

THE FRUIT OF THE SPIRIT 10 DAY FAMILY CHALLENGE



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WHAT TO EXPECT IN THE CHALLENGE:

1. MEMORY VERSE & A PLACE TO WRITE IT OUT

In your guidebook, we provide you Galatians 5:22-23 each day as a memory verse. Underneath that is a box for write the Scripture out. This will help your kids remember the verse and Fruit of the Spirit.

2. A REFLECTION QUESTION

Each day, there will be a unique question or two on the Fruit for that particular day. This is to help your child really think about the Fruit in their life.

3. PUT IT INTO ACTION

There is also a coloring page for each corresponding Fruit. This is to help them remember the Fruit for the day.

4. COLORING SHEET

After the reflection questions, there will be a challenge for your child to do that day. This is to help put the Fruit into action. They may need your help in this step to make a plan and implement it.

5. FOR PARENTS

Before bed, make sure you follow up with your child and ask them if they did their unique challenge for the day. Ask them how they felt trying to be more loving, or kind, or whatever the Fruit was for the day. This could be an excellent time for conversation and to help them process what they did that day.

AND IN CASE WE HAVEN'T MET YET...

Our names are Alexis and Aaron and we are the married ministry couple behind Spiritually Hungry.

This Challenge is an outpouring of our heart and it has been our prayer that this time seeking the Lord is incredibly transformational for you.

We love Jesus. Seriously love Him. We think that He is the best thing that has ever happened to this world and His ministry not only affects our eternal salvation, but our life here and now. Jesus is the game changer.

Our lives as a ministry professionals and seminary graduates have been spent in pursuit of helping people - and ourselves - draw deeper into God's love, power, and presence. Because that is the only thing worth pursuing.

If you follow this Challenge every day this month, we truly believe your life could change, because anytime we intentionally come before God we are changed. We're excited to see what God does through this Challenge and we hope and pray both of us can experience God's truth and love in more profound ways.

We are so glad you and your kids are taking this Challenge!

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**The translation used for this Challenge is the NLT*

With all of that covered, let's get started!

DAY 1 GALATIANS 5:22-23



PRAYER REQUESTS

But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!

Write Scripture Below:

TODAY'S FRUIT IS LOVE

Reflection Questions:

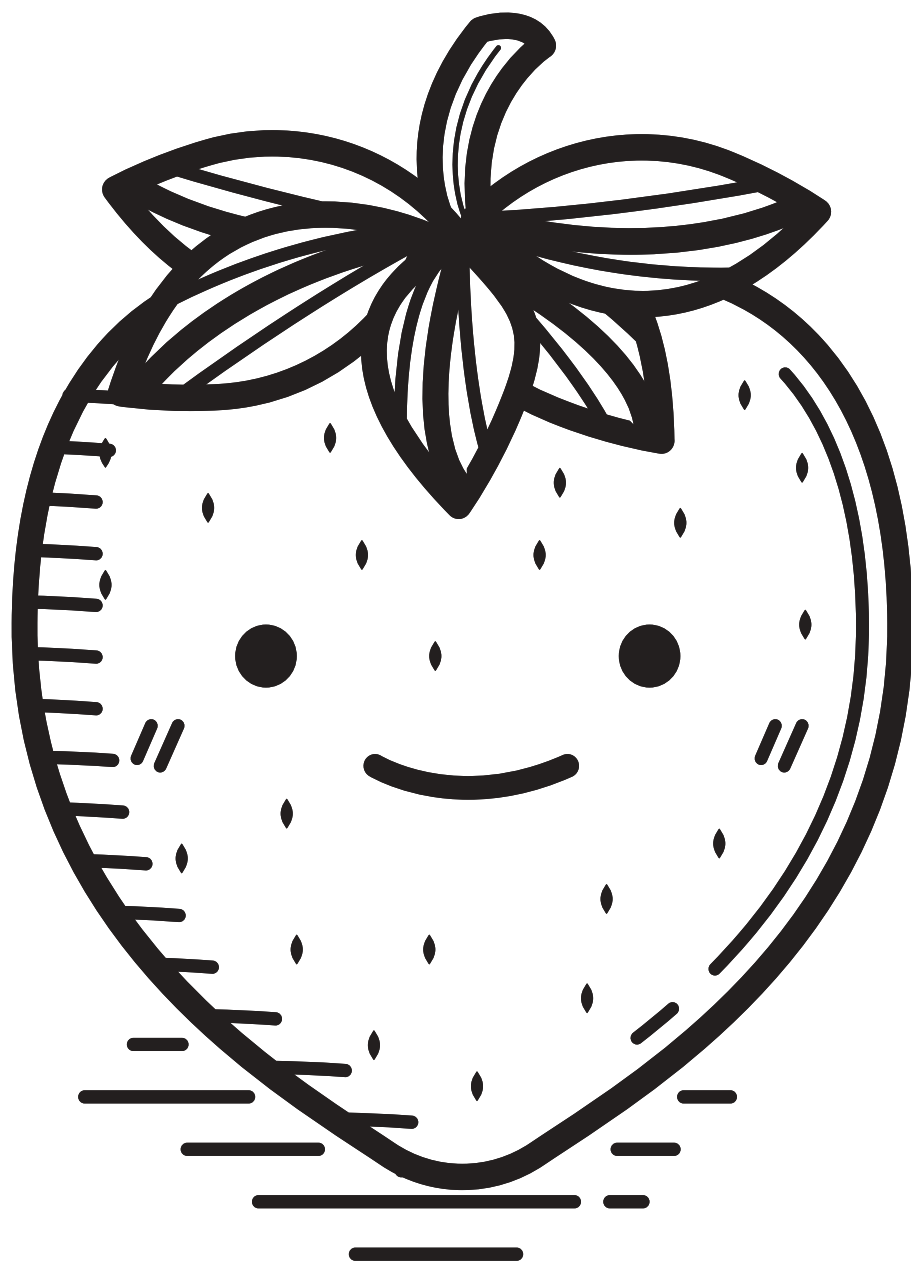
How do you show love to your family? How do you love friends?
How is loving people different from "loving" your favorite things?

