



# FRUITFUL & OVERFLOWING



## THE GIRLS' BRIGADE INTERNATIONAL PROGRAMME RESOURCE 2018





# FRUITFUL & OVERFLOWING

## WELCOME TO THE “FRUITFUL & OVERFLOWING” RESOURCE 2018!

In 2018, The Girls’ Brigade Worldwide is celebrating 125 years of Mission to transform the lives of the Girl Child. At ICGB 2014 we were challenged to ‘Grasp the Vision: Live the Mission’. In 2015 we learnt to ‘Be Expectant’ as we listened to God, in 2016 we were reminded of how we needed to ‘Be Courageous’ and last year we acknowledged that we needed to ‘Be Empowered’ in order to fulfil our mission effectively. We enter the year 2018 with the theme **‘FRUITFUL & OVERFLOWING’**.

So, what does this phrase **“FRUITFUL & OVERFLOWING”** mean? We need to explore what the Bible says about Being Fruitful, Bearing Fruit and Producing Fruit. Doubtless God wants us to be fruitful, so what kind of fruit are we intending to produce?

You will note that during this year we desire not only to be **FRUITFUL**, but in a more significant way, to impact our local and international endeavours by **OVERFLOWING**.

## A MESSAGE FROM OUR INTERNATIONAL PRESIDENT

I am sure we all know the parable of the sower. In this story the hard-working farmer wanted a harvest so he planted his seeds. The seeds, all fell in different places – in the good soil, on the path, in rocky ground and amongst the weeds. Now it is true that not all the seeds brought forth fruit but that did not deter the farmer. You and I, as workers in Girls’ Brigade, have a prime task ‘to help girls to become followers of the Lord Jesus Christ.’ In order to do this we, like the farmer, have to faithfully plant the seeds.

**The soils we are working with are the hearts and minds of our girls and young women.** These young people, our soil, will all be different. They may be confident and self-assured or reserved and low in self-esteem. They will be affected by many influences from a materialistic and often troubled world. They will be influenced, for good or ill, by peer pressure and family traditions. They will be surrounded by secular demands and media manipulation. But when they come to GB, we can ‘be different’ we can surround them with different soil - with love, care, support, a different perspective of life, sound values and a secure environment.

Each one them will receive the message differently. Some will respond to the gospel seeds with enthusiasm; some will reject the message without a second thought; some may go away and reflect on what they have heard; others may challenge and question. Sowing gospel seeds on so many ‘soils’, may be frustrating but the farmer didn’t give up on any part of his field.

Let’s pray for our ‘soil’ the girls and young women that God has given us to work with and let’s see what fruit God will produce in within their lives!





# FRUITFUL & OVERFLOWING

## Introducing the resource

This resource is designed to help GB members worldwide to make a positive impact as they work with girls and young women all around the world exploring our theme and seeing our amazing vision unfold into reality. This year our programme resource has been geared for work with 7-11 year olds, though it can be adapted for other age groups. The theme has been divided into 6 sub-themes

- **Fruitful & Overflowing: Preparing the Land** page 4
- **Fruitful & Overflowing: Planting the Seed** page 6
- **Fruitful & Overflowing: Nurturing the Plant** page 8
- **Fruitful & Overflowing: Growing the Plant** page 10
- **Fruitful & Overflowing: Weeding the Ground** page 12
- **Fruitful & Overflowing: Harvesting the Fruit** page 14

Each sub-theme has:

- **Thoughts and questions (icebreakers):** to get the group talking.
- **Bible Texts and passages:** to centre the session on God's word.
- **Prayer Points:** to encourage girls, officers, friends and family to remember GB around the world. There is a specific emphasis on our five fellowships and a focus on our International Theme '**FRUITFUL & OVERFLOWING**'.
- **Creative Ideas and Games:** to bring the theme to life and engage our girls.

The appendixes have a number of additional resources – songs, creative prayer ideas, crafts etc. which you may use to adapt the resource.

## How to use this resource

This resource provides a range of ideas to engage our young people as they explore our 2018 International Theme, '**FRUITFUL & OVERFLOWING**'. You can use it in many different ways:

- Use it over six weeks delivering one of the sub themes as your programme each week
- Use it over twelve weeks alternating each of the six sub themes here with a focus on a different GB fellowship. Use our SPOTLIGHT leaflets to find out about GB around the world.
- Dip into the resource throughout the year using a game, a craft idea, a creative prayer, a Bible story or text as appropriate. This will keep the international theme fresh in your girls' minds throughout the year.

## Preparing for the session

Before your session get all the things that you need prepared. Ensure you are familiar with the content you will be working with and check that you are clear about the flow of activities. Pray and leave room for the Holy Spirit to teach, reach and inspire you to engage in this resource. Let us use our gifts to the glory of God that we may see: '**GIRLS' LIVES TRANSFORMED: GOD'S WORLD ENRICHED**'.

## Acknowledgements

The President's Committee would like to thank all those who have contributed to this resource: Vivienne Aitchison (International President), Hazel-Ann Boreland (IVP Caribbean Americas), Amanda Cain (GB Australia), Imelda Casuga (GB Philippines), Samantha Cree (GB England & Wales), Quindell Fergusson (GB Jamaica), Chenai Mutambira (GB Zimbabwe), Pauline Taylor (GB New Zealand).



