

Breakin' it Down

The Sessions

| Session & Theme | FRESH FRUIT TOPIC | Bible TOPIC | FOCUS | Life Point | Scripture |
|------------------------------|---|--|--|---|---|
| 1 Fruit Basket | LOVE | With faith and hope in Christ, we are able to truly love others | Christians can look for good in others and work together despite their differences | Put love into action | Galatians 5:14 [NLT] "...Love your neighbor as yourself." |
| 2 Fruit Juice | JOY/PEACE | Let the peace that comes from God rule in our hearts | When there is peace on the inside, joy will show on the outside | Live in peace | Colossians 3:15 [NLT] "And let the peace that comes from Christ rule in your hearts..." |
| 3 Fruit Stand | GENTLENESS, PATIENCE, FAITHFULNESS, KINDNESS GOODNESS | Whenever we have the opportunity, we should do good to everyone, especially other Christians | Look for opportunities to do good things for others | Be good to everyone | Galatians 6:10 [NLT] "Therefore, whenever we have the opportunity, we should do good to everyone..." |
| 4 Fruit Inspection | SELF-CONTROL | Stay away from activities or people who may lead you toward sin | Make choices based on God's will, not on feelings | Don't be friendly with sin | Proverbs 1:10 [NLT] "...if sinners entice you, turn your back on them!" |
| 5 Fruit Salad | LOVE, JOY, PEACE, PATIENCE, KINDNESS GOODNESS, FAITHFULNESS, GENTLENESS, SELF-CONTROL | The Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control | We can know God, love God, remember God, and strive to imitate Him every day | Live each day guided by the Holy Spirit | Galatians 5:22-23 [NLT] "The Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control..." |

