Embrace the Fruits of the Spirit
# Table of Contents

**Welcome Note to Directors** .......................................................................................................................... 4

**Schedule** ............................................................................................................................................... 5

**Faithfulness in Cuba** – Galatians 5: 22-25 and Genesis 6: 11-32 .............................................................. 6

  - Lesson: Fruits of the Spirit and Noah ........................................................................................................ 6
  - Letter: Jose ................................................................................................................................................ 11
  - Craft: Hand Painted Palm Trees .............................................................................................................. 12
  - Activity: Noah Dominoes .......................................................................................................................... 13
  - Snack: Frutabomba Milkshake and Ritz Cuban Minis ........................................................................... 14

**Love in Haiti** – Ruth 1: 1-18 .......................................................................................................................... 16

  - Lesson: Ruth and Naomi .......................................................................................................................... 16
  - Letter: Fredna ........................................................................................................................................... 20
  - Craft: Button Bracelets ............................................................................................................................ 21
  - Activity: Compliment Relay ..................................................................................................................... 22
  - Snack: Haitian Corn Bread ...................................................................................................................... 23


  - Lesson: The Poor Woman’s Offering ....................................................................................................... 24
  - Letter: Zonya .......................................................................................................................................... 27
  - Craft: Jamaican Doctor Bird .................................................................................................................... 28
  - Activity: Giveaway .................................................................................................................................. 29
  - Snack: Jamaican Gizzada ....................................................................................................................... 30
Joy in the Dominican Republic – Matthew 2: 1-11 .......................................................... 37

Lesson: The Wise Men ........................................................................................................... 37
Letter: Christian ....................................................................................................................... 41
Craft: Flower Balls .................................................................................................................. 42
Activity: Skits .......................................................................................................................... 43
Snack: Dominican Limeade or Lemonade and Habichuelas Dulces ....................................... 44

Appendix ................................................................................................................................ 46

Share with Us .......................................................................................................................... 46
Global Ministries Partners ....................................................................................................... 47
Sample Letter to Parents ......................................................................................................... 50
List of Supplemental Materials ............................................................................................... 51
“Fruit of the Spirit” Song Lyrics ............................................................................................ 52
List of Books ............................................................................................................................. 54
Caribbean Map .......................................................................................................................... 55
Colombia Map ........................................................................................................................... 58
Cuba Map ................................................................................................................................ 59
Dominican Republic Map ..................................................................................................................59

Haiti Map ........................................................................................................................................60

Jamaica Map ......................................................................................................................................60

Noah’s Ark Dominoes .....................................................................................................................61
Welcome Note to Directors

*Embrace the Fruits of the Spirit* is a children’s curriculum designed to help children discover the fruits of the spirit and how to apply them in their daily lives while exploring the Caribbean. In this material you will meet the children of Cuba, Haiti, Jamaica, the Dominican Republic, and Colombia. See how the children of these countries live out their values in their daily lives.

Each lesson contains a letter from a child in that country, a story from the Bible that demonstrates a fruit of the spirit, a craft, a game, and a song. Connect your children to Global Ministries’ Caribbean Initiative and help them see how their faith is connected to real children and real places in the world today. The Bible stories are paired with children today, encouraging children to consider how these lessons apply to their own lives.

In creating this resource, we have been mindful of the concerns of congregations. Craft activities can be completed with recycled materials and the recipes are nourishing and healthy (with the exception of some delicious desserts!). You will find a wide variety of activities that emphasize team building, communication, and fun in addition to providing opportunities for children to get moving. We have also made every effort to make cultural connections throughout the curriculum to enhance children’s understanding of the region.

We recommend creating “family groups” for larger groups (10+) so that each child has opportunities to engage in conversations and receive help for crafts and activities. Each family group should have 4-6 students. By having the children stick together for the week, they will be able to form and strengthen relationships. If you are using family groups, you may want to consider having groups alternate between the activity and the craft, while keeping all children together for the story and letter portion of the day.

Adults are necessary in the following roles:

- Lead teacher - This person reads explanations of the cities in the Bible from the curriculum, shares the letter from the Christian child who lives in that city today, and leads an informal discussion. This role can be shared between several people.
- Craft teacher – To guide the craft for the day and to prepare the necessary materials.
- Kitchen director – To prepare and share snacks
- Activities coach – To lead games and gather supplies necessary for the activities.

We recommend having at least one adult with First Aid competence as well as individuals who can fill in as needed.

Setting the Scene

Use textiles, wooden furniture, potted plants, and terra cotta pots to decorate your spaces. This curriculum brings Caribbean countries to life, so draw inspiration from the tropics. Keep in mind that for the people of the Caribbean the ocean can be a source of life (fishing) and a source of fear (hurricanes).

Gathering Supplies

We know that Christian educators are endlessly creative. We hope you will make this curriculum your own. If you are looking for more ideas, Pinterest has lots of ideas for visual creativity and additional games and crafts. A list of suggested supplies can be found in the appendix.

For Additional Information

Global Ministries Caribbean Initiative: [http://www.globalministries.org/caribbeaninitiative](http://www.globalministries.org/caribbeaninitiative)
# Schedule

<table>
<thead>
<tr>
<th>Country</th>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cuba</td>
<td>Day 1</td>
<td>Haiti</td>
<td>Jamaica</td>
<td>Colombia</td>
<td>Dominican Republic</td>
</tr>
<tr>
<td>Haiti</td>
<td>Day 2</td>
<td>Love</td>
<td>Generosity</td>
<td>Peace</td>
<td>Joy</td>
</tr>
<tr>
<td>Jamaica</td>
<td>Day 3</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Colombia</td>
<td>Day 4</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dominican Republic</td>
<td>Day 5</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fruit of the Spirit</td>
<td>Faithfulness</td>
<td>Love</td>
<td>Generosity</td>
<td>Peace</td>
<td>Joy</td>
</tr>
<tr>
<td>Child's Letter</td>
<td>Jose</td>
<td>Fredna</td>
<td>Zonya</td>
<td>Nicolás</td>
<td>Christian</td>
</tr>
<tr>
<td>Lesson</td>
<td>Noah</td>
<td>Ruth and Naomi</td>
<td>The Poor Woman's Offering</td>
<td>The Sermon on the Mount</td>
<td>The Wise Men</td>
</tr>
<tr>
<td>Song</td>
<td>Rise and Shine</td>
<td>Love Round</td>
<td>Sanctuary</td>
<td>Peace Like a River</td>
<td>I've got the Joy, Joy, Joy</td>
</tr>
<tr>
<td>Craft</td>
<td>Hand Painted Palm Trees</td>
<td>Button Bracelets</td>
<td>Jamaican Doctor Bird</td>
<td>Paper Plate Peace Signs</td>
<td>Flower Balls</td>
</tr>
<tr>
<td>Activity</td>
<td>Noah Dominoes</td>
<td>Compliment Relay</td>
<td>Giveaway</td>
<td>Stack It Up</td>
<td>Wrap-up Skit</td>
</tr>
<tr>
<td>Snack (suggested)</td>
<td>Frutabomba Milkshake and Ritz Cuban Minis</td>
<td>Haitian Corn Bread</td>
<td>Jamaican Grizzada</td>
<td>Oven Baked Sweet Plantains</td>
<td>Dominican Limeade or Lemonade and Habichuelas Dulces</td>
</tr>
<tr>
<td>Story</td>
<td>Drum Dream Girl</td>
<td>Bouki Dances the Kokioko</td>
<td>The Crab Man</td>
<td>Waiting for the Biblioburro</td>
<td>The Secret Footprints</td>
</tr>
<tr>
<td>Supplemental Video</td>
<td>God's Story: Noah</td>
<td>Ruth and Naomi</td>
<td>The Widow's Offering</td>
<td>The Blessed Bee</td>
<td>The Magi</td>
</tr>
</tbody>
</table>
**Faithfulness**

**Galatians 5:22-25 and Genesis 6: 11-32**

**Materials Needed**

Map of Caribbean (p. 55), map of Cuba (p. 59), covenant for working together (p. XX), Noah Dominoes (p. 61), name tags (optional), “Fruit of the Spirit” song lyrics (p. 52)

**Welcome**

*Welcome children and volunteers to Vacation Bible School.*

*Have the leaders introduce themselves with their name, a fun fact or two about themselves, and their role for the upcoming week [ex: “Hello my name is Margaret and I'll be teaching you to play some new games this week. My favorite candy is Reese’s”].*  

*Go over some rules for your time together (building rules, running?, speaking when someone else is speaking, no hitting or fighting). In the appendix, you will find a “rules” document that can be modified to be a “covenant” document that might be helpful in this process. Leaders can add or delete as they want.*

This week we are going to learn about the fruits of the spirit. The fruits of the spirit aren’t actual fruit. They’re characteristics, or good qualities, that are found in the Bible. They’re characteristics or qualities that people need to work on to become good people and good followers of Jesus.