# FRUITFUL & OVERFLOWING

## PREPARING THE SOIL

### Something to get us started

Play the game 'associations'. Ask the group to think of 10 words that they associate with the word – 'BREAD.' e.g. butter, flour, breakfast, sandwich, jam, Repeat the game with other starter words e.g. school, sun, baby. Finally play the game with the word 'SOIL'. List all the words they suggest on a flip chart. Show some garden soil and a piece of fruit and see if they can see the link between the two. Soil is needed to grow the plant that will produce the fruit. Soil is the basis for most growing things. Determine what they know about soil. Soil is a combination of materials, both living and non-living. One part of soil is broken down rock, another is organic matter. Water and air are also a part of soil. These materials help support plant life by providing them with nutrients. Soil also keeps their roots in the ground. Healthy soil is one of the most important factors in growing strong plants.

### Something to make

**You will need:** Stones or large pebbles, paint, paintbrushes, water pots, card or felt, glue, varnish.

**What to do:**

- Give everyone a large stone or pebble (reminding them that soil is made from particles of rock).
- Stick a piece of felt or card on the base of the stone to act as a table protector.
- Decorate the stone by painting (use acrylic paint) a beautiful plant or piece of fruit.
- Allow the paint to dry & varnish the 'picture' to give it a glossy finish.
- Use your stone as a paperweight or ornament.



### Something to understand

**Bible Passage: Matthew 13v.1-9 & 18-23**

Explore the story of the sower emphasising the different soils and helping the group to understand that when we hear stories of God we all respond in different ways.

When a GB leader, a parent or pastor is talking about God they are planting a pretend seed in people's minds. Some people don't understand, what they've heard. If they don't ask questions and find out more, they will forget what they've learnt. It will be like the seeds that fell on the path that were eaten by the birds. The seed will be gone from their mind and it won't grow.

Some people learn something about God and get excited about it. Then they get so busy that they haven't time to read Bible stories, pray or go to GB. The pretend seed in their minds will be like the seed that fell on the rocks. It will not grow.

Some people hear about God but they then get involved with all kinds of things which are like the thorns which choke the plants. Their time is spent with friends who don't know about God, they spend more time listening to the latest pop star, following the latest fashion, they choke out the pretend seeds!

The last seed is the best, it fell on the good ground. If people build on what they hear about God, the seed in their mind will grow and they will be able to tell others about how great God is.



# FRUITFUL & OVERFLOWING

## Something to learn

*'Other seed fell on good soil, where it produced a crop—a hundred, sixty or thirty times what was sown.'*  
**(Matthew 13v.8)**

Make sure that the group understand what this verse means. All the seeds grew and became corns of wheat, but some were better, stronger and more fruitful than others.

**Help the group to learn this Bible verse.**

Write each word of this text on a seed shaped piece of paper.

- Hide the words round the room.
- Allow the group a short time to find all the words.
- Spread the words out.
- See if the group can order the words correctly (there may well be quite a lot of discussion).
- Repeat the process and see if they can do it more quickly.
- If you have a larger group write the verse out twice in different colours. Split your group into teams and make it into a race.

At the end remind the group that the seeds did not all develop their full potential – they were not all as good as they could have been. Ask them to think about themselves. Do people see the best in them?

## Something to play

Provide some music to be played.

- Ask the group to identify four fun actions to represent the four different soils e.g.
  - Rock = form a curled-up ball shape on the floor.
  - Thorns = stand up with fingers and elbows and knees creating jagged shapes.
  - Path = create a bird shape with arms held out to represent birds swooping.
  - Good soil = stand upright and raise arms in air to create a 'flower' shape.
- Tell everyone they have three lives.
- Ask everyone to move around the room to the music.
- When the music stops the leader calls out one of the four soils.
- Everyone has to create the appropriate shape.
- The last person to create the correct shape loses a life.
- Anyone who loses a life helps to judge the rest.
- Last player left with a life wins.

## Something to taste

Give everyone a piece of pineapple and explain that it grows in Jamaica (in the Caribbean) if possible show some pictures of how it grows. Let them try it. Remind them that we have GB in the Caribbean and Americas. If you have time look at one of the GB SPOTLIGHT leaflets from the Caribbean & Americas,



**[www.gbworldwide/resources/spotlight](http://www.gbworldwide/resources/spotlight)** . Talk a little about the fact that GB members there may be exploring this same theme. **Pray for GB in the Caribbean and Americas.**



# FRUITFUL & OVERFLOWING

## PLANTING THE SEEDS

### Something to get us started

You will need two different plants, a real plant (in a flower pot) and a fake plant (plastic or paper). Ask the group to describe the differences between the two plants. List their answers on a board in a table like the one shown here.

A REAL PLANT	A FAKE PLANT
Firm and rooted	Very attractive
Has soil, moisture, manure and good temperature	Lacks moisture, soil, manure, good temperature
Produces fruit	Does not produce fruit

Explain to the group that you are going to think about planting seeds. Do they know what tools are used when planting? A **hoe** is used to dig in the ground which one intends to plant a seed. A **rake** is used to clear the ground. A **watering can** is used to water the plants. A **trowel/spade** will dig a hole for the seeds. List the tools as they are mentioned and let the group draw a tool of their choice.

