?

I mean that it is possible for us to react in love rather than anger.

We can forgive rather than seek revenge.

But, we can't do it by ourselves.

Let's look up a verse in the Bible that helps explain this.

Read Galatians 5:22–23. (NCV)

But the Spirit produces the fruit of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.

There is no law that says these things are wrong.

Ask: What do you think these verses means?

Allow a few responses from students.

Many times, these verses are misunderstood.

They think God is saying to be full of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

God is saying more than that.

He is saying that those characteristics are formed in our lives when we stay connected to Jesus.

Let's take a look at another verse that will help us understand this concept.

Read John 15:5. (NCV)

I am the vine, and you are the branches. If any remain in me and I remain in them, they produce much fruit.

But without me they can do nothing.

Jesus is saying that a branch needs to stay connected to the vine in order for fruit to grow.

Good fruit will naturally come out of a branch that is connected to the vine.

The branch doesn't need to try and create the fruit in its own power - its job is to stay connected to the vine.

Jesus is saying that we are like the branch.

Our goal is to stay connected to Jesus.

If we stay close to him in our everyday lives, then good fruit will come out of us.

The good fruit is the characteristics we read about in Galatians 5:22–23 – love, patience, kindness, goodness, etc.

Like a branch can't make the fruit, we can't simply choose to be loving, patience, kind, good, faithful, gentle, and have self-control.

It's the Holy Spirit's job to create those characteristics in our lives - our job is to stay connected to Jesus.

When we do, good characteristics flow out of us.

We find ourselves naturally reacting to the bully at school with love and compassion.

We are more likely to forgive our friends. We are more patient.

So, what happens when we don't take the time and effort to stay connected to Jesus?

Well, bad stuff comes out of our lives.

Much like if you were to break off a branch from the vine, the fruit goes bad.

Our lives begin to look like rotten fruit, like in this picture... Yuck.

The Bible actually talks about what this bad fruit looks like.

Read Galatians 5:20. (NCV)

...worshiping gods, doing witchcraft, hating, making trouble, being jealous, being angry, being selfish, making people angry with each other, causing divisions among people...

So, when we're feeling jealous, angry, and selfish or causing drama around us, those things are the bad stuff coming out of our lives because we are not connected to Jesus.

We're unconnected to Him.

We're not spending time with God in prayer, worship or allowing God to speak to us from the Bible.

Today's bottom line is – "Stay connected to Jesus and good stuff comes out of your life."

As new creations, God pressed the reset buttons of our lives.

The pollution of sin is cleaned up.

We now have an opportunity for good stuff to come out of our lives.

We have an opportunity to start over and live the way God wants us to live.

In order to do that, we have to stay connected to Jesus.

When we do, the Holy Spirit will make us more loving, kind, patient, etc.

We'll be able to return a sour pickle with a soft marshmallow.

We'll be able to react differently than we were treated.

Close in prayer.

SMALL GROUP ACTIVITY: FRUIT OF THE SPIRIT

Note: This is an optional large group activity.

ACTIVITY PREP

Write one of the fruit of the Spirit on each index card.

Write one complete set for each color of index cards.

Hide the index cards throughout the playing area.

Divide the group into two teams.

Assign one team to one color index card and the other team to the second color of index cards.

Have both teams search all over the room until one team finds all 9 of their colored index cards.

Players cannot move or touch index cards of the opposing team.

Once a team finds all 9 cards, they quickly look up the verse Galatians 5:22-23 and put the cards in the same order that the fruit of the Spirit are listed.

The team that gets all 9 fruits in order first wins.

SMALL GROUP DISCUSSION QUESTIONS

Note: Below are a ton of discussion questions and activities for use in small group. You won't have time to do them all. Look at the list of activities as a buffet. Pick which ones you like and use only those.

A DEEPER LOOK AT THE FRUIT OF THE SPIRIT

1. What are some things you can do to connect to Jesus in your everyday life?
2. **Love:** The first fruit of the Spirit is love.

Have students read **Matthew 5:43–48** in their Bibles.

Ask: Why is it so hard to love our enemies?

Ask: How can we allow God to help us love our enemies?

3. Joy

Ask: In your own words, how would you define joy?

Take a piece of black construction paper and a piece of white and pour white glitter on them both.

Ask: Which paper does the glitter show up better on?

Right! The black one does.

In the same way, it may be more difficult to have joy during dark hard times in our lives, but it's also during those times when our joy shows up the best and may very well be a greater example of who Jesus is to others.

4. Peace: Peace is the opposite of fear.

Ask: How would you define fear? What's the difference between good fear and bad fear?

Ask: How would you define peace? What does that look like in your life?

5. Patience: Being patient means to suffer for a long time.

Ask: When is it most hard for you to be patient?

6. Kindness

Ask: Who can you be more kind to this week?

7. Goodness

Ask: Why do you think God included goodness as one of the fruit of the Spirit?

How is goodness different than kindness?

8. Gentleness

Break your class into pairs and give each pair a hardboiled egg.

Have the pairs stand up around 10 feet apart and toss the egg to each other.

Have the pairs move further and further apart until the final pair is left who didn't drop their egg.

Ask: What did this game have to do with gentleness?

Ask: Why do you think it's important for us to be gentle?

9. **Faithfulness:** Faithfulness is the attitude and action of trusting God no matter what we feel or what is going on in our lives

Ask: Can you think of a time that you had to be faithful to something or someone even when it was hard or you didn't feel like it?

10. **Self-Control**

Ask: Who can think of some examples of when you've had to have self-control?

Read Proverbs 16:32.

"Better a patient person than a warrior, those with self-control than those who take a city."

Ask: What is this verse saying?

SMALL GROUP ACTIVITY: FRUIT BASKET COCKTAIL

Note: This is a girl-friendly activity. However, some boys might enjoy it.

While talking about each fruit of the Spirit give your students a different colored bead to represent each fruit.

Have them hold on to all their beads until you've given them all the colors.

After talking about all the fruit, give everyone the material (*string/yarn*) you choose for them to make bracelets with.

Have them string their beads on and see if anyone can name all the fruits.

They can wear their bracelets or do whatever they'd like with the beads to help remind them that as new creations in Christ they constantly have access to the fruit of the Spirit no matter what is going on around them.

SMALL GROUP ACTIVITY: FRUIT TOSS

Note: This is a boy friendly activity. However, some girls might enjoy it.

Gather 9 different fruits and assign each literal fruit a fruit of the Spirit to correlate with it (*ex. Red apple- love, Orange- joy, Banana- peace, Pear- patience, Lemon- Kindness, Green apple- goodness, Mango-faithfulness, Grapefruit- gentleness, Kiwi- self-control*).

Write which fruit represents which fruit of the Spirit on a white board or somewhere else where everyone can see.

Make sure you go fully over which fruit goes with what and then explain the game.

You will pick up a piece of fruit and toss it to a student.

The students' goal is to catch the fruit and yell out which fruit of the Spirit it represents.

Then they will throw the fruit back and you'll pick up a different piece of fruit and do the same.

Make sure to throw each of the fruit at least once to help get the fruits of the Spirit in everyone's head.

Then, if you want to take the game to the next level (and don't mind a possible mess) break your class into two teams and put all the fruit into a box or some kind of container that is not see through.

Have the teams line up on separate walls and when you say "go" empty the box in the middle of the room and yell out one fruit of the spirit.

The goal is for the teams to race to the middle of the room and be the team to end up with the right piece of fruit.

After each round put all the fruit back in the box and have teams go back to their starting places.

Then dump the box again and yell out a new fruit of the spirit.