TODAY I'M THANKFUL FOR

Put Love Into Action:

Brainstorm ideas to show love to certain people in your life like your family, friends, and neighbors: create a plan to make one or two ideas happen.

love



DAY 2 GALATIANS 5:22-23



PRAYER REQUESTS

But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!

Write Scripture Below:

TODAY'S FRUIT IS JOY

Reflection Questions:

Name 3 things that give you joy. Name 3 people who give you joy. Do you think being joyful is different than feeling happy? How?

TODAY I'M THANKFUL FOR

Put Joy Into Action:

Do something today that gives you joy! Think of an idea that involves family and/or friends and is special - not the same thing you always do!

joy



DAY 3 GALATIANS 5:22-23



PRAYER REQUESTS

But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!

Write Scripture Below:

TODAY'S FRUIT IS PEACE

Reflection Questions:

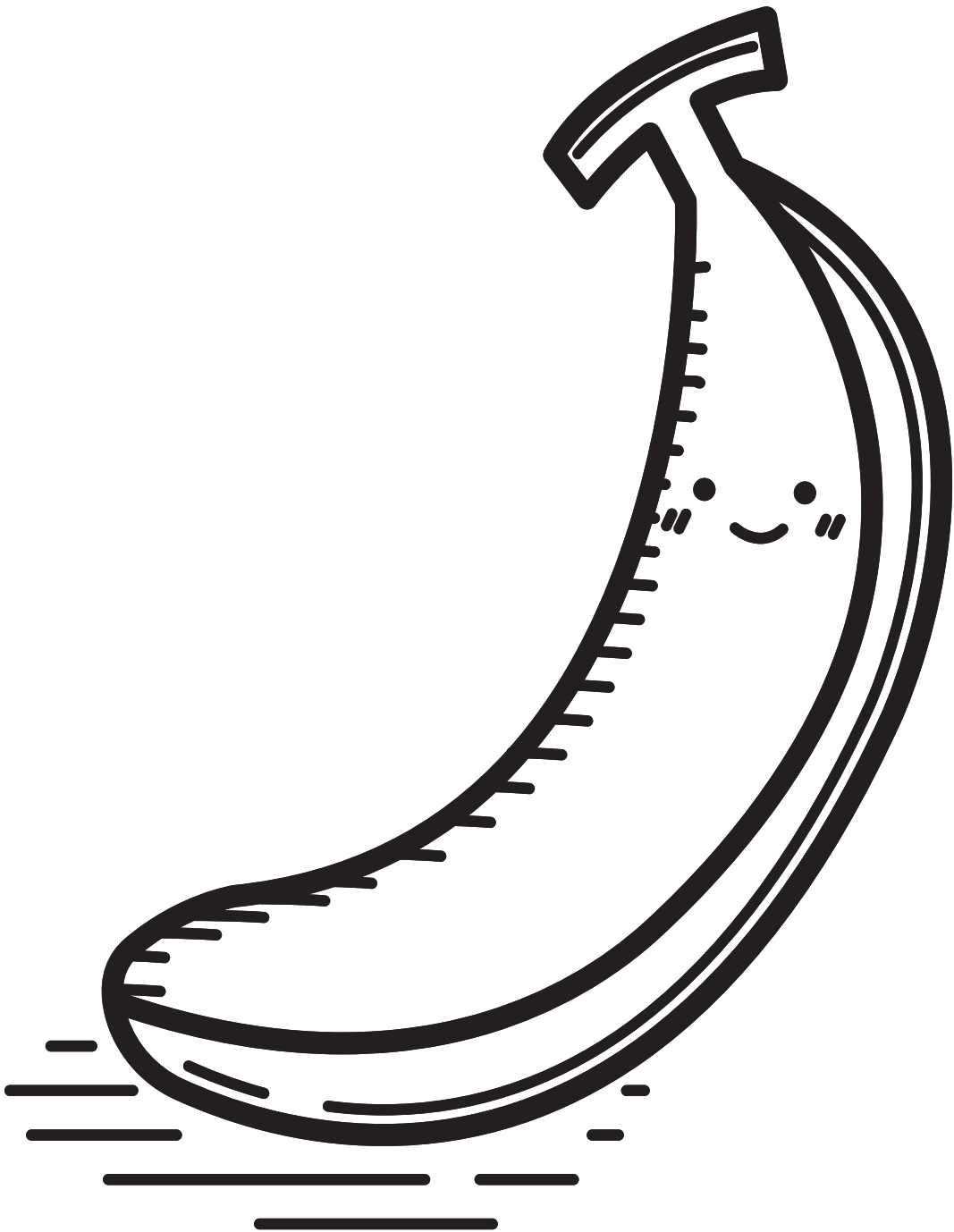
When arguments and disagreements occur, do you try to bring peace, or keep the fight going? Why? Why do you think peace is a better choice?