### Something to make

#### Seed Mosaic Art

**You will need:** Seeds (beans, rice, sunflower seeds, nut shells, etc.), glue, mounting board, small spoon

#### What to do:

- Provide seeds of all sorts e.g. rice, beans, bird seed, corn kernels, and sunflower seeds.
- Design a simple mosaic and make a sketch on the board – make sure it is not too big.
- Use pre-designed sketches for younger ones.
- Squeeze glue on one portion of the image and put seeds on the glue.
- Use a spoon to transfer the smaller seeds.
- Continue until you've covered the entire image.

Pray for the mustard seed type of faith, to know confidently that by planting even the tiniest seed some of the strongest shoots and plants can spring forth.

### Something to learn

*Then **God** said, "Let the land produce vegetation: **seed**-bearing plants and trees on the land that bear fruit with **seed** in it, according to their various kinds." And it was so. (Genesis 1v.11)*

Remind the group of the opening activity when they had a real and a man-made/fake flower. This verse reminds us that it is God who makes the seeds. No man can do this! God is the one who has filled this world with seeds that can grow into plants, trees and produce flowers and fruit. He is our Creator.

#### Help the group to learn this Bible verse.

- Sit the girls in a circle and read the verse out loud.
- Ask the group to read one word each from the verse one after the other.
- One person says the first word and the next person in the circle says the next and so on.
- Start with the verse displayed but after a while remove the text so they have to use their memory.
- Start slowly but gradually raise the pace of the game and change the speed.
- Any person who misses a word or loses a life is out.

You can split the group into two or put them into pairs to play the game.



# FRUITFUL & OVERFLOWING

## Something to understand

### Bible Passage: Mark 4 26-31

The word of God tells us about a man who sows seeds into the ground. It grows into a huge plant. In this case the **man** can be a pastor, a GB leader or a parent. The **seed** is the word of God or a good teaching. The **ground** represents a person who is hearing the word or the teaching. In order for the seed to grow it has to germinate, which the farmer will only see when the plant shoots from the ground. In this case, some people learn of the word of God or get teachings from various leaders, but only their behaviour will determine whether one has taken heed of the word or not. Growth is a process and the results are fruit.

The kingdom of God was likened to a grain of mustard seed, which is the smallest seed but it produces a huge tree, which has a very nice shade and branches which shelter the birds. A Christian should grow in his/her own faith. Even when one's faith seems so small, faith can move mountains

## Something to play

### Knowledge Game

Ask the group to play Knowledge game which only needs a paper and pen.

- They each need a page with four columns headed as shown below

Name	Country	Fruit or vegetable	Flower

- The leader prepares a separate piece of paper with the letters of the alphabet written randomly on it
- One person is blind folded or closes their eyes and randomly picks a letter from the paper.
- Everyone has to think and write down: a name, a country, a fruit and a flower that starts with that letter.
- A second letter is chosen and the process is repeated as many times as you wish.
- A person gains 2 points for each word written in the column or 1 point if other people have written the same name/ word.
- The person with the highest points at the end of the game is completed is the winner.

Name	Country	Fruit or vegetable	Flower
Angela	Angola	Apple	Azaelia

## Something to taste

Give everyone a piece of orange and tell them it comes from Africa (as well as some other hot countries). If possible, show some pictures of how oranges grow. Let everyone try some. Remind them that we have GB in the Africa Fellowship. If you have time look at one of the GB SPOTLIGHT leaflets from Africa



[www.gbworldwide/resources/spotlight](http://www.gbworldwide/resources/spotlight), talk a little about the fact that GB members there may be exploring this same theme. **Pray for GB in Africa.**



# FRUITFUL & OVERFLOWING

## NURTURING THE PLANT

### Something to get us started

This is an icebreaker to help people relax. Sit in a circle and go around the group, asking a series of questions starting with: **If you ...** For example:

- If you could star in a television series, which one would it be?
- If you could live at any time in the past, which era would it be?
- If you could eat any kind of food for lunch, what would it be?
- If you had to be a cartoon character, what one would you be? Why?

After you have had some random topics, focus more on our theme of growing plants and being fruitful

- If you had to be a fruit, which variety would you be? Why?
- If you had to be a flower what kind would you be? Why?
- If you had to be a farmer, what kind of farmer would you be? Why?

### Something to make

#### Pinwheel Daffodil

**You will need:** A square of paper (yellow or something to colour it with), pin or paper fastener, tape, pen/pencil, ruler, scissors, stick/straw/green paper.

#### What to do:

- Start with your **square** of paper (Colour it if it isn't yellow).
- Rule two lines across the square, from one corner to corner, crossing in the middle.
- On each line, mark 2cm from the centre.
- Cut each line from the corner to the mark. Don't cut right to the centre of the square.
- Bring four of the corners to the middle and fix together with split pin. Keep the curve of the paper rather than folding.
- Fix to a stem; use a dowell stick or alternative.



*NB. If you pin the wheel, the daffodil should spin. With younger children you might want to avoid the pin and make a decorative daffodil that doesn't spin. With this, you can secure the corner with the paper fastener or tape and the stem could just be paper/card/a straw.*

### Something to understand

#### Bible Passage: Genesis 2 1-18

Discuss this passage from Genesis where Adam was given responsibility for the Garden of Eden.

