

Faith Learning Unit Studies

THEMED CHRISTIAN HOMESCHOOL UNIT STUDIES FOR K-5

A THEMED CHRISTIAN HOMESCHOOL UNIT STUDY · GRADES K-3

The Fruit of the Spirit

A Nine-Part Character Unit Study



“But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control.”

Galatians 5:22-23 · NKJV

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Unit Guide — Fruit of the Spirit

FOR THE TEACHING PARENT

When the Holy Spirit lives in us, He grows good “fruit” in our lives (Galatians 5:22-23). This nine-part unit helps children understand and practice each fruit — one at a time — through Scripture, discussion, copywork, and everyday action.

◆ The nine fruit at a glance

Fruit	What it means
Love	Caring for others the way God cares for us — putting others before ourselves.
Joy	A deep gladness in God that stays even when things are hard.
Peace	A calm, trusting heart, because God is in control.
Patience	Waiting and bearing with others without grumbling.
Kindness	Being gentle, helpful, and tenderhearted to everyone.
Goodness	Choosing what is right and doing good to others.
Faithfulness	Being trustworthy and true — keeping our word and following God.
Gentleness	A soft, humble spirit that treats others with care.
Self-Control	Ruling over our feelings and choices, with God’s help.

◆ How to use each fruit

Every fruit page opens with a one-line **objective**, then the key verse, a kid-friendly definition, “What it looks like,” copywork, a “Practice It” challenge, two “Talk About It” discussion questions, and a **Little Ones / Growing Learners** pair so one lesson fits several ages. Take one fruit per day or per week.

◆ Parent guidance

- Model the fruit yourself first — children learn character by watching.
- Catch your child living out the fruit during the week and name it out loud.
- Pray together for the Holy Spirit to grow each fruit (Galatians 5:22-23).
- Use the Review page to help your child name and explain all nine.

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The Fruit of the Spirit • Love

GALATIANS 5:22-23 • FRUIT 1 OF 9

OBJECTIVE Learn that love means caring for others the way God cares for us.

"A new commandment I give to you, that you love one another; as I have loved you, that you also love one another." John 13:34 • NKJV

Love Caring for others the way God cares for us — putting others before ourselves.

◆ What it looks like

sharing and taking turns

being patient with family

loving even when it's hard

◆ Copywork

Love one another.

◆ Practice It This Week

Do one kind, loving thing for someone in your family without being asked.

◆ Talk About It

1. How did Jesus show His love for us?
2. Who is someone God is asking you to love this week?

LITTLE ONES

Draw a heart and give it to someone you love.

GROWING LEARNERS

Write down three ways you can show love to your family this week.

DRAW A TIME YOU SHOWED LOVE

Memory verse: "The fruit of the Spirit is love, joy, peace..." — Galatians 5:22-23 (NKJV)

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The Fruit of the Spirit • Joy

GALATIANS 5:22-23 • FRUIT 2 OF 9

OBJECTIVE See that joy is a deep gladness in God that stays even in hard times.

“Rejoice in the Lord always. Again I will say, rejoice!” **Philippians 4:4 • NKJV**

Joy A deep gladness in God that stays even when things are hard.

◆ What it looks like

singing and thanking God

encouraging a friend

being glad in the Lord

◆ Copywork

Rejoice in the Lord always.

◆ Practice It This Week

Make a “joy list” of five things you thank God for, and share it at supper.

◆ Talk About It

1. What is the difference between joy and just being happy?
2. What can you thank God for even on a hard day?

LITTLE ONES

Sing a happy praise song together.

GROWING LEARNERS

Keep a one-week joy journal — one thing you thank God for each day.

DRAW A TIME YOU SHOWED JOY

Memory verse: “The fruit of the Spirit is love, joy, peace...” — Galatians 5:22-23 (NKJV)

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The Fruit of the Spirit • Peace

GALATIANS 5:22-23 • FRUIT 3 OF 9

OBJECTIVE Understand that God's peace is a calm, trusting heart because He is in control.

"Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid." **John 14:27 • NKJV**

Peace A calm, trusting heart, because God is in control.

◆ What it looks like

staying calm when upset

making peace, not fighting

trusting God when worried

◆ Copywork

My peace I give to you.

LITTLE ONES

Take three slow breaths and say, "God is with me."

◆ Practice It This Week

When you feel upset today, stop and pray before you speak.

◆ Talk About It

1. What makes you feel worried, and what can you do about it?
2. How does trusting God bring peace?

GROWING LEARNERS

Write a worry on paper, then a verse or prayer that answers it.

DRAW A TIME YOU SHOWED PEACE

Memory verse: "The fruit of the Spirit is love, joy, peace..." — Galatians 5:22-23 (NKJV)

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The Fruit of the Spirit • Patience

GALATIANS 5:22-23 • FRUIT 4 OF 9

OBJECTIVE Learn that patience is waiting and bearing with others without grumbling.

“rejoicing in hope, patient in tribulation, continuing steadfastly in prayer;” Romans 12:12 • NKJV

Patience Waiting and bearing with others without grumbling.

◆ What it looks like

waiting your turn

not getting angry quickly

finishing a hard job

◆ Copywork

Be patient in trouble.

◆ Practice It This Week

Wait cheerfully for something today without complaining.

◆ Talk About It

1. When is it hardest for you to be patient?
2. How does God show patience with us?

LITTLE ONES

Practice waiting quietly while a timer counts to twenty.

GROWING LEARNERS

Name a situation where you'll choose patience this week, and how.

DRAW A TIME YOU SHOWED PATIENCE

Memory verse: “The fruit of the Spirit is love, joy, peace...” — Galatians 5:22-23 (NKJV)

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The Fruit of the Spirit • Kindness

GALATIANS 5:22-23 • FRUIT 5 OF 9

OBJECTIVE See that kindness is being gentle, helpful, and tenderhearted to everyone.

“And be kind to one another, tenderhearted, forgiving one another, just as God in Christ forgave you.” Ephesians 4:32 • NKJV

Kindness Being gentle, helpful, and tenderhearted to everyone.

◆ What it looks like

helping without being asked

speaking gently

forgiving quickly

◆ Copywork

Be kind to one another.

LITTLE ONES

Do one secret act of kindness for a family member.

◆ Practice It This Week

Write or draw a thank-you for someone who has been kind to you.

◆ Talk About It

1. What is one kind thing someone did for you?
2. Who around you needs kindness right now?

GROWING LEARNERS

Plan and carry out a kind surprise for a neighbor or friend.

DRAW A TIME YOU SHOWED KINDNESS

Memory verse: “The fruit of the Spirit is love, joy, peace...” — Galatians 5:22-23 (NKJV)

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The Fruit of the Spirit • Goodness

GALATIANS 5:22-23 • FRUIT 6 OF 9

OBJECTIVE Learn that goodness is choosing what is right and doing good to others.

“Therefore, as we have opportunity, let us do good to all, especially to those who are of the household of faith.” Galatians 6:10 • NKJV

Goodness Choosing what is right and doing good to others.

◆ What it looks like

telling the truth

doing good to all

obeying God’s Word

◆ Copywork

Do good to all.

◆ Practice It This Week

Find a chore that isn’t yours and do it to bless your family.

◆ Talk About It

1. What does it mean to “do good to all”?
2. What is one right choice that is hard for you?

LITTLE ONES

Tidy something that isn’t yours, just to help.

GROWING LEARNERS

List two good deeds for this week and check them off when done.

DRAW A TIME YOU SHOWED GOODNESS

Memory verse: “The fruit of the Spirit is love, joy, peace...” — Galatians 5:22-23 (NKJV)

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The Fruit of the Spirit • Faithfulness

GALATIANS 5:22-23 • FRUIT 7 OF 9

OBJECTIVE Understand that faithfulness is being trustworthy and true — keeping our word and following God.