TODAY I'M THANKFUL FOR

Put Peace Into Action:

Agree with your family (or friends) that everyone will be completely peaceful for 24 hours as an experiment. When time's up, discuss what it was like for you.

peace



DAY 4 GALATIANS 5:22-23



PRAYER REQUESTS

But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!

Write Scripture Below:

TODAY'S FRUIT IS PATIENCE

Reflection Questions:

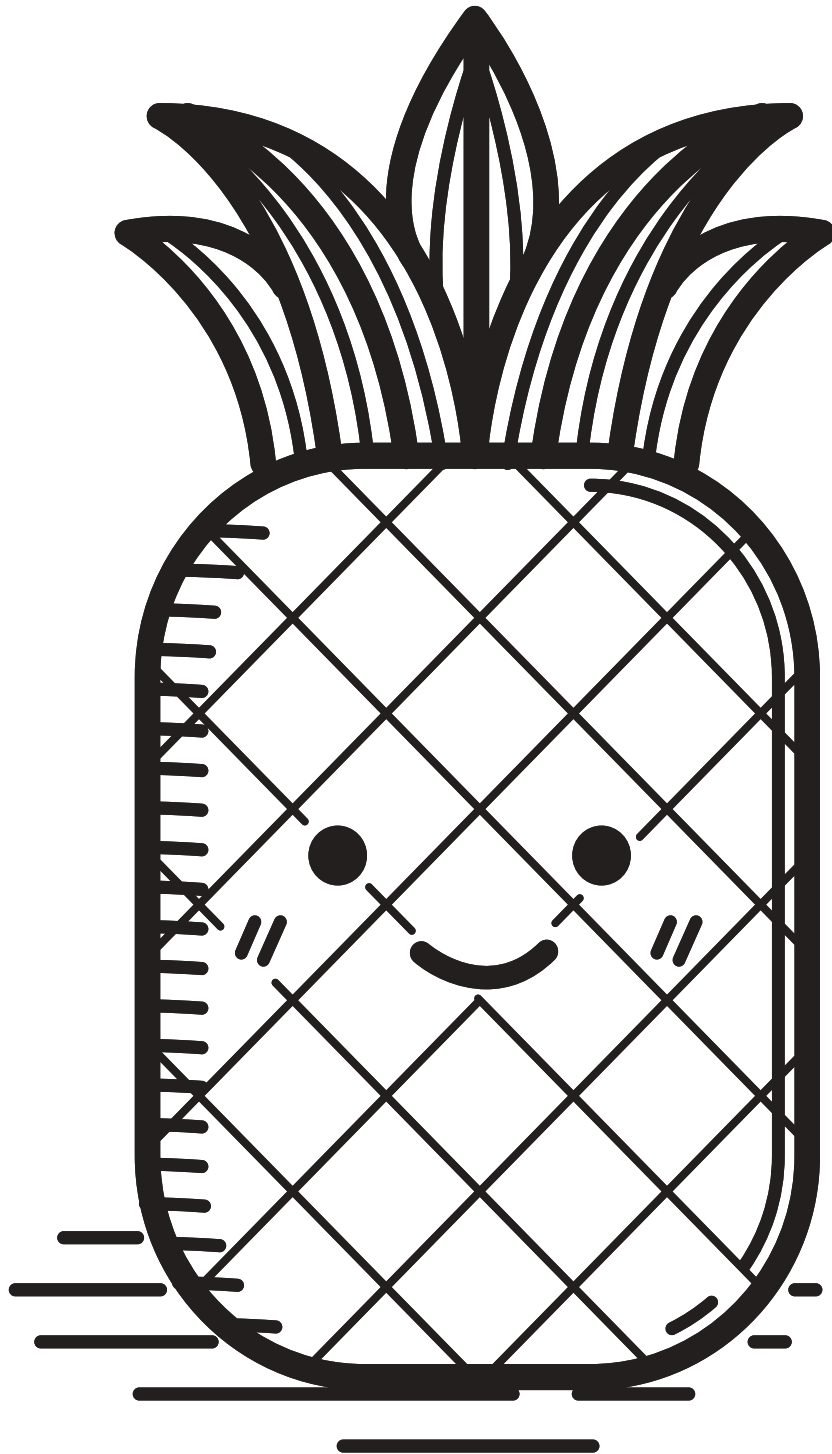
Why is waiting so hard? Does being impatient ever “speed things up?” Does being impatient ultimately ruin what you’re waiting for?