- Explain how God created the world ending with creating Adam, the first man (Genesis 2: 7).
- Then explain how Adam was placed in the garden of Eden, which was made so perfect.
- As God didn't live on the Earth, he gave Adam the responsibility of looking after Eden and nurturing the garden.
- Today, just like then, God cares for us and the world. He wants us to look after the Earth on His behalf. Explore with the group ways in which we can care for God's world:
  - planting trees not destroying them
  - not wasting food
  - using water carefully
  - protecting our rivers
  - sharing the earth's resources
  - recycling etc





# FRUITFUL & OVERFLOWING

## Something to learn

- *The one who **plants** and the one who waters have one purpose, and they will each be rewarded according to their own labour. (1 Corinthians 3v.8)*

Read/display the Bible verse, and ask the group what they think it means? Get the group to imagine that two people wanted to grow something nice. One person did all the preparing of the soil and carefully planted the seed. The other person took on the job of nurturing the seed, caring for it by watering it and making sure it was growing ok. After much time, the seed grew into a beautiful bush growing fresh fruit. Ask, 'Who was responsible for the beautiful plant?' Both people were able to enjoy the reward of their hard work together.

### Help the group to learn this Bible verse.

- Divide your group into pairs and challenge each pair to create a mini drama.
- They must recite the verse with actions which will help them remember the words.
- Let each pair show their mini-drama to the rest of the group.

Or

- Let everyone plant some cress (or other quick growing seed) in a yoghurt pot or similar.
- Make a flag with the words of the text on it.
- Encourage the group to pass their planted seeds to someone else in the group.
- They must take it home and nurture the plant to help it grow.

Finish by explaining that as we grow up, there will be lots of times when we have to work with other people; at home, at Girls' Brigade, at school even when you are older at work. It is sometimes lots of fun and can be good because you support each other, but it can sometimes be hard. As we grow up, we need the skills to work together and remember to be patient and show love and care to others.

## Something to play

### Play Earth Cup Derby

This is a game where it is necessary to work together.

- Divide the group into teams and place a large bucket of earth between the two teams.
- Each member, of each team, must fill a cup with earth from the shared bucket full of earth.
- They should hold it over their head, run to a team bucket and pour the soil in their bucket
- The cup is passed on to the next player in their team who repeats the process.
- The team which finishes first gets 5 points.
- The team which has the most earth in the bucket gets 10 points.

## Something to taste

Give everyone a piece of apple and tell them it comes from *EUROPE*. If possible, show some pictures of how the apple grows. Often there are large collections of apple trees growing together, called orchards. Let everyone try a piece of apple. Remind them that we have GB in Europe where the apple grew. If you have time look at one of the GB SPOTLIGHT leaflets focusing on GB Europe (see [www.gbworldwide/resources/spotlight](http://www.gbworldwide/resources/spotlight)) talk a little about the fact that GB members in EUROPE may be exploring this same theme. **Pray for GB in EUROPE.**





# FRUITFUL & OVERFLOWING

## GROWING THE FLOWER

### Something to get us started

Show a handful of seeds and remind everyone of the previous three weeks' focus – preparing the soil, sowing and nurturing the seeds. Ask what will happen next. Of course, we hope the seeds will start to grow! Sit in a circle and ask everyone to name a flower or plant that the seeds might grow into.

- The first person names a plant/flower beginning with 'a' saying, 'This seed may grow into an apple.'
- The next person adds a plant or flower beginning with 'b' and says, 'The seed may grow into an apple or a buttercup.'
- The third person adds something beginning with 'c' and so on.
- At the end of the game remind the group that different seeds grow into different things.

### Something to play

This is a simple, old-fashioned game for younger children.

- Two children with joined hands stand opposite each other and hold hands high.
- The rest form a ring and pass under the raised hands, while they chant.
- "We're seeking a daisy, a daisy, a daisy, We've found one **here**."
- As they say "here," the raised hands close around the children who are passing through.
- The "daisies" (the ones who were caught) take the place of the ones who caught them.
- Another flower is named and the game goes on as before, substituting that flower for daisy.
- Then it continues until all the flowers are "found."

### Something to understand

#### **Bible Passage: Luke 12v.27-28 The Message (MSG)**

Seeds grow into plants and flowers but it is not only seeds that grow. People do to. Look at this photo (show picture of you as a baby!) Do you know what this baby has grown into? Reveal the fact that it is you. We all started life as babies and when we were tiny, just like the seed, no one knew what we would become. Of course, we have grown bigger, but each one of us has also grown into a different kind of person. Listen to what the Bible says:

*'Walk into the fields and look at the wildflowers. They don't fuss with their appearance—but have you ever seen colour and design quite like it? The ten best-dressed men and women in the country look shabby alongside them. If God gives such attention to the wildflowers, most of them never even seen, don't you think he'll attend to you, take pride in you, do his best for you? (Luke 12v.27-28 The Message (MSG))*

God has given each one of us special things which make us different. What has God given you? Do you think God is proud of you? Do you think He'll do his best for you? Discuss

You know, God sees something that no one else sees. Something that we call our heart. He sees things that are very beautiful in us. God wants to fill us completely full of beautiful things. But sometimes we get so concerned with what is going on with our friends, or we want to make them happy, we forget about the beautiful things God has put in us. That's what he's saying here. He's filled you with great things. He is proud of you, and He wants the best for you. Try to think of the good and beautiful things that God has put in you. If you can't think of much, think of good things that you'd like to have - things you think would make God proud (kindness, good friend, helpfulness etc.)



# FRUITFUL & OVERFLOWING

## Something to make

Encourage everyone to make 2 flowers – as they draw and colour them in, think of what God has given them to make them special and write one thing on each petal. Colour it in in bright colours.

