



The Holding Stage

As you transition out of the **Holding Stage** (ages 0-4), pause and give thanks. Every hug, song, prayer, and story has helped build a secure foundation of love and trust in your child's heart. These daily acts—though ordinary—are shaping your child's understanding of who God is and who he or she is in Him. You've already begun introducing the Fruit of the Spirit in simple, joyful ways; now you can help your child begin to recognize and name these Christlike traits in everyday life.

"Let us not grow weary in doing good, for at the proper time we will reap a harvest if we do not give up."

Galatians 6:9

Tips for Caregivers

- Connect daily routines—like sharing, waiting, or helping—to Fruit of the Spirit traits so your child can see faith in action.
- Use visual cues such as fruit cards or toys to reinforce how godly traits show up in your child's day.
- Be consistent, because repetition builds familiarity and helps children remember and apply what they're learning.
- Celebrate out loud when you see "fruit moments," offering specific praise to encourage confidence and joy.
- Involve siblings or extended family so the whole home practices and affirms the Fruit of the Spirit together.

Growth Model



Plant

Early seeds of godly character are introduced through routine love, prayer, and modeling.



Root

Children begin to recognize traits such as patience, kindness, and gentleness in themselves and others.



Growth

Children start applying these traits in everyday situations like sharing or comforting a friend.



Fruit

Children identify and celebrate "fruit moments" on their own, showing early spiritual maturity.

Activity: Naming the Fruit of the Spirit

STEP 1 (The Why)

As your child grows, he/she begins to connect his/her actions and emotions to deeper meaning. This activity helps your child move from simply recognizing godly traits to intentionally practicing them in daily life. By naming the Fruit of the Spirit in real moments, children learn that kindness, patience, and gentleness are more than behaviors—they are gifts from God’s Spirit at work in them. When you point out these “fruit moments,” you help your child understand that following Jesus shows up in everyday choices.

STEP 2 (Activity Directions)

1 Set the Stage

Before an activity—such as helping with a chore or sharing a toy—ask your child:

“Which fruit do we need right now?”

- Caring for a baby → Gentleness
- Waiting your turn → Patience
- Helping a friend → Kindness

2 Use Visual Cues

Refer to the fruit chart or fruit toys as reminders.

- “Remember, like grapes, we are gentle with the puppy!”

3 Celebrate Together

Affirm character traits with joy. Invite siblings or family members to notice and celebrate one another’s fruit moments.

- “You were so patient—what a sweet strawberry moment!”

Encouragement

You are equipping your child to walk in the Spirit—day by day, moment by moment. These are more than behavior lessons; they are seeds of discipleship, shaping hearts for Christ. As you celebrate “fruit moments,” you help your child recognize that God’s Spirit is alive and active in him or her. Keep going—your support and encouragement is planting roots that will bear fruit for years to come.