



FRUIT OF THE SPIRIT

MEMORY VERSE ACTIVITY | LESSON 1

GO DEEPER

Supplies: Index cards, pen

Directions:

1. This activity is a way for you to go deeper with our series memory verse and learn more about what it means!
2. In the *What Does It Mean?* section below, you'll see a guide for how you can go deeper with this verse. Some of the words from the verse will be broken down and include a definition of what that word means in the context of our memory verse.
3. Review each of the definitions, and commit them to memory by writing them out on index cards. Write the word on one side, and write the definition on the other! This is an easy way to learn more about our series verse and begin to memorize it!

Bonus step: Let's put our Fruit of the Spirit of the week – kindness – into action by writing out the Bible verse on an index card and giving it to a family member or neighbor as encouragement! With the verse, include a kind note, word of encouragement, or drawing!

WHAT DOES IT MEAN?

For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.

2 Timothy: 1:7

- **God:** God is the creator and ruler of the universe. He has existed forever in three persons: God the Father, God the Son, and God the Holy Spirit. These three – the Trinity – are all equal and all the one, same God.
- **Spirit:** In this case, spirit means the character (emotions, personality, beliefs) that we are given by God when we have the Holy Spirit in us.
- **Timidity:** A lack of courage or confidence.
- **Power:** The strength that comes when we believe in God and have the Holy Spirit in us.
- **Self-discipline:** The ability we have, through the Holy Spirit, to control our feelings, thoughts, and actions toward what's right.

Read the verse again. Now that you've learned more about what this verse says, when you put it all together, what do you think the verse means for you?