**You will need:** Paper template, pen, scissors, felt pens, plate, trough or sink with water in it.

### What to do:

- Use the template Appendix D to draw and cut out an octagonal flower and heart.
- Write on the heart — ‘The Lord looks on the heart’. 1 Samuel 16v7
- Colour petals brightly and write one gift you have on each petal.
- Fold each petal right over, covering the heart
- Progress round all the petals progressively, until you get to the last one. Firm them down.
- Place the folded flower in a bowl of water.
- Watch the slow OPENING of the petals to reveal the beautiful heart.



Explain that when we choose to grow in God’s ways, He will bring out all the beautiful things that are in us and they will show through us in our actions, our speech, and our love for others. God has made us beautiful on the inside. He’s just waiting for us to get to know Him so that He can help us let our beauty show. Instead of worrying about our outward appearance, we all need to start looking at what God has placed IN US. We have to choose not to fuss about what we wear or what people say and concentrate instead on what’s on our heart. The second flower should be taken home. It will help us think about whether we have placed our lives into Jesus’s hands so He can reveal our beauty. He’s placed it in you and me ...it’s there already...but can others see it?

## Something to learn.

*‘Man looks at the outward appearance, but the Lord looks at the Heart.’ (1 Samuel 16v7).*

Either write the verse on a flip chart or get out some Bibles to look at the verse together and make sure that the group understand what this verse means.

### Help the group to learn this Bible verse

- Stand everyone in a circle – keep the verse displayed in view of the group.
- Toss or roll a ball to one child.
- Have her say the first word of the verse before tossing or rolling the ball to someone else.
- The next person says the next word, and so on until the verse is completed.
- If the ball is dropped, start over again.
- Time how long it takes to finish the verse; and try to beat the previous time.

## Something to taste

Give everyone a kiwi fruit and tell them it comes from New Zealand in the Pacific. Show some pictures of how it grows. If possible let everyone try some. Remind them that we have GB in the Pacific. If you have time look at one of the GB SPOTLIGHT leaflets from The Pacific [www.gbworldwide/resources/spotlight](http://www.gbworldwide/resources/spotlight) talk a little about the fact that GB members in the PACIFIC may be exploring this same theme and asking God to let their beauty shine through. **Pray for GB in the PACIFIC.**





# FRUITFUL & OVERFLOWING

## WEEDING THE GROUND

### Something to get us started

Prepare packs of mixed up gravel, sand and tiny smooth pebbles. Divide the group into teams of 3. Give each team a pack of 'gravel mix' spread on a tray or dish. Ask them to try to sort the smooth tiny pebbles/the gravel/ the sand. Give a time limit (3 minutes) or make it a race.

Process the activity with some questions: Was the activity difficult or easy? What made it difficult/ or easy? What were the mistakes you incurred? How could you have avoided the mistakes? Enquire if anyone has done some gardening or farming. Relate how in the ground, be it a garden or a farmland, there are varied elements, some may even be harmful and dangerous to the crops growth. Gardeners and farmers will need to weed the grounds often to avoid the weeds entangling with the good crop so they can bear fruit. It is essential to keep the ground healthy, so weeding is done consistently and continuously to keep the crops healthy and fruitful.

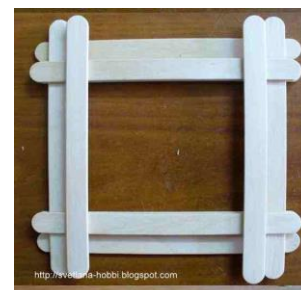
### Something to make

#### PICTURE FRAME

**You will need:** 15 pcs popsicle/lolly sticks, glue, coloured pens and pebbles from the first activity

#### What to do:

- Lay out popsicle/lolly sticks to create a picture frame.
- Glue sticks together; give time to dry before adding another layer.
- With colored pens, decorate the frame.
- Use small pebbles from the first activity and glue to the frame to complete the decoration.
- Insert in your frame your favourite picture of fruit or plants or a memory verse from this resource to remember.



### Something to learn

*He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he **prunes** so that it will be even more fruitful (John 15v.2)*

Help the group to explore the meaning of this verse by discussing any gardeners they have seen pruning. Point out how if the woody, dead, useless parts of the plant are removed then new growth can develop and produce more fruit.



#### Help the group to learn this Bible verse

- Print the verse written as large as possible on a sheet of A4 paper.
- Provide enough copies for one between two (or three) girls.
- Give each couple a pair of scissors and get them to divide their page into nine jigsaw pieces.
- Mix up the pieces and see which pair are first to reconstruct the verse.
- Make the task harder by dividing the puzzle into 12 or 15 pieces.

Say the verse together and remind everyone that here are sometimes things in our life that need removing/pruning/weeding!



# FRUITFUL & OVERFLOWING

## Something to understand

### Bible Passage: Matthew 13:24- 30 & v36-43

Read verses 24-30 and ask questions: Who do you think the enemy was? Why did the master not allow the reapers to pull out the weeds right away? What difference would it have made if the weeds were pulled out sooner rather than during harvest time? Do you think it was the right decision to have made?