There are 9 fruits of the spirit, but this week we’re only going to talk about five of them: love, joy, peace, generosity, and faithfulness. The fruits of the spirit come from a letter that one of Jesus’s Disciples wrote to new Christians to help them learn how to become good followers of Jesus.

*Read Galatians 5:22-25 or the following adapted version.*
The fruits of the Spirit are love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. If we live by the Spirit, let us also be guided by the Spirit.

Each day we will learn about a new fruit and read a story from the Bible that teaches us how to show the fruits of the spirit with others in our lives. Then we’re going to travel to a country in the Caribbean and meet someone your age who sees that fruit in their lives, too. We are going to have so much fun!

We will make crafts, eat snacks, and play games every day. Many of them will be from the country to which we travel. Before we begin our adventures, let’s learn a song that will help us to remember the fruits of the spirit.

*Play/sing Fruit of the Spirit song.*

Today, we’re going to learn about the story of Noah. Who has heard of Noah? Noah lived a very long time ago, and was an interesting man, but his life was kind of a zoo. He built a big boat also known as an ark and did a lot of counting—he must have been really good at math. Noah listened to God and always trusted in God. Noah was known as a faithful man.

Just from hearing a little bit about Noah, what do you think today’s fruit of the spirit is? Today’s fruit of the spirit is ‘faithfulness.’

*Ask the children to say the word faithfulness together.*

We’re going to learn about these fruits in a few different languages! Many of the people in these countries that we’re talking about this week do not speak English. They speak other languages like Spanish or Haitian Creole. So, we’re going to learn how to say each fruit of the spirit in English, in Spanish, and in Creole. I hope you’re ready!

- **Spanish:** fe (pronounced ‘fay’, rhymes with ‘hay’)
- **Creole:** fidelite (pronounced ‘fee-dell-ee-tay’)

There are many different countries we will travel to this week! As we travel the Caribbean, we will learn more and more about the fruits of the spirit. To do that, we will go on a journey together! Since the countries in the Caribbean are surrounded by water, we will need to take a boat to travel to them. This is exciting! So now we’re all going to board our boat and go sailing...
until we reach the first country on our list, Cuba. All aboard! Have children move to area of room that is set up like the deck of a boat with sounds of the ocean playing in the background.

Now, everyone close your eyes and listen to the sounds of the ocean and imagine that we’re sailing on the water. Can you feel the movement of the water? And here we are! Everyone open your eyes. We’re in Cuba!

Opening Prayer

God, help us to show the fruits of the spirit like the people in the Bible. As we learn about faithfulness today, help us to be like Noah and our friends in Cuba. We pray for our brothers and sisters in the Caribbean and especially for the children we are going to meet this week. Help us listen (point to ears), see (point to eyes), and speak (point to mouth) about your love and how we can show faithfulness. Amen.

Lesson

Divide children into their (predetermined) “family” groups and dismiss to family group time.

In family groups, have introductions of leaders and children. Play one or two icebreaker games and make nametags.

Now we begin with the story of Noah and the Ark. Noah built a big boat just like we took to get here to Cuba. Do any of you know the story of Noah? I’m going to read it to you, and while I’m reading, I want you to listen for ways Noah showed faithfulness, because I’m going to ask you about this after the story.

Read Genesis 6:11-22 or following adapted version. You may also show the video listed in the supplemental materials on page 51.

God was thinking about the people on earth and God’s heart became very sad. God could see that all the people had become very bad, so bad that they had stopped thinking of anything good. God was so sad and hurt that it seemed better to start all over.

Because Noah was the only faithful person left on earth, God remembered Noah. Noah was a good man and he listened to God.

So God said to Noah, "I am going to put an end to all the people because the earth is full of fighting. I am going to wash them away and start all over."

God then gave Noah instructions on how to make a big boat called an ark. The ark was humongous!

Next, God made a promise to Noah. God would save him, his wife, and his three sons and their families. Noah’s family would be safe in the ark.
God also wanted to protect the animals. Two of all living creatures, boy and girl, went on the ark with Noah and his family.

There had to be enough food for all the people and the animals for as long as they were on the boat. It was a very full, noisy, stinky place to be, but they would all be safe.

There were all kinds of animals aboard the ark, including the animals we find in the Caribbean like capybaras, anteaters, howler monkeys, giant tortoises, ocelots, tapirs, and jaguars! *(If possible, show photos or have animal figures for children to look at/play with.)*

Noah showed great faithfulness by listening to every instruction God gave him. It took a lot of faith for Noah to build a huge boat and fill it up with all of those animals before it even started raining. He had to believe in God’s promise. That’s the kind of faithfulness God wants us to show.

*Sample discussion questions:*

- What would it have been like for all of those animals to live on one boat?
- What does faithfulness mean to you?
- What are ways you show faithfulness?

Now we’re going to meet Jose who lives in Caimto, Cuba. In Cuba, Global Ministries works with the Martín Luther King, Jr. Memorial Center. The Center is a school for people to learn about God and how God works in the world. At the school, they practice their faithfulness to God by inspiring others to do good in their neighborhoods. In many ways, they have much in common with Noah.

*Show map of Caribbean, point out Cuba.*

*Show map of Cuba, point out where Jose is from.*

Cuba is the closest Caribbean Island to the U.S. What islands are close to Cuba?

*Read letter from Jose or have children read the letter together out loud.*

*Sample discussion questions:*

- After reading the story of Noah and meeting Jose, what does faithfulness mean to you?
- How do you show faithfulness?
Closing Time

Repeat both scriptures and ask what they learned about the fruits of the spirit, faithfulness, Cuba, and/or Noah.

Tomorrow, we will travel to Haiti where we will learn about another fruit of the spirit and meet another child.

Sing/play Fruits of the Spirit song.

Closing Prayer

Thank you, God, for teaching us about faithfulness through the story of Noah. We are glad to know there are faithful people all over the world, like our friend, Jose, in Cuba. We pray that what we learned today will help us to be more faithful to you in our lives. Thank you for the many ways we are learning to grow in our faith. In Jesus’ name, we pray. Amen.

If you looked down on Cuba from an airplane, the island of Cuba resembles a crocodile or alligator and so Cuba is often referred to in Spanish as "El Cocodrilo" (the crocodile) or "El Caimá" (the alligator). Take a look at the map and see if it looks that way to you.
Hola! My name is Jose. I’m 9 years old and live in Caimito, Cuba. I like to study, play with my friends, and go for walks with my dad. My friends and I really like playing hide and seek, riding our bikes, and practicing soccer. I see the beauty of God’s creation all around me as I explore my homeland. At church I play the violin during worship, and I love having a special way to praise God with my talents.

Faithfulness is listening to God. It means being a good friend and supporting my parents like they support me. Sometimes faithfulness can be shown in being obedient – like doing what my parents ask me to do, and sometimes showing faithfulness means sharing my toys with my friends when they don’t have any. I like to be a person that others known will be helpful and friendly.

