

Fruit of the Spirit - Week 6

Here is a menu of activities,
for you to choose from over the coming week.

Theme Overview: **Fruit of the Spirit is KINDNESS!**

This Daily Discovery follows on from the Sunday Session 31st May.

We want to understand that we can be kind
and value others above ourselves because God
has been kind to us and he shows us how.

Worship and Encounters with God:

Ideas of songs to enjoy:

“Fruit of the Spirit Song” – Saddleback Kids

<https://www.youtube.com/watch?v=LSoJ1iopySQ>

“Coming Alive” (Fruit of the Spirit) - Cheeky Pandas

<https://www.youtube.com/watch?v=cxahmVFH8PU>

“Way maker!” – Michael W. Smith

https://www.youtube.com/watch?v=SE_M9noEhNE

“Day of Victory” – Rend Collective

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



As you worship, release kindness bubbles, walk around
your house and garden blowing bubbles of kindness.

Worship and Encounters cont.

Spend time soaking in God's presence, during this time ask God if there is anyone you need to forgive for not being kind to you or hurting your heart. Ask Jesus to help you let them off. And to show you how to show kindness to them.



Enjoy these prophetic activations to help you see each other as God sees you:

1. Write the name of each person in your family on a piece of paper. Ask God what to write to encourage them or how he sees them. Add all the things God says onto the paper. Use different coloured pens to make a bright poster for each person.
2. Ask God what character in the Bible the people in your family are like and why. Tell each other what God said.
3. Choose someone in your wider family to create a Kindness Poster for. Start each sentence about them with: "You are"

Bible Stories to read & talk about together

Acts 9:36-43 – Story of Peter and Tabitha.

This is the story we looked at on Sunday, relook at this and discuss together. Notice how Tabitha is described by everyone in the place she lives as someone who is kind.



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."

This is the key verse for this week. Print it out or write it up and decorate it so that it becomes a verse you remember.



Zacchaeus – Luke 19:1-10

Notice how Jesus shows kindness to Zacchaeus and this releases Zacchaeus to be kind to others. Use the Jesus Storybook Bible version – "The man who didn't have any friends (none)."

Bible Stories cont.

Proverbs 12:25; 15:4; 16:24 Discuss each of these proverbs.



Ephesians 4:23 *“Be kind and compassionate to one another, forgiving each other, just as Christ forgave you.”*



Luke 6:27-36 – Love your enemies.

Activities

Note: Kindness is: love lived out. It is valuing others above myself by being friendly, loving, thoughtful and considerate.

When I am kind I really see others around me and look for opportunities to serve them like Jesus.



Have a go at making a fun video of kindness in action – act out scenarios of how to show kindness to others in practical ways.



Create a KNH club! The rules are you encourage each other to use words which are Kind, Necessary and Helpful!

Make badges, brainstorm words which are good to use because they are kind, necessary and helpful.

Decide on club rules and create club posters.



Write and decorate kindness messages for people around your house/ garden/ park for people to find.



Make a chart of Random Acts of Kindness which you could do for others each day – chart what you are going to do and who for.



Use this idea from pinterest to encourage acts of kindness at home:
<https://parade.com/238157/sverve/encourage-kindness-at-home/>



Create a “God always keeps his promises” rainbow – here’s a fun idea:
<https://craftingthewordofgod.com/2013/05/10/rainbow-covenant/>

Activities cont.

Frozen Grapes on sticks: You will need - Grapes, Kebab Skewers

Instructions:

1. Put the grapes on skewers
2. Place in the freezer for about 2 hours (or until frozen).

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Confetti poppers: You will need - Balloon, toilet paper rolls, scissors, duct tape, confetti, supplies to decorate.

Instructions:

1. Tie your balloon in a knot and cut off the tip.
Carefully stretch the balloon over the toilet paper tube and secure the balloon to the toilet paper tube with a piece of duct tape.
2. Use paper, stickers, markers, crayons, glitter glue, washi tape etc. to decorate the tubes.
3. Place confetti inside the tube (either use pre-made or you can make your own by using colorful paper and a hole punch).
4. To launch the confetti, pull down on the knot of the balloon and let go!

Coming next: Fruit of the Spirit - GOODNESS!
Starting on Sunday 7th June