TODAY I'M THANKFUL FOR

Put Patience Into Action:

Brainstorm ideas for how to pass the time better when feeling impatient, rather than anxiously waiting. What are some simple ways to find patience?

patience



DAY 5 GALATIANS 5:22-23



PRAYER REQUESTS

But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!

Write Scripture Below:

TODAY'S FRUIT IS KINDNESS

Reflection Questions:

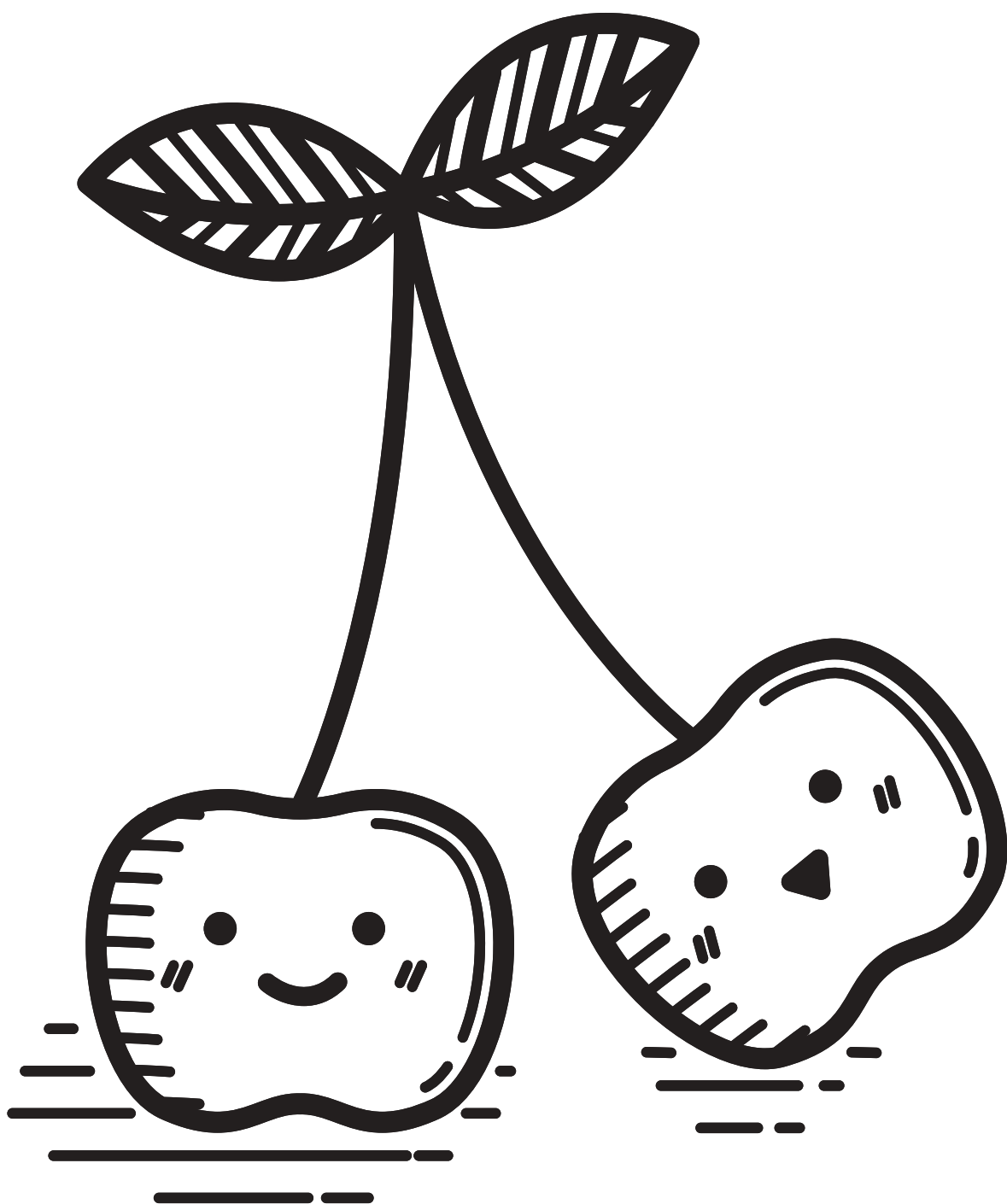
Do you love when people are kind to you? Do you think others feel the same way when you are kind? Why is it hard to be kind sometimes?

TODAY I'M THANKFUL FOR

Put Kindness Into Action:

Come up with one unexpected kind act to do today. It could be bringing a gift or card to a neighbor, or doing a chore without asking. Plan to make it happen!

kindness



DAY 6 GALATIANS 5:22-23



PRAYER REQUESTS

But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!