I would ask you to pray that I get better and better at violin so I can become a professional musician someday, and that you will pray for me and my friends to know how to listen to God.
Craft

Hand Painted Palm Trees

Materials: Green and brown finger paint, markers or colored pencils, paper, paper plates, paint brush

God shows his faithfulness over and over in the Caribbean. When storms crash against the shores and blow down the trees, God finds a way of planting new ones, showing that God is always with the people of the Caribbean. Did you know that at one point there were no plants on any of the islands? Then one day a coconut washed up on the shore, and out of it grew a WHOLE palm tree. Soon the Caribbean was covered with them. Today in our craft we’re going to be making our own special palm trees using our own hands.

Directions:

1. Dip the side of a fist into green paint and stamp on to paper in a semi-circle pattern to form one half of the leaves of the palm tree.
2. Complete other half of the semi-circle using the same steps with the other hand.
3. Use a paintbrush to create the trunk of the tree.
4. Dip thumb in brown paint and use as a stamp to create coconuts in and around the tree.
5. Set aside to dry.
6. Once dry use markers or colored pencils to fill in the landscape with sun, land, water, houses, birds, etc.
7. Help students write the fruits of the spirit on the coconuts

Craft adapted from [http://tippytocrafts.blogspot.fr/2012/08/hand-printed-palm-trees.html](http://tippytocrafts.blogspot.fr/2012/08/hand-printed-palm-trees.html)
Activity

Noah Dominoes

**Materials:** One set of animal dominoes (p. 61) cut along lines per group of 2-3 children

God told Noah to fill his ark with 2 of every kind of animal, and Noah showed his faithfulness by following God’s instructions. Today we’re going to be playing a game that is popular in Cuba and that reminds us of Noah’s faithfulness – Dominoes! On each domino there are two pictures of animals. You take turns playing a tile that matches the one your friends just played. If you don’t have any matches, you’ll have to keep drawing until you find one that does. The winner is whoever gets rid of all their dominoes first! Be like Noah, and get those animals on the ark 2 by 2!

**Directions:**

Each player starts by drawing five dominoes off the stack. Then they turn over the top domino as the starting point. The players can match either side of the starting tile. Players take turns clockwise either playing tiles or drawing tiles until they can play. The goal is to get rid of all of your dominoes.
**Snack**

**Frutabomba (Papaya) Milkshake**

**Ingredients:**
- 1/4 medium-sized frutabomba (papaya), peeled and seeded
- 1 cup milk or soy milk
- 1 1/2 tbs brown sugar
- 1 tsp vanilla extract or vanilla powder
- pinch of salt
- 3-4 ice cubes

**Directions:**
1. Place all ingredients in a blender and blend until smooth.
2. Enjoy immediately.

Recipe adapted from: [https://karma-free-cooking.com/2008/02/01/frutabomba-milkshake/](https://karma-free-cooking.com/2008/02/01/frutabomba-milkshake/)

**Ritz Cuban Minis**

It might not seem like a little bite of history, but did you know that snacks like this have a very deep connection with Cuba? The Tainos, the original native people of Cuba, used to make little sandwiches with fish and chicken, but when the Spanish arrived they started adding new flavors like pork and cheese. These very different cultures combined to create this tasty snack.

**Ingredients** (makes 20 sandwiches):
- 1 (16 ounce) package fully cooked pulled pork without the sauce*
- 10 (1/2 ounce) slices thin sliced smoked deli ham, cut in half
- 5 thin slices baby Swiss cheese, cut into quarters
- 20 Kosher dill pickle chips
- 1/4 cup Dijon mustard
- 40 Ritz Crackers
- 20 frilled toothpicks (optional)

**Directions:**
1. Preheat broiler on high. Set an oven rack about 5 to 6 inches from the heat source. Line a large baking sheet with foil.
2. With two forks, break apart any large chunks of the packaged pulled pork. Place the pork between several layers of paper towels and press, to get it as dry as possible. (This will help prevent the cracker from softening before serving.)

3. To assemble sandwiches: Place 20 Ritz Crackers, flat side up, on the prepared baking sheet. Top each with approximately 1 tablespoon pulled pork. Next, fold a 1/2 slice of ham into thirds and place on top of pulled pork. Then, top ham with the quarter-slices of baby Swiss cheese.

4. Place the baking sheet 6-inches under the broiler until cheese is melted and bubbly, 1 to 2 minutes. Remove from broiler.

5. Top each mini bite with a 1/2 pickle slice and about 1/2 tsp. mustard then top with remaining crackers, flat side down.

6. Optional: Gently insert a fancy toothpick into the middle hole of the Ritz Cracker to help hold it together.

7. Serve immediately.

*If you cannot find fully cooked pork without sauce, you can use packaged pulled pork with BBQ sauce in it. Just rinse the pork in a colander with water, drain well, and press between several layers of paper towels to get the pork as dry as possible.

Recipe adapted from: http://allrecipes.com/recipe/235902/ritz-cuban-minis/
L ove

Ruth 1: 1-18

Materials Needed

Map of the Caribbean (p. 55), map of Haiti (p. 60), copies of Fredna’s letter for each student (optional), “Fruit of the Spirit” song lyrics (p. 52)

Welcome

Welcome children and volunteers.

Play/sing Fruit of the Spirit song.

Let’s all board our boat and go sailing until we reach the next country on our list, Haiti. All aboard! Have children move to area of room that is set up like the deck of a boat with sounds of the ocean playing in the background.

Now, everyone close your eyes and listen to the sounds of the ocean and imagine that we’re sailing on the water. Can you feel the movement of the water? And here we are! Everyone open your eyes. We’re in Haiti!

Today, we’re going to learn the story of Ruth and Naomi. Naomi was Ruth’s mother-in-law and Ruth stuck by Naomi through a lot of hard times—they even moved to a new country together! They loved each other very much and Ruth couldn’t imagine life without Naomi.
After hearing that little bit about Ruth and Naomi, what do you think the spirit is that we’re going to talk about today?

LOVE. Today’s fruit of the spirit is ‘love.’

   Spanish: amor (pronounced ‘ah-more’) 
   Creole: renmen (pronounced ‘wren-men’)

Today, we’ll be learning about love and the country of Haiti. We’ll meet Fredna who lives in Port-Au-Prince, Haiti. In Haiti, Global Ministries works with the House of Hope. House of Hope is a place for children who are working to support their families. They help women and girls learn job skills. House of Hope also works to make peace and create strong leaders in their community. House of Hope is a place where love is shown in many ways each and every day just like the love Naomi and Ruth showed for each other.

Show map of Caribbean, point out Haiti.

Show map of Haiti, point out where Fredna lives.

Haiti is located on the island of Hispaniola in the Caribbean. Hispaniola is shared between Haiti and the Dominican Republic (which we’ll learn more about later this week).

The name Haiti means mountains in the native language. Haiti was once a safe hiding place for pirates in the Caribbean. Haiti had gold mines (places where they dig up gold out of the ground) and easy escape routes for the pirates.

Opening Prayer

God, as we learn about love today, help us to be like Ruth and Naomi and our friends in Haiti. Open our hearts to listen, see, and speak about your love and how we can love others in our own lives. Be with us, we pray. Amen

Lesson

Now we begin with the story of Ruth and Naomi. I’m going to read it to you, and while I’m reading, I want you to listen for ways Ruth and Naomi showed love, because I’m going to ask you about this after the story.
Read Ruth 1: 1-18 or the following adapted version. You may also show the video listed in the supplemental materials on page 51.

A long time ago in Bethlehem, there was no food and everyone was hungry. Naomi, her husband, and their two sons decided to move to a new place that had plenty of food for them to eat. After a while Naomi’s husband got sick and died, but she wasn't alone. She had her two sons and they helped take care of each other.

Naomi’s sons got married, but people were still hungry and after ten years her sons died too. Now Naomi had only her sons’ wives to keep her company. Their names were Orpah and Ruth.

Naomi told Orpah and Ruth, "Even though there is no food, I am going to go back to where I used to live in Bethlehem. I would like you to go back to your own families where you lived before you married my sons. May God show you the same kindness you have shown me." All the women cried and hugged each other.