Read on to verses 36-43 Was the decision of the master right? Do you agree with it or not? Who is the real enemy? Can you identify some of the 'weeds' that the enemy may have planted in your life? There will be varied 'weeds' that we may need to pull out to enable us to grow and bear fruit; (e.g. complacency, fear, idleness, compromise, selfishness, idolatry, etc) There may be some habits, relationships, even beliefs that may need to be reassessed or broken due to their negative influence on us. It is vital to understand that each one has a choice to allow the weeds to grow in us or not. What do you think is the best way to handle the weeds that are entangling you? Are there circumstances or situations that will need an immediate attention on your part? What can you do about it?

Being around unbelievers is part of our journey here on earth. Because of this, it is as crucial to know the truth and to stand firm on what is true and right. If we live lives grounded in sound Christian values, this truth will give us discernment to identify the 'weeds.' This can only be done as we study the Word, pray, fellowship with believers and strive to be a witness to those who still do not know the truth of Jesus Christ. Our aim should be to be known by the fruit we bear that glorifies the Lord Jesus Christ and to be found faithful as we wait for the Lord's return.

## Something to play

### Obstacle Race:

- Prepare some signs with positive and negative influences that may affect one's spiritual growth
  - × pride, selfishness, laziness, jealousy, bitterness, anxiety, lies, bad friends
  - ✓ peace-maker, God's Word, GB fellowship, prayer, forgiveness, humility, faithfulness, etc.
- Girls should stand randomly around the playing area holding the signs (only show signs when the whistle blows to start the run).
- One at a time, each girl takes their turn to run and collect as many positive influence signs as they can in a given time frame
- The girl that gets the most positive influence signs in the shortest time frame wins.
- Any negative influence signs collected in error will be deducted from the positive ones.

## Something to taste

Give everyone a *slice of mango* and explain that it grows in **ASIA**. It grows on a tree and can be eaten even when unripe, green mangoes can be sour & crisp. When it ripens to a golden yellow it becomes sweet & juicy. Let everyone try it. We have GB in Asia. If you have time, look at one of the GB SPOTLIGHT leaflets from the GB Asia Fellowship.

[www.gbworldwide/resources/spotlight](http://www.gbworldwide/resources/spotlight), talk a little about the fact that GB members there may be exploring this same theme. **Pray for GB in ASIA.**





# FRUITFUL & OVERFLOWING

## HARVESTING THE FRUIT

### Something to get us started

- If you have been growing something talk about when/how you can tell it is ready to harvest. Alternatively, talk about how we know when fruit/vegetables are ready to harvest.
- Read Galatians 5:22-23 and list the Fruits of the Spirit.
- Explain what it means when we say we need to grow these 'fruits.'
- How can we grow and harvest these 'fruits' in our lives?
- Make some moral dilemma cards (see how girls would react in different situations and talk about which fruit of the spirit the reaction shows or doesn't show.
- Get groups to act out situations/small plays that show some of these fruits of the spirit and let others guess which fruit of the spirit they were acting out.

### Something to make

#### Grow a Grass Head

**You will need:** Marker pen, potting mix, paper, glue, small empty yoghurt container, stocking, cotton wool, spray bottle, grass seeds, 2 googly craft eyes, 2 black pipe cleaners.

#### What to do:

- Cut the feet out of a pair of stockings just above the ankle.
- Sprinkle grass seeds or Alfalfa in the bottom of the stocking foot and fill it with soil
- Twist the stocking until it is the shape and size of a tennis ball size, and then tie it off, leaving about 10cm dangling down at the bottom.
- Use a piece of cotton to make a nose in the stocking face.
- Give your grass head googly eyes, pipe cleaners for eyebrows.
- Half-fill the yoghurt container (or use a jar with water) and place the head on top, so the stocking tail is dangling into the water.
- Draw a tuxedo on a piece of paper and glue it to the yoghurt container.
- Use a spray bottle of water to moisten his head.
- Place him on a window sill that gets plenty of sun: check daily to keep the head damp.
- In a week or so the grass shoots will start to sprout out the top of the head like hair!
- If using Alfalfa, harvest it when grown and use it to make sandwiches or fancy canapés/finger food.



### Something to learn

*As long as the earth endures, seedtime and harvest, cold and heat, summer and winter, day and night will never cease. (Genesis 8v.22)*

Show the verse and explain that it is a promise God made at the time of Noah. Discuss with the group how God has kept this promise!

#### Help the group to learn this Bible verse.

- Ask the group to read the verse together, loud and strong.
- Select one word and block it out – re-read the whole verse together.
- Choose another word or phrase to block out and say the verse again.
- Let members of the group select words or phrases to block out and then repeat the whole verse.
- Gradually block out more and more words until the group can repeat the whole verse!



# FRUITFUL & OVERFLOWING

## Something to understand

### Bible passage: Ruth 2v.1-16

Set the scene of the story. Boaz was a farmer who got his workers to 'harvest' (pick and gather) the crop when it was ripe. A young widow woman called Ruth lived near-by with her mother in law. They had no one to earn money for them so they could not buy food. Ruth went to the fields and after the harvest workers had gathered the corn, she picked up the left overs. Boaz saw her and kindly arranged for his workers to leave enough corn for her needs. He had a good harvest and shared it with those in need.

Discuss with your group the fact that God has provided enough food for us all to survive. Why is it then that some people in this world are hungry? Use the Letters of the word HARVEST to explain:

- God **HAS** given us enough food for us all.
- Each year He ensures there is a **HARVEST**.
- There is no need for anyone to **STARVE**.
- The simple answer is for people everywhere to learn to **SHARE**.

