

Fruit Bowl

Scripture:

So that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes. Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.. (Ephesians 4:14-16)

Materials List:

- (1) Bowl of Fruit
- (1) banana(s)

Main Message:

We all need a little help sometimes. With a bit of imagination, we can come up with lots of ways to help those around us grow toward Christ.

Song: *More Holiness Give Me*

Lesson:

Did you know that a banana in your fruit bowl will help the other fruits ripen? It's true! Bananas, apples, kiwi fruit, tomatoes, figs, pears and some other fruits give off ethylene gas, the same gas commercial fruit growers use to ripen produce for market. Put these fruits in your fruit bowl with a green mango and it will ripen sooner.

Some Christians are like that too! The more you hang around them, the more you find yourself ripening into a mature Christian. They are encouragers. They set a good example and help us to set our minds on things above (Colossians 3:2). We may not be able to turn an orange into a fellow-fruit-ripening apple, but we can become the kind of Christians who help others mature.

There are some very practical ways that we can do this. Next time you are assembled with the saints, determine to be an encourager and stir someone up to love and good works (Hebrews 10:23-25). Maybe you can invite a new Christian to study through a book of the Bible with you (the gospel of John and Acts are both great choices for new Christians!). You probably have some people who are there Sunday mornings but just can't seem to make it on Wednesday nights or other Bible study times. What if you asked them over to dinner before Bible study? With a little bit of imagination, you can come up with lots of ways to become a banana in your congregation.

Prayer: Thank God for those Christians who have helped you grow and ask Him to help you be like them. Ask Him to help you watch for Christians who need a mentor and to guide you in how to stir them up.