Orpah didn't want to leave Naomi, but Naomi told her not to worry, she would be fine. So Orpah went back to her family. No matter what Naomi said to Ruth, Ruth would not leave. Ruth said, "Don't ask me to leave. Where you go, I will go, and where you stay, I will stay. Your friends will be my friends and your God will be my God."

Ruth and Naomi returned to Bethlehem together. Ruth loved Naomi so much she refused to leave her. Together, they made a new life in Bethlehem.

Sample discussion questions:

- How did Ruth show love for Naomi?
- What do you think it was like for Ruth to go to Bethlehem and leave her home?

Read letter from Fredna or have children read the letter together out loud.

Sample discussion questions:

- What does love mean to you?
- Who do you love?
- Who gives you love? How does that person show you love?

Closing Time

Repeat the scripture and ask what they learned about love, Haiti, and/or Ruth and Naomi.

Tomorrow we will travel to Jamaica where we will learn about another fruit of the spirit and meet another child.
Sing/play *Fruits of the Spirit* song.

**Closing Prayer**

Thank you, God, for teaching us about love through the story of Ruth and Naomi. We are glad to know there are faithful people all over the world, like our friend in Haiti, Fredna. We pray that what we learned today will help us to love others in our lives. Thank you for the many ways we are learning to grow in love. In Jesus’ name, we pray. Amen.
Bonswa! My name is Fredna and I’m from Port-au-Prince, Haiti. I am 14 years old and live with my grandma and my aunties. My parents don’t live together, and I wish they did so that we could live as one big family. I like listening to music, talking with my friends, and playing when we can. Every morning, I start my day with prayer, thanking God for the night. At night, I do my homework and talk with my grandma about everything I learned that day, and she helps me if I have any problems. Then, I pray before bed again, thanking God for the day.

I love going to church on Sunday, but I worship and give thanks to God every day. My favorite part of church is the sermon from the pastor. He teaches so many lessons that help me find strength and overcome the challenges in my life. It feels like God is talking just to me.

When I think of love, I think it is an amazing and priceless thing. When God gives you love, you have to share it with everyone around you – your family and friends, your neighbors, but even your enemies. I see love everywhere, in church, at home, in school. Showing love means appreciating someone, giving them respect, listening to them, showing them that you care about them.

I love God, and ask that God will continue to give me good health so I can continue my education; I often get stomach aches and headaches.
Craft

Button Bracelets

**Materials:** Twine cut into 12-inch segments (2 lengths per child), large colorful buttons (more than 1 per child), scissors

God’s love connects us to God, but also to new friends around the world. This simple button bracelet helps us to remember that we are one thread, connected to God, and connected to other threads through God.

**Directions:**

1. Choose button
2. Take two pieces of twine, fold each in half
3. String the folded end of the twine through the back side of one hole in the button
4. Hold the two cut ends of the twine and put through the loop made in the twine on the front side of the button
5. Repeat on second hole in button
6. Tie the two pieces of twine together (using all four ends) around wrist
7. Trim ends (leaving enough space to take off and re-tie later)
Activity

Compliment Relay

In our story today, Ruth shows her love for Naomi by staying with her, even though she has to go somewhere new. Another way we can show our love to our friends is by saying nice things about them. Sometimes we forget to tell the people around us how much we love them.

Directions:

Players form two equal teams. Half of each team stands on opposite sides of the room. Players then have a relay race, where they run across the room and give a compliment to the person waiting to run. The person receiving the compliment cannot start running until their partner has finished speaking. The winning team is the one that finishes first.

Demonstrate sincere compliments before the game begins “I really like the way you ___________,” “Thank you for always ______________,” “It’s really nice how you always ________.” Once the race is completed, have participants switch teams so they are complimenting someone new. Challenge students not to recycle compliments – so that they listen to what others are saying about their friends.
Snack

Haitian Corn Bread

Ingredients:

- 2 Tbs. melted butter
- 1/2 tsp. salt
- 1 c. flour
- 3 tsp. baking powder
- 3/4 c. corn meal
- 1 egg
- 1-1/2 Tbs. sugar

Directions:

1. In shallow pan, about 10"x14", melt butter.
2. Sift flour, corn meal, sugar, salt and baking powder together into a large bowl.
3. Beat egg in smaller bowl, add milk, then melted butter and gradually pour mixture into dry ingredients, mixing without beating, until well blended.
4. Add a little more butter to pan, which should still be hot.
5. Pour in batter and bake 25 to 30 minutes at 425 degrees.

Recipe from: http://recipes.wikia.com/wiki/Haitian_Corn_Bread
Generosity

Luke 21: 1-4

Materials Needed

Map of the Caribbean (p. 55), map of Jamaica (p. 60), copies of Zonya’s letter for each student (optional), “Fruit of the Spirit” song lyrics (p. 52)

Welcome

Welcome children and volunteers.

Play/sing Fruit of the Spirit song.

Let’s all get on board our boat and go sailing until we reach the next country on our list, Jamaica. All aboard! Have children move to area of room that is set up like the deck of a boat with sounds of the ocean playing in the background.

Now, everyone close your eyes and listen to the sounds of the ocean and imagine that we’re sailing on the water. Can you feel the movement of the water? And here we are! Everyone open your eyes. We’re in Jamaica!

Today, we are going to learn about giving. Jesus looked in the temple and saw two people giving gifts. One, a poor woman, did it quietly, the other did it loudly just to show off to other people.

Can you guess what the fruit of the spirit is?

GENEROSITY. Today’s fruit of the spirit is ‘generosity.’

Spanish: bondad (pronounced ‘bone-dahd’)

Creole: jenewozite (zhen-eh-wahz-ee-tay)

Later, we’ll meet Zonya who lives in Tower Isle, Jamaica. In Jamaica, Global Ministries works with the Pringle Home for Children and Mount Olivet. Children come to them because their
homes aren’t safe. Pringle Home for Children and Mount Olivet help these children by teaching them, letting them play, helping them to find good jobs when they’re old enough, and encouraging them to participate in worship.

Show map of the Caribbean, point out Jamaica.

Show map of Jamaica, show where Zonya is from.

Opening Prayer

God, as we learn about generosity today, help us to be like the poor woman and our friends in Jamaica. Open our hearts to listen, see, and speak about your generosity and how we can be generous in our own lives. Be with us, we pray. Amen

Lesson

Now we begin with the story of the poor woman’s offering. I’m going to read it to you, and while I’m reading, I want you to listen for ways the woman showed generosity, because I’m going to ask you about this after the story.

Read Luke 21: 1-4 or the following adapted version. You may also show the video listed in the supplemental materials on page 51.

Jesus was teaching in the temple when he saw many rich people dressed in beautiful clothes come and put a lot of money in the temple offering. When the rich people gave their gifts, they made a big show of it to make sure that everyone knew how much they had given.

Jesus also watched a poor woman give a gift of two small copper coins. The two coins were not even worth a penny! The woman was very quiet about her gift, and gave so that nobody would notice what she was doing.

Jesus said, “This poor woman has given more to the temple than all of the rich people. The rich people have given gifts to the temple and have plenty more money. The poor woman has given all she has.”

Sample discussion questions:

- How did she show generosity?
- How do you think the rich people felt when Jesus said the woman had given more?
Read letter from Zonya or have children read the letter together out loud.

Sample discussion questions:

- What does generosity mean to you?
- How do you show generosity?

Closing Time

Repeat the scripture and ask what they learned about generosity, Jamaica, and/or the poor woman.

Tomorrow, we will travel to Colombia where we will learn about another fruit of the spirit and meet another child.

Sing/play Fruits of the Spirit song.

Closing Prayer

Thank you, God, for teaching us about love through the story of the poor woman and her 2 coins. We are glad to know there are faithful people all over the world, like our friend in Jamaica, Zonya. We pray that what we learned today will help us to be more generous in our lives. Thank you for the many ways we are learning to grow in generosity. In Jesus’ name, we pray. Amen.