Depending on your circumstances explore how we can share what we have:

- By giving food at a harvest service.
- By collecting food for a food bank.
- By baking and taking some cookies/cakes/biscuits to someone who is shut in.
- By helping at a soup kitchen.
- By making a donation to a charity that feeds the hungry.

## Something to play

### Choose from these 'fruity' games

- *Blind taste testing:*  
Blindfold children and get them to taste different fruits and vegetables in season– be aware of allergies, talk about how they are grown etc.
- *Water-Free Apple Bobbing*  
Tie string to the stems of apples and hang or hold them so they're level with the children's faces. Allow each child to try to take a bite from an apple with her hands clasped behind her back.
- *Relay Race*  
Roll lemons with pencils or similar around an obstacle course or as a relay – the shape makes this funny and tricky, but it can be tried with other fruits and vegetables.

## Something to taste

Show everyone a selection of fruit and talk to them about the fact that the fruit you have comes from all around the world. Let everyone help to chop and peel the fruit to create a fruit salad. Let them try it. Tell them how GB members from all around the world will be meeting in Zambia in July to celebrate our 125<sup>th</sup> birthday. If you have time, talk a little about the similarities and differences of GB in different parts of the world. They have same badge, motto, aim and values. They wear different uniforms, study different subjects and meet at different times. Remind them that GB members all over the world may be exploring this same theme, playing the same games, making the same crafts and learning the same truths! **Pray for GB worldwide.**





# FRUITFUL & OVERFLOWING

## APPENDIX A: SONGS, VIDEOS & WEB SITES TO HELP

### The Gardener Plants the Seeds (Sung to the tune of The Farmer in the Dell)

The gardener plants the seeds.  
The gardener plants the seeds.  
High ho the cherry oh,  
The gardener plants the seeds.

2nd verse: The rain falls on the ground.  
3rd verse: The sun shines bright and warm.  
4th verse: The seeds begin to grow.  
5th verse: Flowers grow everywhere.

### Parts of the plants Original Author Unknown Sung to: "Head, Shoulders, Knees and Toes"

Do you know the parts of plants, parts of plants?  
Do you know the parts of plants, parts of plants?  
All kinds of plants that grow and grow and grow.  
Do you know the parts of plants, parts of plants?

The roots hold the plant in place, plant in place,X2  
The roots store food and water too.

The stem moves water up the plant, up the plant  
The stem brings water to the leaves.

### Traditional hymns and songs

We plough the fiends and scatter  
I am the vine you are the branches

### Hymns and songs online

The Fruit of the Spirit's Not a Coconut <https://www.youtube.com/watch?v=Rezq4jYFoj0>

The Fruit Song <https://www.youtube.com/watch?v=9NV9RRm3ano>

Harvest Samba <http://www.outoftheark.co.uk/songs-for-every-season.html>

Caulflowers Fluffy <https://www.youtube.com/watch?v=PukdaXUzqOU>

The Seed Song [https://www.youtube.com/watch?v=wTKzL\\_d8jBQ](https://www.youtube.com/watch?v=wTKzL_d8jBQ)

Harvest Song

<https://www.maynardsgroovytones.co.uk/store/catalogsearch/advanced/result/?description=Harvest+Time>

### Useful web-sites

<http://svetlana-hobbi.blogspot.com>

<https://donotdepart.com/fruit-of-the-spirit-study-youre-invited> (and subsequent lessons)

<http://www.kathyhoward.org/wp-content/uploads/2012/06/Fruit-of-the-Spirit.pdf7>

<https://www.scholastic.com/teachers/lesson-plans/teaching-content/harvest-prints/>

<https://www.redtedart.com/paper-plate-weaving/>







# FRUITFUL & OVERFLOWING

## APPENDIX B: SOME EXTRA THINGS TO MAKE

### A Flower Gift

**You will need:** Cardboard, coloured/ patterned paper, scraps, tape, scissors, glue sticks, pencils, lollipops

**What to do:**

- Take a piece of cardboard, draw the shape of a flower on it and cut it out.
- Cut out pieces of coloured paper and glue them to your cut out flower.
- Use the pencil to poke a hole in the middle of the flower and then stick the lollipop through it to represent the stem and flower centre.
- Use tape to secure it on the back of the flower if it is too loose.

### Cone Creatures

**You will need:** Fir cones, glue, glue spreader, scissors, collage materials, googly eyes.

**What to do:**

- Give everyone a cone.
- Use glue to fix pieces of felt, ribbon, straw, googly eyes, seeds or any collage material.
- With imagination create a cone animal.

### Egg Shell Succulents

**You will need:** Egg shells, egg carton, succulent cuttings, potting mix, spoons, toilet roll, glue, collage.

**What to do:**

- Give your eggshells a quick clean (rinse them under the tap).
- Dry them and pop them into the egg carton so the egg shells remain upright.
- Fill your egg shells with soil until they're about 3/4 full.
- Insert your succulent cuttings into the soil.
- Gently give your new creations a light spray of water using a spray bottle.
- Make your own egg cups by cutting a toilet roll into three and gluing on some origami.

### Fruit Prints

**You will need:** Fruit or vegetables. knife, paint, paint brush, art paper.

**What to do:**

- Cut fruit or vegetables to make printing stamps and dip them in paint.
- Print a repeat pattern on sheets of paper to create your own art pictures or wrapping paper.

