

# Fruit of the Spirit

## Part 5

### Fruit of the Spirit is KINDNESS.

Acts 9:36-43 Peter raises Tabitha  
Philippians 2:3-4

**To understand that I can be kind and value others above myself because God has been kind to me and he shows me how.**

### Worship

Enjoy God's presence as you worship to these songs:

“Way maker!” by Michael W. Smith

[https://www.youtube.com/watch?v=SE\\_M9noEhNE](https://www.youtube.com/watch?v=SE_M9noEhNE)

“Day of Victory” by Rend Collective

<https://www.youtube.com/watch?v=Clz0W2PMHaA>

Draw or write a letter to God thanking him for the kindness he has shown to you. Thank him for all the things he has forgiven you for.

### Intro Activity

Find and read together **Philippians 2:3-4** – *“Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of others.”* Explain this is our verse for the week. Discuss what it means in your family to value others.

Value each other by looking each other in the eye and telling them what you like about them and what you value in them.

Remind each other that kindness is: love lived out. It is valuing other above ourselves by being friendly, loving, thoughtful and considerate. When we are kind we really see others around us and look for opportunities to serve them like Jesus.

The great news is Jesus does not expect us to do it ourselves – He gives us KINDNESS through Holy Spirit.

Remind each other that we are looking at the fruits of the Spirit - Galatians 5:22-23 says *“But the fruit that the Spirit produces in a person’s life is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.”*

The fruit of the Spirit develop as we grow in our relationship with Jesus. We have already found out about the love, joy and peace he releases to us. This week we discover that we can be kind and value others because God shows us how.

## Bible Story

- Read the story of Peter raising Tabitha from Acts 9:36-43. Note how Tabitha is known in the place she lives as kind and notice the kind things she does. Recognise the miracle God does in her life and her response to this

Discuss: Tabitha always did kind things for people and helped the poor. She made clothes for people. God did a miracle in her life and many people believed in God because of what happened to her. Kindness is showing God’s love to others around us, just like Tabitha did. And when God showed her amazing kindness it just increased the kindness and love she showed to others. This in turn pointed them to God. God gives us the kindness we need so we can model it to others, even if they don’t show kindness to us.

## Activation

- Play a quiet worship song , put blankets, cushions, duvets, sleeping bags on the floor and lie down together in God's presence. Ask God to surround you and fill you with his presence. Expect to feel God's presence and for God to speak to you in words or pictures, ask God to show you anyone you need to forgive for hurting you or not being kind to you. Ask God to help you let them off and how to show kindness to them.
- Draw pictures of what God showed you.
- Kindness Award Ceremony – create Kindness awards and think of people these awards should go to and why. Give these awards away to people.
- Take the Acts of kindness Challenge - How many different ways can you think of to show acts of kindness to others? See how many you can do this week. Keep a chart and a note of the reactions people have when you are kind to them.