Did you know that they drive on the left side of the road in Jamaica? What side do we drive on in America? Do you know any other places where they drive on the left side of the road?
Hello! My name is Zonya and I’m 9 years old. I live in Tower Isle, Jamaica. My family is special to me and they love me very much. I love my family because we do many things for each other, and they always help me with my homework and studying for tests. We also pray together every night before going to bed. I like going to church and hearing stories from the Bible. Sometimes we have Children’s Sunday, we play games, eat snacks, and dance!

Generosity to me is like kindness. I show generosity to others by being kind to other people, like helping someone up after they’ve fallen down at school. I see it every morning when my mom makes me breakfast, or when my friends share their snacks with me. Generosity is part of everyday life in my community, sharing the things we have with each other.

I would like to ask for prayers that all of my friends and I can earn good grades, and that we will continue to find new ways to be generous with each other.
Craft

Jamaican Doctor Bird

Materials: 1/4” styrofoam eggs, 1/2” styrofoam ball, madras tissue paper, yellow and blue cellophane, wiggle eyes, nylon filament, toothpicks, paper clip and pencil, tape, scissors, glue stick and liquid glue, pencil

The national bird of Jamaica is the Doctor Bird – which is a very special kind of hummingbird. We’re going to use this special symbol to remind us that God calls us to be generous.

Directions:

1. On strips of paper, make generosity reminders – either words or pictures that will remind you of today’s story.
2. Insert a toothpick into the large end of a styrofoam egg. Press and glue styrofoam ball on the other end of toothpick.
3. Fold a 12” x 18” piece of madras tissue paper in half lengthwise, then lengthwise again and fold lengthwise one more time making an 18” a 11/2” folded strip. Cut strip into 1/2” x 11/2” sections. Open sections. The madras tissue paper goes from light to dark.
4. Body: Starting at smallest (tail) end of egg, apply a ring of glue stick around egg. Stick a strip of tissue around egg. Start with light color and work to dark. Pinch to gather tissue to make it conform to egg shape. Apply another ring of glue stick around styrofoam and edge of applied tissue. Stick another strip of tissue around egg, overlapping the previous tissue strip by about 1/4”. Continue adding tissue strips around egg shape body.
5. Head: Apply glue stick on the beak side of styrofoam ball. Stick a small piece of tissue on ball. Apply a ring of glue stick around styrofoam ball and edge of applied tissue. Stick a strip of tissue around ball. Continue adding glue and overlapped tissue until ball head is covered.
6. Tail & Wings: Cut a 4” x 10” piece blue cellophane and two 4” x 10” pieces yellow cellophane. Accordion fold each piece, starting at 4” ends and making about 1/2” folds. Tightly wrap a piece of scotch tape around one end of folds. Poke holes in body for tail and wing placement using a sharp pencil point. Make holes about 1/4” wide. Add white glue in each hole. Stick tape end of tail and wings in position.
7. Glue wiggle eyes on face. Dip the end of a toothpick in glue. Poke glued end in position for beak.
8. Press a paper clip into the top of the bird. Thread the nylon filament thru loop to hang.
9. Press a paper clip into the bottom of the bird to hang 2-3 generosity reminders.

Adapted from http://www.craftsforkids.com/projects/900/909_4.htm
Activity

Giveaway

**Materials:** One hula hoop or basket for each group and one additional, items to go in each hoop or basket (i.e. bean bags, small balls, pillows)

The poor woman showed her generosity by giving all that she had, in this game we’ll be practicing our generosity by trying to give it all away too, so that we can see how much fun it can be to give to our neighbors.

**Directions:** Split group into teams of equal size. Each group will have a hula hoop or tub roughly the same distance from the tub in the middle. For round 1, team members take turns taking one item out of the middle or out of another team’s tub and dropping it in their own. For round 2, team members take turns taking one item out of the middle or their own tub and dropping it into another teams tub. Members take turns until the music stops or the time is up. The winner is the team with the fewest items in their own bin as they showed the most generosity.

**Follow up:** How did it feel trying to give instead of take? Was it fun being generous?
Snack

Jamaican Gizzada

Ingredients for filling:

- 1 cup water
- 1 ½ cups grated coconut
- 1 ½ lb. brown sugar
- ¼ tsp. grated nutmeg
- 1 oz. butter

Directions for filling:

1. Heat water and sugar together on low heat to make syrup.
2. Add the grated coconut and other ingredients, except butter, to the syrup and allow boiling for 15 minutes. Stir the ingredients with a fork occasionally.
3. Add butter and stir ingredients to cook for another 6 minutes or until butter is not visible in the filling.
4. Allow the filling to cool.

Ingredients for pastry:

- 2 cups flour
- Ice water
- 1 tsp. shortening
- 1 tbsp. butter
- ½ tsp. salt

Directions for pastry:

1. Preheat oven to 350 degrees.
2. Sift flour and salt together. Cut in butter and shortening and add water as needed to attain desired dough consistency. After making dough, place in a plastic wrapping and keep in the refrigerator for 30 minutes.
3. Flour a large cutting board. Remove the dough from the fridge and use a rolling pin to roll dough on a cutting board to a ¼ inch thickness.
4. Using an 8-oz drinking glass, or a cookie cutter, cut circles in the dough. Pinch around the circled pieces of dough in a uniform pattern; this will give the decorated effect. Pinch the dough to make a holder for the filling.
5. Remove the dough pieces for the filling and place on a greased baking sheet. Bake the dough pieces at 350 degrees for 15 minutes. Remove and add the filling to the baked dough. Bake the gizzadas for another 20 minutes.
6. Allow to cool before eating.

Recipe adapted from: [http://www.jamaican-recipes.com/gizzada.html](http://www.jamaican-recipes.com/gizzada.html)
Peace

Matthew 5: 1-12

Materials Needed

Map of the Caribbean (p. 55), map of Colombia (p. 58), copies of Nicolás’s letter for each student (optional), “Fruit of the Spirit” song lyrics (p. 52)

Welcome

Welcome children and volunteers.

Play/sing Fruit of the Spirit song.

Let’s all get on board our boat and go sailing until we reach the next country on our list, Colombia. All aboard! Have children move to area of room that is set up like the deck of a boat with sounds of the ocean playing in the background.

Now, everyone close your eyes and listen to the sounds of the ocean and imagine that we’re sailing on the water. Can you feel the movement of the water? And here we are! Everyone open your eyes. We’re in Colombia!

Jesus taught us how to be a good person by being kind to others and not fighting. What do you think the fruit is today?

PEACE. Today’s fruit of the spirit is ‘peace.’

Spanish: paz (pronounced ‘pause’)

Creole: lapè (pronounced ‘lah-pay’)

Later, we’ll meet Nicolás who lives in Cali, Colombia. In Colombia, Global Ministries works with the Council of Evangelical Churches of Colombia (CEDECOL). CEDECOL
helps people who have been through really hard times. They work to take care of all people, bring peace, and make sure women are treated as well as men. They join with other churches around Colombia to show the peace of God to everyone.

*Show map of the Caribbean, point out Colombia.*

*Show map of Colombia and where Nicolas is from.*

There has been a war going on in Colombia for a long time—almost 60 years. That’s longer than most of your parents have been alive! But they have really exciting news! They’re working on creating peace. They’re trying not to yell at other people and call them names, and they’re trying to become better together.

**Opening Prayer**

God, as we learn about peace today, help us to be like Jesus and our friends in Colombia. Open our hearts to listen, see, and speak about your peace and how we can show peace in our own lives. Be with us, we pray. Amen

**Lesson**

Now we begin with something Jesus taught his followers. I’m going to read it to you, and while I’m reading, I want you to listen for ways Jesus wants people to act, because I’m going to ask you about this after the story.

*Read Matthew 5: 1-12 or the following adapted version. You may also show the video listed in the supplemental materials on page 51.*

One day Jesus took his Disciples up on the mountainside for some peace and quiet. Jesus sat down and began to speak to them. Jesus taught them about being grateful, thoughtful, peaceful, and about how to love.