### Fruity Bakes

- Grow something which you can eat or help to harvest some fruit or vegetables.
- Use the fruit/vegetable for use in cooking a dish to share.

### Seed Planting

**You will need:** Plastic flower pots, acrylic paint, paint brushes, soil, seeds, watering can, lolly stick, glue, felts, paper.

- Find a plastic flower pot and decorate it with acrylic paint, or paper collage.
- Fill with soil, plant seeds and water.
- Add a flag fixed to lolly stick with a relevant scripture verse written on it.



# FRUITFUL & OVERFLOWING

## APPENDIX C: CREATIVE PRAYER ACTIVITIES

### Rooted in Christ

*"... the man who trusts in the LORD... will be like a tree planted by the water, that extends its roots by a stream And will not fear when the heat comes; But its leaves will be green, And it will not be anxious in a year of drought Nor cease to yield fruit." ( Jeremiah 17v.7-8)*

**Materials:** 1 rock, a bowl big enough to hold the rock, small sponge, squirt gun or a small cup of water.

**What to do & say:** Place the rock in the bowl. This rock represents the heart of someone with a hard heart, someone who does not want to trust God. The water in this gun represents the Word of God. (Squirt the rock with the squirt gun several times.) When we try to explain the Word of God to someone with a hard heart, it will not soak in. It just rolls off. This sponge however, represents someone with a soft and open heart that is rooted or soaked in Christ. (Squirt the sponge with the squirt gun several times.) the water will soak in.

**Pray:** Give everyone a small piece of sponge to hold. Ask them to pray that they may soak up God's word. Pray that everyone present can become rooted in Christ, so that their hearts will become soft and open to receiving the word of God.

### Planting seeds

*For as the rain and the snow come down from heaven, and do not return there without watering the earth, and making it bear and sprout, and furnishing seed to the sower and bread to the eater, so shall My word be which goes forth from My mount' (Isaiah 55:9-11)*

**Materials:** Packets of seeds, small flower pots, soil, watering can.

**What to do & say:** Give each person a packet of seeds and a small flower pot to sow with soil and water. Encourage the girls to pray as they sow their seeds.

As they place the soil into the pots:

**Pray:** *God of the soil, speak in the hearts of those present today that your message of love and grace is firmly planted to nurture and support them.*

As they place the seeds into the soil:

**Pray:** *God of the seeds, inspire our words, our thoughts, our hearts to grow into... (each person adds their own ending)*

As they pat the soil and cover the seeds

**Pray:** *God of the sower, strengthen us with your spirit in the easy times and the difficult times that we may... (each person adds own ending)*

As they pour in the water:

**Pray:** *God of the sun and the rain, pour down upon us all that we need to be Christ like to ....*

**Closing prayer:** *Be in us, be with us, be above us, be beside us. Amen.*



# FRUITFUL & OVERFLOWING

## Pruning the plant

*I am the true vine, and My Father is the keeper of the vineyard. He cuts off every branch in Me that bears no fruit, and every branch that does bear fruit, He prunes to make it even more fruitful.' John 15:1-2)*

**What to do & say:** Explain that the friends you choose in life can have a big impact on the way you act. Friends influence what type of clothes you wear, the type of music you listen to, what you believe about God, the way you treat others and much more. In other words, friends can 'rub off' on you. As Christians, we need to be careful about who our friends are. Some friends prevent us from being the people God want us to be and we need to cut them off. Give each child a slip of paper with the word FRIENDS printed across it. Ask them to colour the letters very darkly with a lead pencil.

FRIENDS

**Pray:** Ask everyone to rub their fingers over the letter of their word FRIENDS. Ask them to look at their fingers and see how their friends have rubbed off on them. Pray that the friends you have may influence/affect/touch you in the right way.

## Harvesting the fruit

*'The Kingdom of God is like a man who casts seed upon the soil, the seed sprouts and grows. The soil produces crops by itself, first the blade, then the head, then the mature grain in the head. But when the crop permits, he immediately puts in the sickle, because the harvest has come.' (Mark 4:26-29)*

**Materials:** A large map of the world, or a map of your local area.

**What to do & say:** Post a large map of the world (town or state). With eyes closed, each person will spin around and then point to a place on the map.

**Pray:** Lift up that particular place and its GB members in prayer. Ask that the lives of girls and young women in GB in that place may be fruitful.

## Weeding the ground

*Other seed fell among thorns, which grew up and choked the plants, so that they did not bear grain. (Mark 4v.7)*

**Materials:** Long strips of green crepe paper, felt marker.

**What to say & do:** Weeds can sprout up in our gardens and spoil it by choking the plants. It's the same in our spiritual life too. If we allow 'weeds' to grow in our lives we cannot grow properly in our witness as Christians. Show the crepe paper strips – pretend weeds – give each strip a different name like "worry," "anger," "lying," "yelling at your parents" etc. Drape the 'weeds' over your head, shoulders and arms. Explain how these weeds change you. It's hard now or see who you are! There is good news. Jesus can take away the weeds in our life. Every time you pray to Jesus to forgive you, He takes away a weed.

**Pray:** Give each child a crepe paper weed to wrap around themselves. Ask the children to close their eyes and consider what weeds need removing from their lives. As they pray gently unwrap their crepe paper weed!



# FRUITFUL & OVERFLOWING

---

## APPENDIX D- TEMPLATE FOR WEEK 3, GROWING THE FLOWER

