

Fruit of the Spirit - Week 9

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

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

This Daily Discovery follows on from the Sunday Session 21st June.

We want to understand that we can be loving, tender, calm and humble in the things we say and do.

Worship and Encounters with God:

Ideas of songs to enjoy:

“Peace.” We the Kingdom – Bethel music

<https://www.youtube.com/watch?v=uW6xcmqfiY4>

“Good Shepherd.” Amanda Cook – Bethel music

<https://www.youtube.com/watch?v=q39S-w8LSjw>

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Write or print out some of the Bible verses. Talk about how the Bible says God’s word is like honey to our lips. Either with a honey sweet or bread and honey, eat and read those verses enjoying the gentleness and goodness of God as you do. Draw and write (annotate) around the verse as God speaks to you.

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As you rest in God’s presence with worship music playing, write out affirmations – things God says about you. “God says I am”

Worship and Encounters cont.

Around the dinner table each day practice saying gentle, affirming words to each other, building one another up.



Create the whole of Psalm 23 or your favourite verse using junk modelling materials or play dough or in drawing.
Or rewrite Psalm 23 in your own words.

Bible Stories to read & talk about together

Acts 9:26-31– Story of Paul and Barnabas

This is the story we looked at on Sunday, relook at this and discuss together. This is a good version from Saddleback Kids:

<https://www.youtube.com/watch?v=BK8MM42pi1A>



Proverbs 15:1

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.

Ask God to show you the things he wants to release to you.



Psalm 23

Enjoy being in this Psalm, you could read it in different versions. The Passion Translation is great.



Proverbs 16:24



Ephesians 4:2



Philippians 4:5



Colossians 3:12

Activities

Note: Gentleness is being loving, tender, calm and humble in the things you say and do instead of being harsh or mean.

It is being gentle and quiet of Spirit.

When I am gentle with someone, I speak the truth in love.



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's 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!



Baked Peaches

You will need: Peaches, Butter, 2 TBSP Brown Sugar, 1/2 TSP Cinnamon, Baking Dish, Optional: Vanilla Ice Cream or Whipped Cream.

Instructions: 1. Preheat your oven to 375 degrees.

2. Slice peaches in half and remove the stone and place in a baking dish.

3. Add a small piece of butter in the middle of each peach.

4. Mix brown sugar and cinnamon together, sprinkle over the peaches.

5. Bake for 8-10 minutes or until the top is golden.

6. Optional: Serve with a scoop of ice-cream or whipped cream.

Activities cont.

Brainstorm ways to be gentle with your hands,
words and actions this week.



Enjoy hand painting!
Bless your hands and declare gentleness over them.



Give each other hand massages
and prophecy over each other as you do.



Create a paper chain of gentleness – on each strip of paper write
or draw a way of being gentle in thoughts, words or actions.



Gentleness Grape Stress ball

You will need: a funnel, flour, one balloon (grape coloured if
possible!) and a little scrap of green craft foam.

Instructions: Use the funnel to fill the balloon with flour.
Then tie. Cut a little leaf from the foam (or paper) and add to the
top (cut or punch a hole and pull the knot through).

Draw a face on the grape using a permanent pen!

Talk about how soft and nice it is to squeeze the “Gentle Grape”.

You can carry it around all day to help you
remember you have gentleness to give away.

Coming next: Fruit of the Spirit - SELF CONTROL!
Starting on Sunday 28th June