He said to them, “Blessed are those who are sad, for they will be comforted. Blessed are those who hunger and thirst, for they will be filled. Blessed are the pure in heart, for they will see God. Blessed are the peacemakers, for they will be called children of God.” Those are wonderful lessons for all of us.

**Sample discussion questions:**

- What surprises you about Jesus’ blessings?
- What does this scripture tell us about being a peacemaker?

*Read letter from Nicolás or have children read the letter together out loud.*
Sample discussion questions:

- What does peace mean to you?
- How can we show peace in our community?

Closing Time

Repeat the scripture and ask what they learned about peace, Colombia, and/or the Beatitudes.

Tomorrow, we will travel to the Dominican Republic where we will learn about another fruit of the spirit and meet another child.

Sing/play Fruits of the Spirit song.

Closing Prayer

Thank you, God, for teaching us about peace through Jesus’ teachings. We are glad to know there are peaceful people all over the world, like our friend in Colombia, Nicolás. We pray that what we learned today will help us to show peace in our lives. Thank you for the many ways we are learning to grow in peace. In Jesus’ name, we pray. Amen.

Nicolás’s Letter

Hola! My name is Nicolás. I am 10 years old and live in Cali, Colombia. I like helping my parents around the house, playing soccer, and spending time with my cat. I also really like going for walks with my friends. At church I really enjoy the music, and I feel good when I learn more about the teachings of Jesus. Sometimes we get to take special trips to the countryside and play hide and seek. It’s so much fun. Sometimes the pastor lets me read something in worship or help with collecting the offerings, that makes me feel really good when I can be helpful.

Peace is so important to me. In my country there is so much violence, and the word peace reminds me that a new and different world will come. A world that will be better. A world without so much bad news. My favorite way to show peace is to help other people, I think this shows the love of God to others, and not just to the person we help. I see peace in so many places, sometimes it’s as simple as sitting down with my family and praying together before we eat.

I would ask you to pray for there to be more peace in my country, and peace all over.
**Craft**

**Paper Plate Peace Signs**

**Materials:** Paper plates, masking tape, paint, paint brushes

Peace doesn’t happen overnight. It’s something we have to work for everyday so that more people in our families, neighborhoods, and communities can experience God’s gift of peace. Our craft today will help us to remember the important work we have a peacemakers, by creating symbols of peace.

**Directions:**

1. Mark off peace signs on the plates with the tape
2. Allow students to paint as they wish
3. Allow to dry
4. Remove the tape to reveal the pattern

Adapted from https://www.kiwico.com/diy/Arts-and-Crafts-Projects/1/project/Paper-Plate-Peace-Sign/1543
Activity

Stack It Up

Materials: Rubber bands (the stronger the better), string/yarn, 10 light plastic cups per group.

Jesus calls us to be peacemakers – and peace starts by learning to work together. In today’s game we’re going to be learning how to work together and communicate with each other clearly so that we can all win. In each group you’re going to be given a special tool for stacking the cups – I’ll give you a little time to practice, and then we’ll have a few races to see which team can work best together to accomplish the challenge.

Directions:

Prior to the session, make rubber band tools by tying 4 pieces of string roughly equidistant on to a rubber band.

Give each group (up to four participants) one rubber band. Each person controls one string on the rubber band. For groups of less than four, one person may need to control two strings. Using the rubber band, the group must work together to pick up a cup. Give each group a few minutes to practice picking up and moving the plastic cups with their rubber bands.

Have teams stack cups or create pyramids with 6-10 cups, and see who can finish the quickest. Mix teams up between rounds, and then ask teams to reflect on what went right, what went wrong, and the importance of communication in making it work.

Video demonstration - https://www.youtube.com/watch?v=RkoRNWozdus
Snack

Oven Baked Sweet Plantains

Ingredients:

- Very ripe plantains (yellow skins with spots of black)
- Cooking spray

Directions:

1. Preheat oven to 450 degrees.
2. Spray nonstick cooking sheets with cooking oil.
3. Peel and slice plantains into 1-2 inch slices.
4. Place in single layer and coat tops with cooking spray.
5. Bake for 10 to 15 minutes, turning occasionally. Plantains are done when golden brown but still very tender.
6. Serve warm with sour cream or yogurt.
Joy

Matthew 2: 1-11

Materials Needed

Map of the Caribbean (p. 55), map of the Dominican Republic (p. 59), copies of Christian’s letter for each student (optional), “Fruit of the Spirit” song lyrics (p. 52)

Welcome

Welcome children and volunteers.

Play/sing Fruit of the Spirit song.

Let’s all get on board our boat and go sailing until we reach the next country on our list, the Dominican Republic. All aboard! Have children move to area of room that is set up like the deck of a boat with sounds of the ocean playing in the background.

Now, everyone close your eyes and listen to the sounds of the ocean and imagine that we’re sailing on the water. Can you feel the movement of the water? And here we are! Everyone open your eyes. We’re in the Dominican Republic!

Today, we’re going to hear about Jesus’ birth, but from another point of view! The point of view of the wise men, who were very happy to find out that Jesus had been born. What do you think today’s fruit of the spirit is?

JOY. Today’s fruit of the spirit is ‘joy.’

Spanish: gozo (pronounced ‘go-zo’)

Creole: jwa (pronounced ‘juh-wah’)

Later, we’ll meet Christian who lives in Boca Chica, Dominican Republic. In the Dominican Republic, Global Ministries works with Caminante. Caminante means "One Who Walks the Path" in Spanish. Caminante is an organization that knows about the problems children and teens face in their community every day and Caminante works to make their lives better. They
have a safe space where hundreds of people come to get help. Children, teens, and even entire families can share in fun activities and games together, all while learning skills and learning to make their community better.

*Show map of the Caribbean, point out Dominican Republic.*

*Show map of Dominican Republic, show the city where Christian is from.*

**Opening Prayer**

God, as we learn about joyfulness today, help us to be like the wise men and our friends in the Dominican Republic. Open our hearts to listen, see, and speak about joyfulness and how we can show joy in our own lives. Be with us, we pray. Amen

**Lesson**

Now we begin with a story from the wise men of Jesus' birth. I'm going to read it to you, and while I'm reading, I want you to listen for how people were joyful, because I'm going to ask you about this after the story.

*Read Matthew 2: 1-11 or following adapted version. You may also show the video listed in the supplemental materials on page 51.*

When Jesus was born, a very mean king ruled the land. His name was King Herod.

Soon after Jesus was born, wise men were traveling on their camels. One night the wise men noticed a very unusual star in the sky. Joy filled their hearts. They knew that this star meant that Jesus, the One who would save the world, had been born!

When King Herod heard this, he got very jealous because he wanted to be the most important person.

He called a meeting and asked where this special baby had been born. The people replied, "In Bethlehem." They knew this because they heard that one day a special person would come from Bethlehem and bring joy to all the people.

Then, King Herod called the wise men to a secret meeting and learned from them exactly where they saw the star. King Herod told them, "Go and find this child. As soon as you find him, tell me where he is, so that I can go and worship him." King Herod was being sneaky.
After they had spoken to King Herod, the wise men left to find Jesus. They didn't know exactly where he was, but at night they followed the star to the east. They followed the star until it hung right over the very place where Jesus was.

When they finally found baby Jesus, they were full of wonder and joy. Jesus was with his mother, Mary, and the wise men bowed down to worship him. Joy filled their hearts and the wise men decided not to tell King Herod where they found baby Jesus. King Herod planned to hurt Jesus, so the wise men took a different way home. The joy Jesus shared with the wise men changed the world forever!

Sample discussion questions:

- How did the wise men show joy?
- What were they celebrating?

Read letter from Christian or have children read the letter together out loud.

Sample discussion questions:

- What makes you happy?
- What happens when people around you are happy and joyful? (Do you get happy, too?)
- How do you celebrate?

Closing Time

Repeat today’s scripture and ask what they learned about joy, the Dominican Republic, and/or the wise men.

Now we’re all going to board our boat and travel back to the U.S. as our time together comes to an end. All aboard! Have children move to the area of room that is set up like the deck of a boat with sounds of the ocean playing in the background.

