

Fruit You Can See

For teens ages 12–14 · about 45–60 minutes · Buried & Raised · game **Fruit You Can See** · built on **Galatians 5:22–25, Romans 8:14, and John 15:5**

Your students know what Christians are *supposed* to look like. They’ve heard the vocabulary — love, joy, peace, self-control. But they also know how easy it is to **fake it** for an hour on Sunday and lose it by Tuesday in the group chat. This session teaches the difference between performing niceness and bearing real **fruit of the Spirit** — visible change that comes from staying connected to Christ and walking in step with Him at school, home, and online.

Before you teach anything, pray.

Some students feel defeated — they tried willpower and failed. Others think holiness is only for adults or only for people who never mess up. Ask the Spirit to show this room that fruit is His work in connected believers, not a mask to wear for approval.

The heart of the lesson

Paul lists the fruit of the Spirit: **love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control** (Galatians 5:22–23). Notice: fruit, singular — one cluster, many flavors. This is not a checklist you manufacture by gritting your teeth. Those who belong to Christ have **crucified the flesh** with its passions and desires; now we live by the Spirit and keep in step with Him (Galatians 5:24–25).

Abide. The fruit follows.

Jesus said it plainly: **“I am the vine; you are the branches. Whoever abides in me... bears much fruit”** (John 15:5). Cut off from Him, we can do nothing — including produce holy character. Romans 8:14 adds that **all who are led by the Spirit of God are sons of God**. The root issue behind faking fruit is independence: we want to look Christian without depending on Christ. Symptoms include snapping at siblings then smiling at church, posting Bible verses while gossiping in DMs, white-knuckling behavior until willpower runs out, and calling mood swings “just my personality” instead of inviting the Spirit to lead.

Fruit is visible — faking it is not the same thing.

God’s way out is abiding — daily connection through prayer, Scripture, obedience, and honest repentance when we drift. Worldly “fruit” is image management; godly fruit is Spirit-produced character that shows up when nobody is filming. Self-control in a heated argument, kindness to the kid nobody sits with, peace when grades drop, love that refuses revenge in the group chat — that is fruit you can actually see. Here’s the hope: **you are not doomed to fake it forever**; connected to Christ, the Spirit grows what you cannot manufacture.

GALATIANS 5:22-23

“The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, **self-control.**”

JOHN 15:5

“I am the vine; you are the branches. Whoever abides in me and I in him, he it is that **bears much fruit**, for apart from me you can do nothing.”

How the session flows

- 1 Fruit vs. faking.** What Spirit-fruit actually is. ~8 min
- 2 Abide and walk.** John 15:5, Galatians 5:24–25, Romans 8:14. ~12 min
- 3 Play the game.** “Fruit You Can See” on screen. ~12–15 min
- 4 Quiet honesty.** Reference card, private reflection. ~5 min
- 5 Worksheet.** In class or take-home reinforcement. ~15 min
- 6 One fruit this week.** Pick one Spirit-fruit to grow with Jesus. ~8 min

Screen for the game, printed cards and worksheets, pens. Optional: vine/branch illustration on whiteboard for John 15.

Leading it, part by part

Fruit vs. faking

Ask students: what is the difference between *acting* kind and *being* kind? Read Galatians 5:22–23 slowly. Fruit grows; faking is a mask you take off. Contrast works of the flesh earlier in Galatians 5 (strife, jealousy, fits of anger) with the Spirit’s harvest. Teens know both lists from real life — name school and home examples without shaming individuals.

Abide and walk

Teach John 15:1–5 — vine, branches, abiding. Apart from Christ, holy living dries up. Then Galatians 5:24–25: crucified the flesh; **keep in step with the Spirit** — like marching to His rhythm, not your own. Romans 8:14: led by the Spirit = God’s children. Invite honest admission: where do you fake fruit? Where do you quit abiding and then wonder why self-control vanished?

Play the game

Run “Fruit You Can See” — rounds sort faking from real fruit, anchor Scripture on Galatians 5 and John 15, and work teen scenarios about school, siblings, and social media. Twelve to fifteen minutes. Bridge: every answer points back to abiding in Christ, not performing for applause.

Quiet honesty

Hand out the reference card — private, five quiet minutes. Let students name one area where they fake Christianity and one fruit they want the Spirit to grow. No public confession required.

Worksheet

Scripture lookup, fruit list, and true/false on abiding. Reinforces Galatians 5 and John 15 without repeating the card’s prayer focus.

One fruit this week

Close by having each student pick **one** fruit of the Spirit to focus on with Jesus this week — self-control in speech, patience with a parent, kindness to a lonely classmate. One practical step + daily abiding (one verse, one prayer). Pray that the Spirit would lead, not that willpower would win. Read John 15:5 once more.

Take it further

- Name the nine fruits in Galatians 5:22–23. Which one is hardest for you right now?
- What does it mean to **abide** in Christ according to John 15:5?
- What is the difference between faking fruit and bearing fruit?
- What does Galatians 5:25 mean by “keep in step with the Spirit”?
- According to Romans 8:14, who are God’s sons and daughters?
- Where do you see works of the flesh show up in a 13-year-old’s week? (Galatians 5:19–21)
- How does social media make it easier to fake Christian fruit?
- What would change this week if you abided in Christ daily instead of white-knuckling behavior?

A final word

Do not hand teens another behavior chart without Christ at the center. Present the vine they must stay in, the Spirit who produces what they cannot, and fruit that neighbors can actually taste. Give them Scripture, the game, the card, and one focused step for the week. Somewhere in your room a teenager is tired of performing — ready to abide and let real fruit grow. **Abide. The fruit follows.**