Write Scripture Below:

TODAY'S FRUIT IS GOODNESS

Reflection Questions:

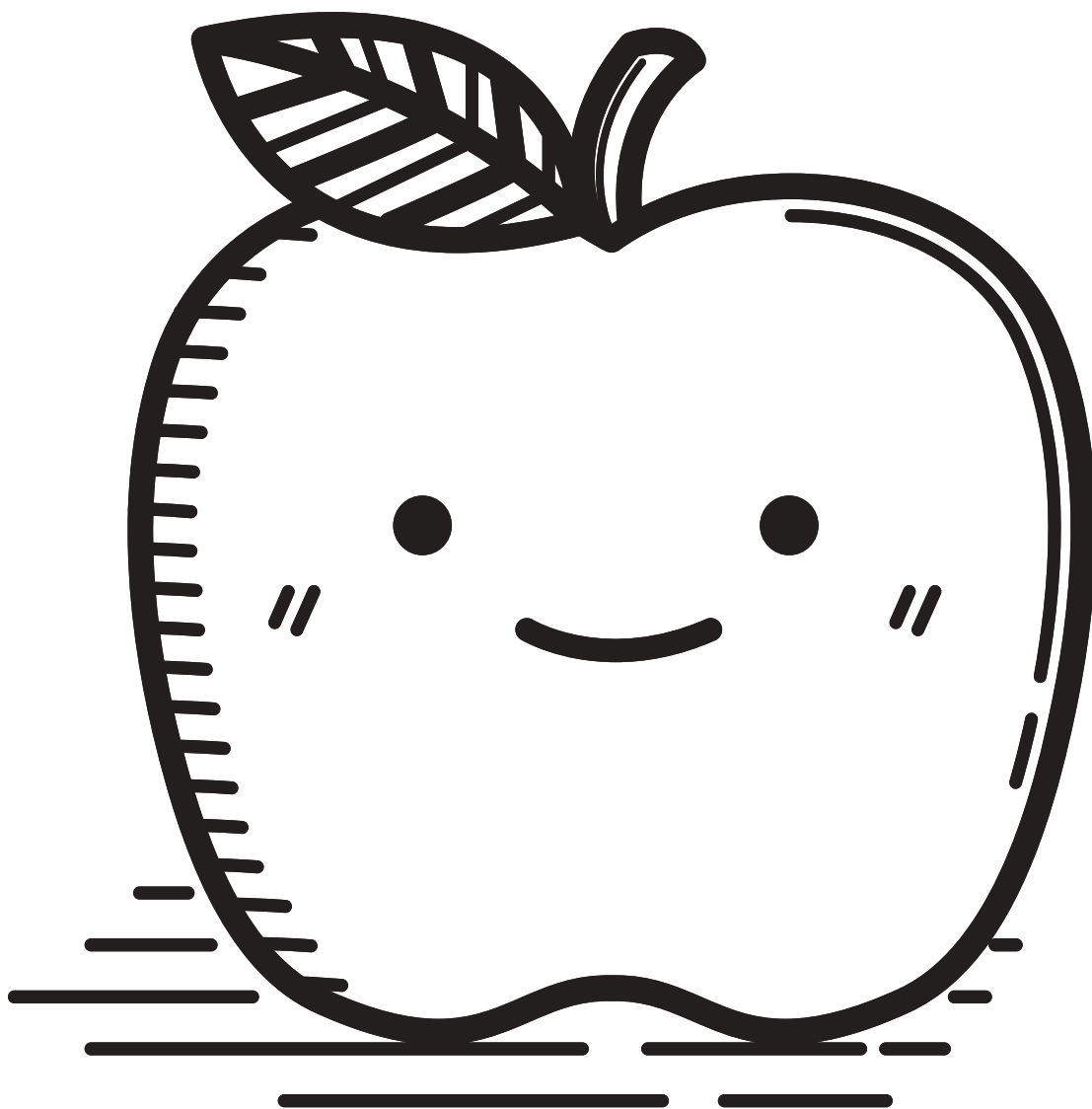
What does it mean to be good? Do you think God's definition of good is the same as yours?

TODAY I'M THANKFUL FOR

Put Goodness Into Action:

Today try to be good all day. Take your definition of good (which is hopefully based on God's definition) and apply it to your entire day.

goodness



DAY 7 GALATIANS 5:22-23



PRAYER REQUESTS

But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!

Write Scripture Below:

TODAY'S FRUIT IS FAITHFULNESS

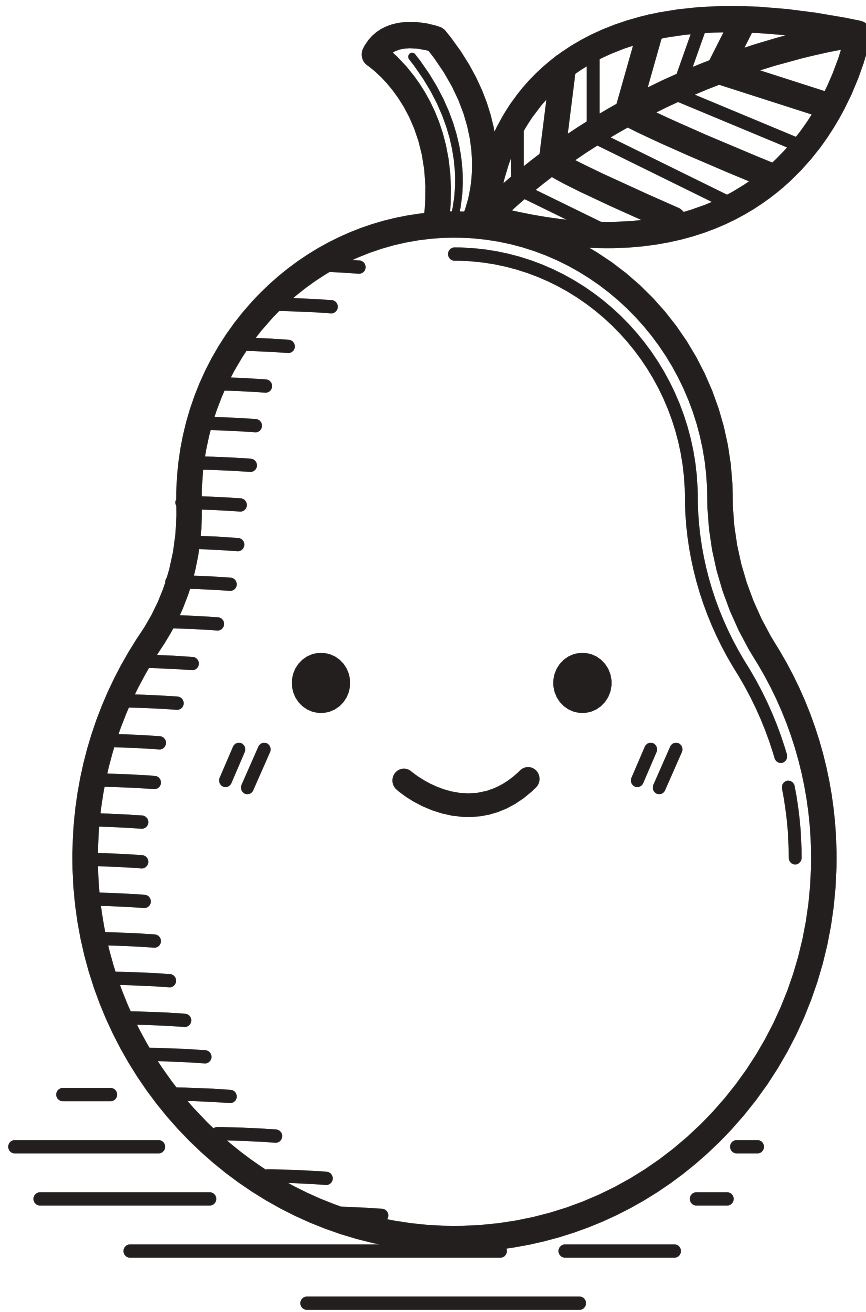
Reflection Questions:

What good things have happened for your family because faith in Jesus? Is it sometimes easier or harder to have strong faith? Why?

TODAY I'M THANKFUL FOR

Put Faithfulness Into Action: Do something intentional to build your faith today. Listen to worship music, read Scripture, make a plan to serve others - find what fits your family and time!

faithfulness



DAY 8 GALATIANS 5:22-23



PRAYER REQUESTS

But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!

Write Scripture Below:

TODAY'S FRUIT IS GENTLENESS

Reflection Questions:

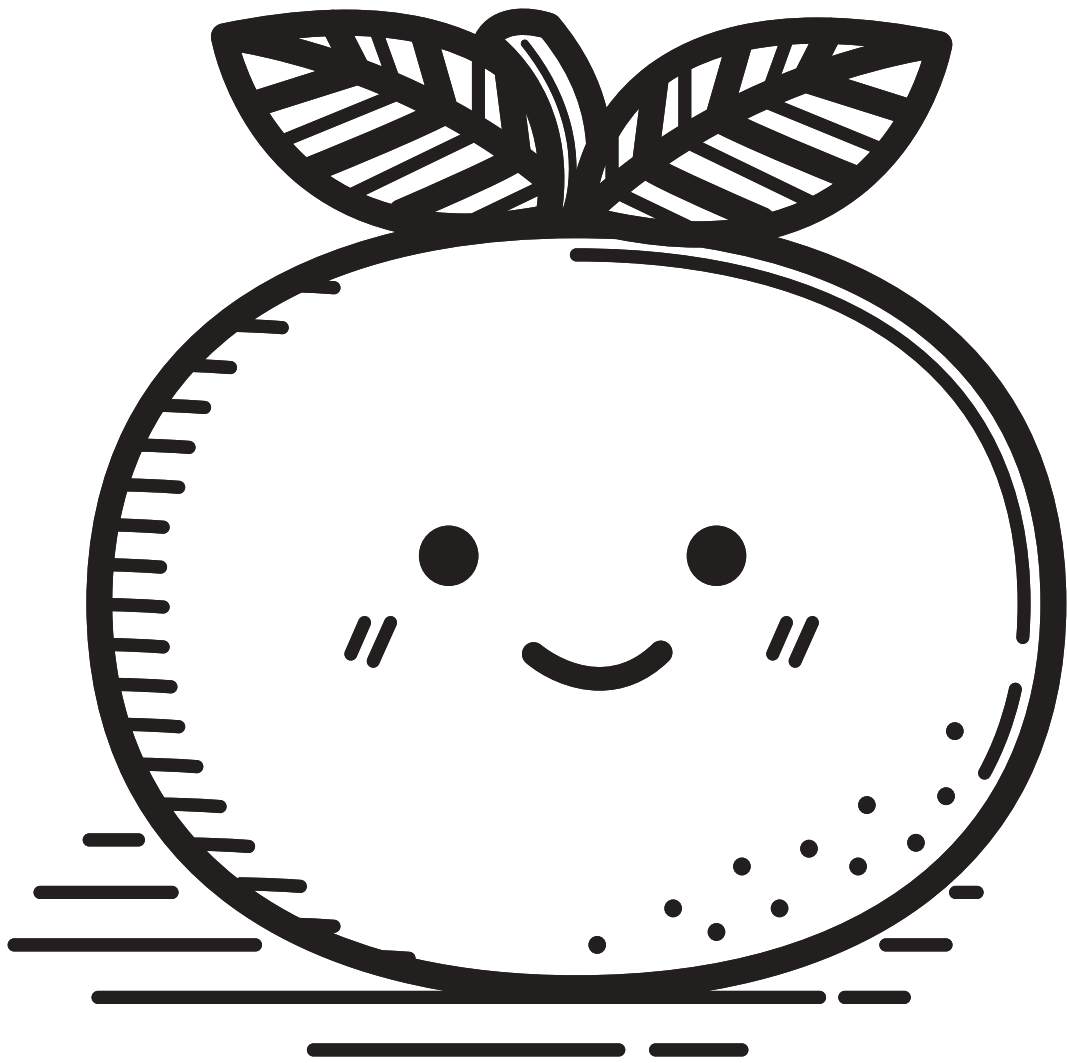
What does gentleness look like? Do you feel like you are gentle, and if so how? What would it look like to become more gentle with others?

