

Fruit of the Spirit

Part 8

Fruit of the Spirit is GENTLENESS.

Acts 9:26-31

Ephesians 4:2

To understand that I can be loving, tender, calm and humble in the things I say and do

Worship

Have calm worship music playing in the background, a good song is “Good Shepherd” by Amanda Cook – Bethel Music.

<https://www.youtube.com/watch?v=bVjedGudN8w>

Rest in God’s presence, you might want to ask first what this looks like and then set up your rest space as God shows you.

Have a piece of paper with you and ask him what he says about you. Write down all the affirmations God gives you about who he says you are.

Intro Activity

Find and read together **Ephesians 4:2**

“Be completely humble and gentle; be patient, bearing with one another in love.”

Explain this is our verse for the week.

Idea 1: Water Balloon Object Lesson

You will need: Water Balloons, 2 Large buckets (for the balloons)

Instructions:

1. To prepare for this activity fill up the water balloons and put them in a large bucket.
2. Hand each child a water balloon. Place a bucket away from where they are standing. Ask them to try to get the balloon in the bucket by tossing it in as hard as they can. After they have thrown the 1st balloon hand them a 2nd one and tell them that this time, they should try to get the balloon in the bucket without breaking it by gently placing it in the bucket.
3. Just like the balloons that we weren't careful with, when we are harsh or careless with our words, we can really hurt other people & make them burst. But when we are gentle with our words and actions it shows that we care about others and want to treat them in a kind and loving way

Idea 2: Balloon and Skewer Object Lesson

You will need 2 balloons and a skewer.

Instructions:

1. Hold up a balloon and a wooden skewer and ask your child to try to get the skewer through the balloon. Of course, they will stab it and it will pop!
2. Take another balloon that has already been blown up (not too tight...you should be able to poke a finger inward easily). And in advance rub washing up liquid on the wooden skewer. Gently rotate the skewer and push it through the balloon starting at the end at the top that has the darker coloured spot...and ending on the bottom end, just beside the knot!
3. Discuss: that when we use force to get what we want, it just doesn't work so well! In fact, we usually wind up with a mess! When we are gentle, we can get things done.

Brainstorm ways to act and speak with gentleness towards others like the Bible verse says.

Remind each other that gentleness is being loving, tender, calm and humble in the things I say and do.

The great news is Jesus does not expect us to do it ourselves – He show us his gentleness towards us first and then He gives us gentleness 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 develops as we grow in our relationship with Jesus. We have already found out about the love, joy, peace, patience, kindness, goodness and faithfulness he releases to us. This week we discover the gentleness of God and the gentleness he calls us to be towards others.

Bible Story

Either:

- Watch the story of Paul and Barnabas from this YouTube version by Saddleback Kids:
<https://www.youtube.com/watch?v=BK8MM42pi1A&t=2s>

Discuss: Gentleness is being kind and compassionate to others. Barnabas showed gentleness to Paul, when others were cruel to him, Barnabas showed him gentleness. Jesus always modelled gentleness by always having compassion towards people. God calls us to be the same, no matter how they act towards us.

Or:

- Read Psalm 23, use a simple version. A good version is the Jesus Story book Bible - The Good Shepherd.

Let’s talk about gentleness:

1. What kind of shepherd does the Bible say Jesus is?

2. How did Jesus lay down His life for us just like a shepherd does for His sheep?
 3. Our Good Shepherd is patient and gentle, loving and kind. He goes after us when we run away or choose to disobey. How can we learn to hear His voice and follow His example by being gentle and kind to our friends, family, and people we meet?
- Act out together ways to be gentle and compassionate towards others. E.g. when someone is angry and upset, or when someone feels sad and lonely.

Discuss: We can model God's gentleness by being calm in situations even when people get cross with us. We can model gentleness to our siblings by helping them with their chores or homework or by helping a friend in need. Showing gentleness isn't easy but God promises to give us the strength we need to show gentleness in all circumstances.

Activation – Gentle Words Jar

You will need: Mason Jar or Plastic Jar/Container, Craft Pom Poms or Cotton Balls, Label the Jar with Proverb 15:1, Rocks/stones, Baking tray.

Instructions:

1. Talk about the difference between harsh and gentle words. Take out a baking tray and invite your children to drop the rocks (harsh words) on the baking tray and then have them drop the pom poms (gentle words) on the baking tray. Ask them what type of words they like to be spoken to them—harsh or gentle?
2. Show your children the gentle words jar. Tell them that over the next week it is their mission to fill up the jar with gentle words and actions (aka pom poms). Every time someone in your family shows gentleness in the things they say or do put a pom pom in the jar. Watch your jar fill up over the week!