“He who is faithful in what is least is faithful also in much; and he who is unjust in what is least is unjust also in much.” **Luke 16:10 • NKJV**

Faithfulness Being trustworthy and true — keeping our word and following God.

◆ What it looks like

keeping promises

being dependable

following Jesus daily

◆ Copywork

Be faithful.

◆ Practice It This Week

Keep one promise this week, even when it’s hard, and thank God for helping you.

◆ Talk About It

1. Why can people trust someone who is faithful?
2. How is God faithful to us?

LITTLE ONES

Finish a small job you started, all by yourself.

GROWING LEARNERS

Choose one promise to keep this week and tell how you kept it.

DRAW A TIME YOU SHOWED FAITHFULNESS

Memory verse: “The fruit of the Spirit is love, joy, peace...” — Galatians 5:22-23 (NKJV)

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The Fruit of the Spirit • Gentleness

GALATIANS 5:22-23 • FRUIT 8 OF 9

OBJECTIVE See that gentleness is a soft, humble spirit that treats others with care.

"A soft answer turns away wrath, But a harsh word stirs up anger." **Proverbs 15:1 • NKJV**

Gentleness A soft, humble spirit that treats others with care.

◆ What it looks like

a soft answer

being tender with little ones

handling things carefully

◆ Copywork

A soft answer turns away wrath.

LITTLE ONES

Practice holding something breakable, gently and carefully.

◆ Practice It This Week

Practice a "soft answer" the next time someone is upset with you.

◆ Talk About It

1. How can a "soft answer" change an argument?
2. When is it hard to be gentle?

GROWING LEARNERS

Rewrite a harsh sentence as a gentle one that could calm an argument.

DRAW A TIME YOU SHOWED GENTLENESS

Memory verse: "The fruit of the Spirit is love, joy, peace..." — Galatians 5:22-23 (NKJV)

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The Fruit of the Spirit • Self-Control

GALATIANS 5:22-23 • FRUIT 9 OF 9

OBJECTIVE Learn that self-control is ruling over our feelings and choices, with God's help.

"Whoever has no rule over his own spirit Is like a city broken down, without walls." **Proverbs 25:28** · NKJV

Self-Control Ruling over our feelings and choices, with God's help.

◆ What it looks like

stopping before you react

saying no to wrong

waiting instead of grabbing

◆ Copywork

Rule over your own spirit.

LITTLE ONES

Play "red light, green light" and practice stopping right away.

◆ Practice It This Week

Choose one thing to say "no" to this week that isn't good for you.

◆ Talk About It

1. What is one thing you find hard to say no to?
2. How does God help us with self-control?

GROWING LEARNERS

Pick one habit to say "no" to this week and track how you do each day.

DRAW A TIME YOU SHOWED SELF-CONTROL

Memory verse: "The fruit of the Spirit is love, joy, peace..." — Galatians 5:22-23 (NKJV)

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Fruit of the Spirit Review

CAN YOU NAME ALL NINE?

Say Galatians 5:22-23 from memory. Check the box for each fruit you can name and explain.

- | | | |
|-------------|--------------------------|--|
| 1. Love | ☐ | ☐ |
| 2. Joy | ☐ | 6. Goodness ☐ |
| 3. Peace | ☐ | 7. Faithfulness ☐ |
| 4. Patience | ☐ | 8. Gentleness ☐ |
| 5. Kindness | | 9. Self-Control ☐ |

◆ Memory Verse Copywork

The fruit of the Spirit is love, joy, peace... — Galatians 5:22-23

◆ Think and Pray

Which fruit is the Holy Spirit growing in you right now? Ask God to help you grow it more. “Walk in the Spirit, and you shall not fulfill the lust of the flesh.” (Galatians 5:16)

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