TODAY I'M THANKFUL FOR

Put Gentleness Into Action:

When, where, and with who do you find it most difficult to be gentle? Discuss and make a plan for how to be more gentle for the future in the chosen scenario.

gentleness



DAY 9 GALATIANS 5:22-23



PRAYER REQUESTS

But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!

Write Scripture Below:

TODAY'S FRUIT IS SELF-CONTROL

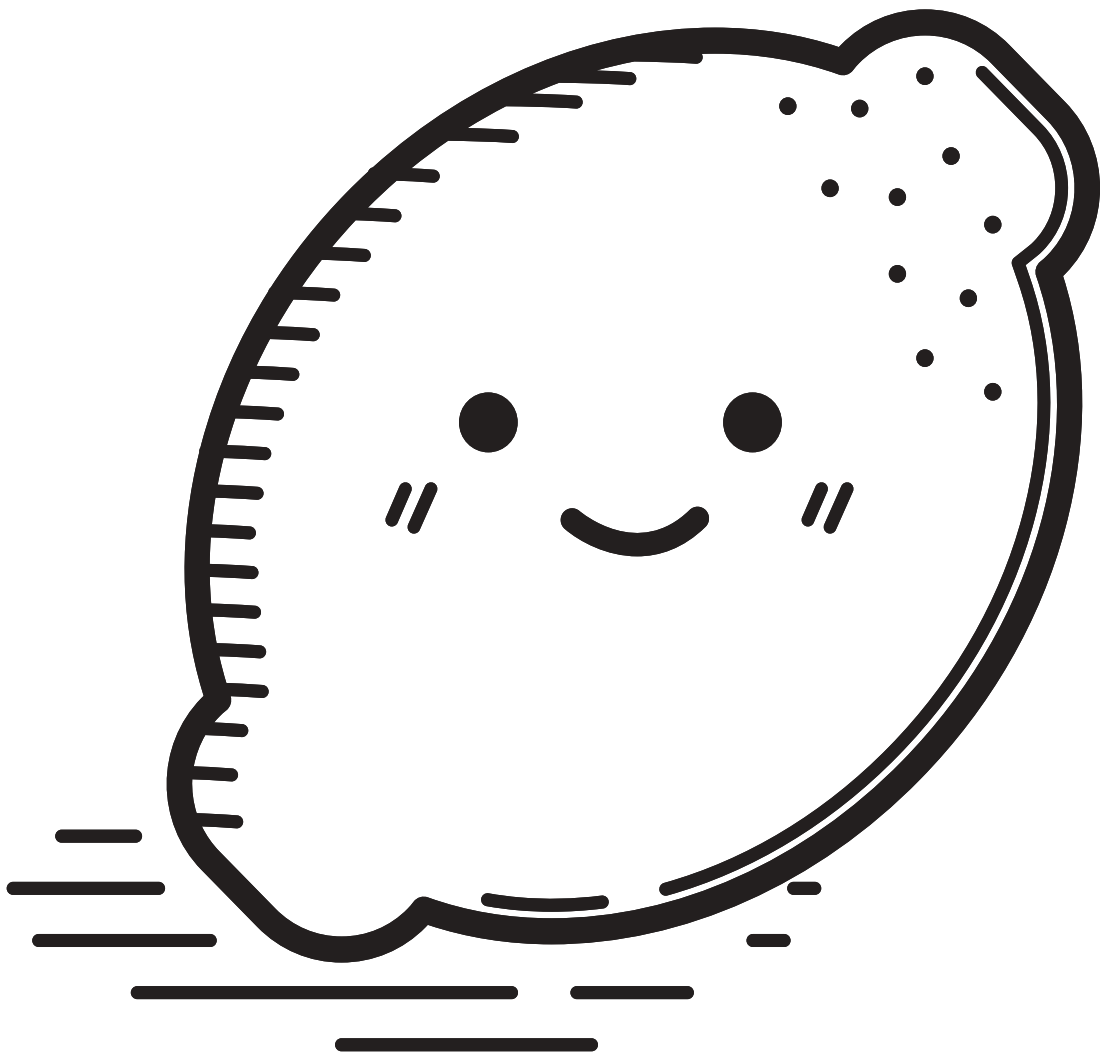
Reflection Questions:

Where do you struggle with self-control (temper, impatience, food, video games, etc)? What would it look like to be more balanced?

TODAY I'M THANKFUL FOR

Put Self-Control Into Action: If possible, plan to take an intentional break from the things you struggle with the most. Incorporate healthy alternatives to help you succeed.

self-
control



DAY 10 GALATIANS 5:22-23



PRAYER REQUESTS

But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!

Write Scripture Below:

TODAY'S FRUIT IS ALL OF THEM!

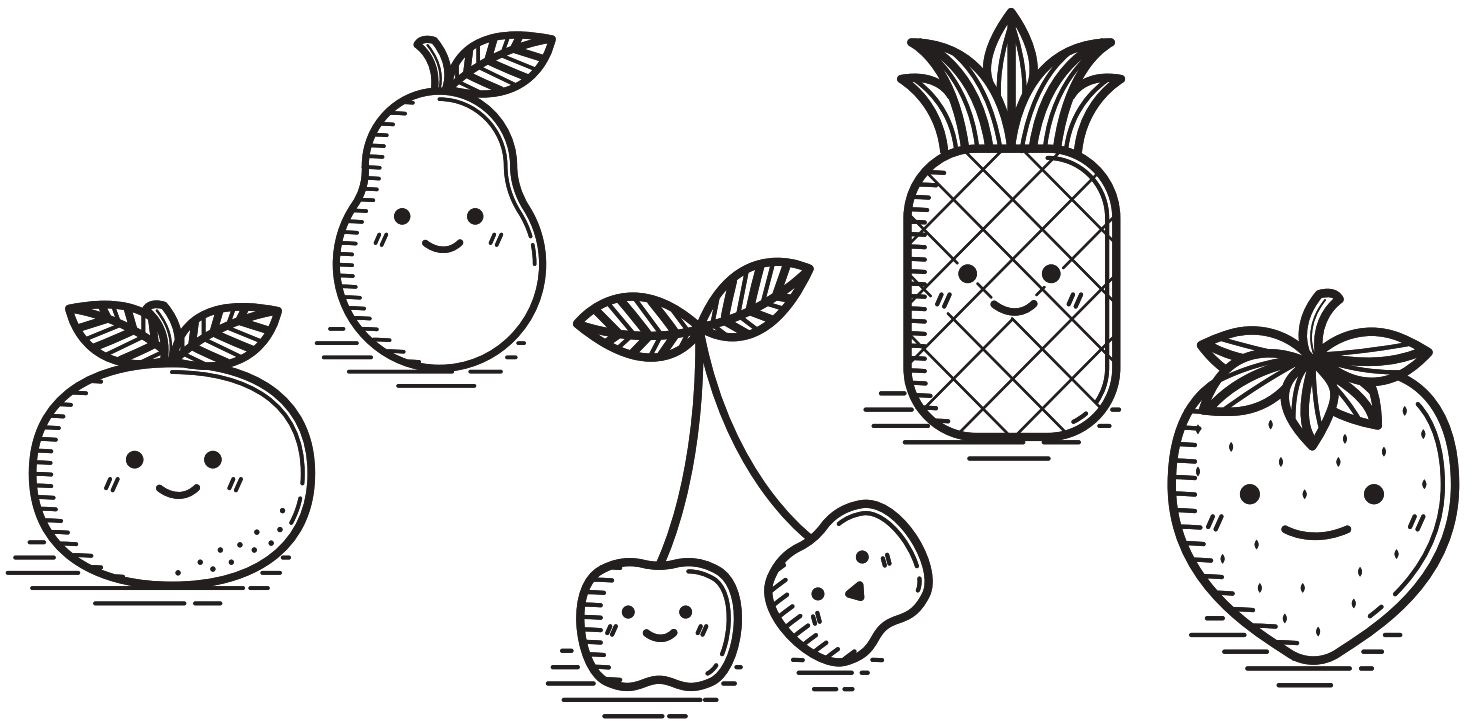
Reflection Questions:

Which was your favorite Fruit and why?
What Fruit do you think you need more of and why?

TODAY I'M THANKFUL FOR

Put The Fruit Into Action:

Pick your favorite Fruit (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control) and try to show that Fruit all day long.



The Fruit Of The Spirit