Sing/play Fruits of the Spirit song.

Closing Prayer

Thank you, God, for teaching us about joyfulness through the story of the three wise men. We are glad to know there are joyful people all over the world, like our friend in the Dominican Republic, Christian. We pray that what we learned today will help us to show joyfulness in our lives.
Thank you for all of the lessons we have learned this week about the fruits of the spirit and for this time together to make new friends and to grow closer to you. We pray for our friends across the Caribbean and around the world. In Jesus’ name, we pray. Amen.

**FINAL FACT**

The island of Hispaniola is the home of both the Dominican Republic and Haiti (which we learned about earlier this week). Both countries have shared problems of not enough money, bad leaders, hurricanes, and earthquakes. They also have beautiful beaches and pleasant warm weather. Both places have many problems and many joys.
Hola! My name is Christian and I’m a high school student in Boca Chica. In my family, there are six people, and I have 4 brothers and one sister. My sister has two little children who also live with us. My father doesn’t live with us, and my mother works as a janitor. I’m 14 years old, but I started going to the homework room at Caminante when I was 8. It has helped me to become a better student. My hobbies are playing soccer, practicing guitar, and learning about technology.

At church I enjoy the prayers, and sometimes they let me play guitar for the music. We spend a lot of time at church and we often have lunch together after worship.

Joy shows up all around me. I see it in each person’s smile, and I feel it when I’m playing with my friends. When you face life with a smile, God helps you to see more and more good things around you. I find joy in helping other people, especially working with the people in my community to make life better for the children here. I hope you will pray with me for Boca Chica so that the lives of the kids in my neighborhood will have more and more joy in them.
Craft

Flower Balls

**Materials:** Flower seeds, potter’s clay powder, peat-free compost, water, bowl, baking tray

When the wise men saw the star, their hearts filled with joy. Did you know we can help share that same feeling of joy in our own communities?

Today we’re going to be making flower balls, so that we can plant brightly colored flowers in places where others will be able to enjoy them. These flowers won’t just bring smiles to people’s faces, but they’ll also provide food for butterflies, bees, and hummingbirds!

**Directions:**

1. Mix the seed, clay, and compost together in a bowl in a ratio of three handfuls of clay, five handfuls of compost, and one handful of seed.
2. Then carefully add water slowly and gradually (you don’t want it too gloopy), mixing it all together until you get a consistency that you can form into truffle-sized balls.
3. Lay them out to bake dry on a sunny windowsill for at least three hours.

Adapted from [https://www.gardenista.com/posts/diy-wildflower-seed-bombs/](https://www.gardenista.com/posts/diy-wildflower-seed-bombs/)
**Activity**

*Go over each scripture and story from each day briefly, ask children to retell the story and talk about what they learned from the story and from the fruit.*

Cuba and faithfulness - Bible story: Noah builds the ark from Genesis 6:11-22

Haiti and love - Bible story: Ruth and Naomi from Ruth 1:6-18

Jamaica and generosity - Bible story: The poor woman with two coins from Luke 21:1-4

Colombia and peace - Bible story: Jesus teaches peace to his Disciples from Matthew 5:1-12

Dominican Republic and joy - Bible story: The wise men rejoice from Matthew 2:1-11

*After discussing the stories, each group is assigned a story to create a play to present in front of the whole group.*

*All the groups will then come back to the main room (at predetermined time) and present their play. It could also be possible to have the children perform their skits for the congregation in worship to show the exciting lessons they learned at VBS.*

**Sample questions for discussion:**

- What did you learn about the fruits of the spirit this week?
- How will you show the fruits of the spirit in your life?
- Which of the fruits do you think we need the most? Why?
Snack

Dominican Limeade or Lemonade

Ingredients:

- 2 limes or lemons, quartered and any seeds removed**
- 8 cups of cold water
- Approximately ½ cup of sugar, more or less, based on your preference
- Ice cubes as desired and lemon/lime slices to garnish

Directions:

1. Place the quartered limes or lemons in the blender with 4 cups of water and sugar.
2. Blend until the limes or lemon is completely pulverized, the mixture should be slightly foamy with a whitish color.
3. Strain the lemonade and add the remaining 4 cups of water.
4. Serve with or without ice based on individual preference.

**Blend the whole limes/lemons, skin and all. It gets bitter quickly, so drink it the same day you make it.

Recipe from https://www.laylita.com/recipes/2008/05/30/limonada-lemonade-or-limeade/

Habichuelas Dulces

This is a Lenten tradition in the Dominican Republic.

Servings: 8

Ingredients:

- 4 cups red kidney beans (or cranberry beans) boiled soft
- 1/2 cup raisins
- 2 cinnamon sticks
- 6 cups water from boiling the beans
- 1 cup sugar
- 2 cups coconut milk
- 3 cups evaporated milk
- 1/2 tsp salt
- 1/2 lb. sweet potatoes, cut into small cubes
- 10 cloves

To garnish:
• 8 pieces cassava bread (casabe), may be omitted
• 1 cup milk cookies (see notes)
• 2 tsp butter

Directions:

1. Soak the beans in water overnight. Change the water and boil until soft.
2. Put the beans (and the water in which they boiled) in a blender and puree. Strain the beans to get rid of the skins and undissolved solids. Pour the beans, coconut milk, and half the milk into a pot and bring to a boil over medium heat. Add the rest of the milk, salt, sugar, raisins, cinnamon, cloves and sweet potatoes and boil for 10 minutes. Stir regularly to avoid sticking.
3. Boil until reduced to about 3/4 of the original volume (the cream of beans will get much thicker when chilled).
4. Spread butter on the cassava bread, sprinkle with salt and put in the oven until it turns golden brown.
5. Serve the beans chilled with the cassava on the side. Put cookies in the beans when you serve.

Recipe Notes

These are a few options for modifying habichuelas dulce to adapt them to different diets: exchange regular milk for almond, rice or soy milk; artificial sweeter in lieu of sugar (cook everything without the sugar and add the sweetener as the last step); and Animal Crackers or mini Graham Crackers in lieu of milk cookies.

Recipe adapted from https://www.dominicancooking.com/979-habichuelas-con-dulce-sweet-creamed-beans.html
Share With Us

Please use this form to let us know when and where you used *Fruits of the Spirit* curriculum so we can share your story with others and so that you can offer suggestions and comments about this curriculum. Return the form to either the Cleveland, OH office or the Indianapolis, IN office (addresses are on the final page).

Date___________________________________________

Your Name______________________________________________________________

Role in program______________________________________________

Phone_________________________ E-mail________________________________________

Church Name__________________________________________________________

(street) (city) (state) (zip)

My overall rating of the *Fruits of the Spirit* curriculum is:
Excellent Good Fair Poor

The best parts of the *Fruits of the Spirit* curriculum are:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

My suggestions for improving the *Fruits of the Spirit* curriculum are:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
Global Ministries Partners

For those wishing to learn more about the Caribbean and Global Ministries’ partners in the countries feature in this curriculum, we invite you to explore the organizations below.

**Colombia**

The **Council of Evangelical Churches of Colombia** (CEDECOL) works in areas of human rights, peace, women’s rights and much more. It represents 70% of Christian evangelicals in the Colombian population. They join with churches around Colombia to be activists for the human cause.

The **Christian Center for Justice, Peace and Nonviolent Action** (Justapaz) seeks to embody and serve non-violence through programs working towards transforming Colombia into a just and peaceful state.

**Cuba**

The **Cuban Council of Churches** (CIC) gives unity to the Christian Churches of Cuba and helps unify Cuban churches with other churches around the world. The CIC encourages dialogue between different movements and institutions as a means for churches to expand their ecumenical vocation of service, thus deepening their responsibilities towards society and all of God’s creation.

The **Dr. Martin Luther King, Jr. Memorial Center** is an organization of Christian inspiration in which Cuban people and their churches contribute prophetically to the solidarity of their country and communities. Their contribution is made with education in critical, liberating and contextual theology. [http://cmlk.org](http://cmlk.org)

The **Evangelical Seminary of Theology** provides high-level theological education to prepare students for full-time ministry in churches and other Christian service endeavors throughout Cuba and elsewhere.

The **Christian Pentecostal Church of Cuba** is a grassroots church established in 1956 by Puerto Rican missionaries. Its total membership is approximately 15,000 people and is scattered throughout Cuba.

**Dominican Republic**

**Alfalit Dominicano** is a faith-based literacy program. They work to serve students through literacy and basic education, preschool, and job skills programs.

**Caminante** provides a safe space where hundreds of youth and their families will receive counseling and participate in recreational and formation programs. Their mission is to
promote participation, encourage empowerment and personal growth for the construction and recovery of healthy environments (family, school, peers, and community) with shared values such as solidarity, honesty, respect, and peace.

The **Christian Center of Family Counseling** (CECAF) focuses on providing counseling for both single mothers and for families who are facing economic struggles.

The **Evangelical Church of the Dominican Republic** has a passion for evangelism, starting new churches, and Christian education. They are also active in medical outreach and clean water projects.

**Social Services of the Dominican Churches** (SSID) works to address the needs of the poorest through community organizing, educational projects, and leadership.

**Haiti**

The **National Spiritual Council of Churches** (CONASPEH) vision is to eliminate the racial, state and religious exclusion of which member churches have been victims and to promote religious, economic, social, moral and intellectual development in the country.

The **Ecumenical Committee for Peace and Justice** has many programs including a primary school, technical school, health services, and programs for young mothers and elderly individuals without family. They run the House of Hope, an educational program for children/youth living as indentured servants or “restaveks.”

**Jamaica**

**Mount Olivet** is a home for boys between the ages of 6 and 18 years old who are in need of care and protection. The home is a refuge to promote healing in a positive living environment for post-institutional children.

**Pringle Home for Children** is a safe haven for girls who have been abandoned or abused emotionally, sexually, and physically. Services include schooling, employment training, recreation, life skills, behavioral management, conflict resolution training and devotions.

The **United Church in Jamaica and the Cayman Islands** recognizes that when the church, the people of God, are united in God’s love, it is easier to reach out to each other and the church is better positioned to make a positive difference in the world.

The **United Theological College of the West Indies** seeks to provide Theological Education in a student-centered environment that promotes spiritual, emotional, and social development, and prepares men and women for mission and service.

The **International University of the Caribbean** was founded by the United Church in Jamaica and the Cayman Islands in November 2005. The university strives to build educational communities that are committed to life-long learning and, therefore, function as
resource centers for communities and nations in their search for meaningful solutions to the challenges of the 21st century.

Puerto Rico

The Christian Church (Disciples of Christ) in Puerto Rico is dedicated to sharing a message of peace and hope, and has an identity that is defined by their values and history. [http://discipulospr.org](http://discipulospr.org)

The member churches of the Council of Churches of Puerto Rico are centered in the knowledge of Jesus Christ as Lord and Savior, motivated by the gospel to seek the unity of the church (John 17:21), and bound together by a fraternal bond, common history, and similar public witness.

The Evangelical Seminary of Puerto Rico’s mission is to contribute to the integral formation of men and women to serve in Christian ministry and participate in the mission of the people of God in Puerto Rico and the Americas.

The United Evangelical Church of Puerto Rico’s mission answers to a call from God that invites them to adore, proclaim the gospel, educate, serve and reconcile the human being with God and do the same with their neighbors. [http://iglesiaevangelicaunida.org/IEURG/joomla](http://iglesiaevangelicaunida.org/IEURG/joomla)

Venezuela

The Evangelical Pentecostal Union of Venezuela is a grassroots Pentecostal church whose projects include, care for women, care for end stage pregnant women, literacy programs, and helping women with disabled children.
Sample Letter to Parents

This sample letter is for the parents of children who will be participating in this curriculum series. This letter provides some information about the topics that will be covered during the week at Vacation Bible School, and can be helpful in engaging parents more deeply in the content. Feel free to modify it to fit the needs of your congregation.

Dear Parent,

Your child will be participating in *Fruits of the Spirit*, a curriculum for children created by Global Ministries that explores God’s presence in the Caribbean. Each day, children will be learning about a fruit of the spirit, a Biblical character who exemplifies that value, a different country, and what life is like there in the words of children who live there today. We believe this is an exciting curriculum that brings new meaning to familiar stories.

The children from around the Caribbean who share their stories may have many things in common with your child. However, some parts of their lives are vastly different, so we encourage you to maintain an open conversation with your child about what they are learning.

This curriculum is part of the Global Ministries Caribbean Initiative, which invites the whole church to focus on the Caribbean for an 18-month period, beginning July 2017 through the end of 2018. We pray that this program will help to foster a sense of wonder in your child as they explore new places and meet new faithful friends who live there.

Peace,

(Insert Name Here and Church Here)
List of Supplemental Materials

<table>
<thead>
<tr>
<th>Country</th>
<th>Song</th>
<th>Video</th>
</tr>
</thead>
<tbody>
<tr>
<td>All</td>
<td>“Fruit of the Spirit”</td>
<td><a href="https://youtu.be/ymNuBZXCK2o">https://youtu.be/ymNuBZXCK2o</a></td>
</tr>
<tr>
<td>Cuba</td>
<td>“Rise and Shine”</td>
<td><a href="https://youtu.be/R9TsYokm1">https://youtu.be/R9TsYokm1</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="https://youtu.be/4yzNofUxjkQ">https://youtu.be/4yzNofUxjkQ</a></td>
</tr>
<tr>
<td>Haiti</td>
<td>“Love Round”</td>
<td><a href="https://youtu.be/aqeIbhqPO4">https://youtu.be/aqeIbhqPO4</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="https://youtu.be/___5ppDVbUs">https://youtu.be/___5ppDVbUs</a></td>
</tr>
<tr>
<td>Jamaica</td>
<td>“Sanctuary”</td>
<td><a href="https://youtu.be/o_eIJalH8z4">https://youtu.be/o_eIJalH8z4</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="https://youtu.be/MhcqURSxyPs">https://youtu.be/MhcqURSxyPs</a></td>
</tr>
<tr>
<td>Colombia</td>
<td>“Peace Like a River”</td>
<td><a href="https://youtu.be/N2R4D6qhaD8">https://youtu.be/N2R4D6qhaD8</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="https://youtu.be/4ktJagVwNDg">https://youtu.be/4ktJagVwNDg</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="https://youtu.be/bRhoSDof3z8">https://youtu.be/bRhoSDof3z8</a></td>
</tr>
</tbody>
</table>
Verse:
The fruit of the spirit’s not a coconut
The fruit of the spirit’s not a coconut
If you wanna be a coconut, you might as well hear it
You can’t be a fruit of the spirit

Chorus:
Cause the fruit is
Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control

Verse:
Oh, the fruit of the spirit’s not a banana
The fruit of the spirit’s not a banana
If you wanna be a banana, you might as well hear it
You can’t be a fruit of the spirit

Chorus

Verse:
Oh, the fruit of the spirit’s not a watermelon
The fruit of the spirit’s not a watermelon
If you wanna be a watermelon, you might as well hear it
You can’t be a fruit of the spirit
Verse:
Oh, the fruit of the spirit’s not a lemon
The fruit of the spirit’s not a lemon
If you wanna be a lemon, you might as well hear it
You can’t be a fruit of the spirit

Chorus

Verse:
Oh, the fruit of the spirit’s not a cherry
The fruit of the spirit’s not a cherry
If you wanna be a cherry, you might as well hear it
You can’t be a fruit of the spirit

Chorus

Ok, everybody knows that grapes come in bunches, so everybody get in big bunches

Verse:
The fruit of the spirit’s not a grape
The fruit of the spirit’s not a grape
If you wanna be a grape, you might as well hear it
You can’t be a fruit of the spirit

Chorus x3
Recommended Books


NOAH’S ARK

Noah was Faithful
Cuba

Dominican Republic