

Fruit of the Spirit – Gentleness!

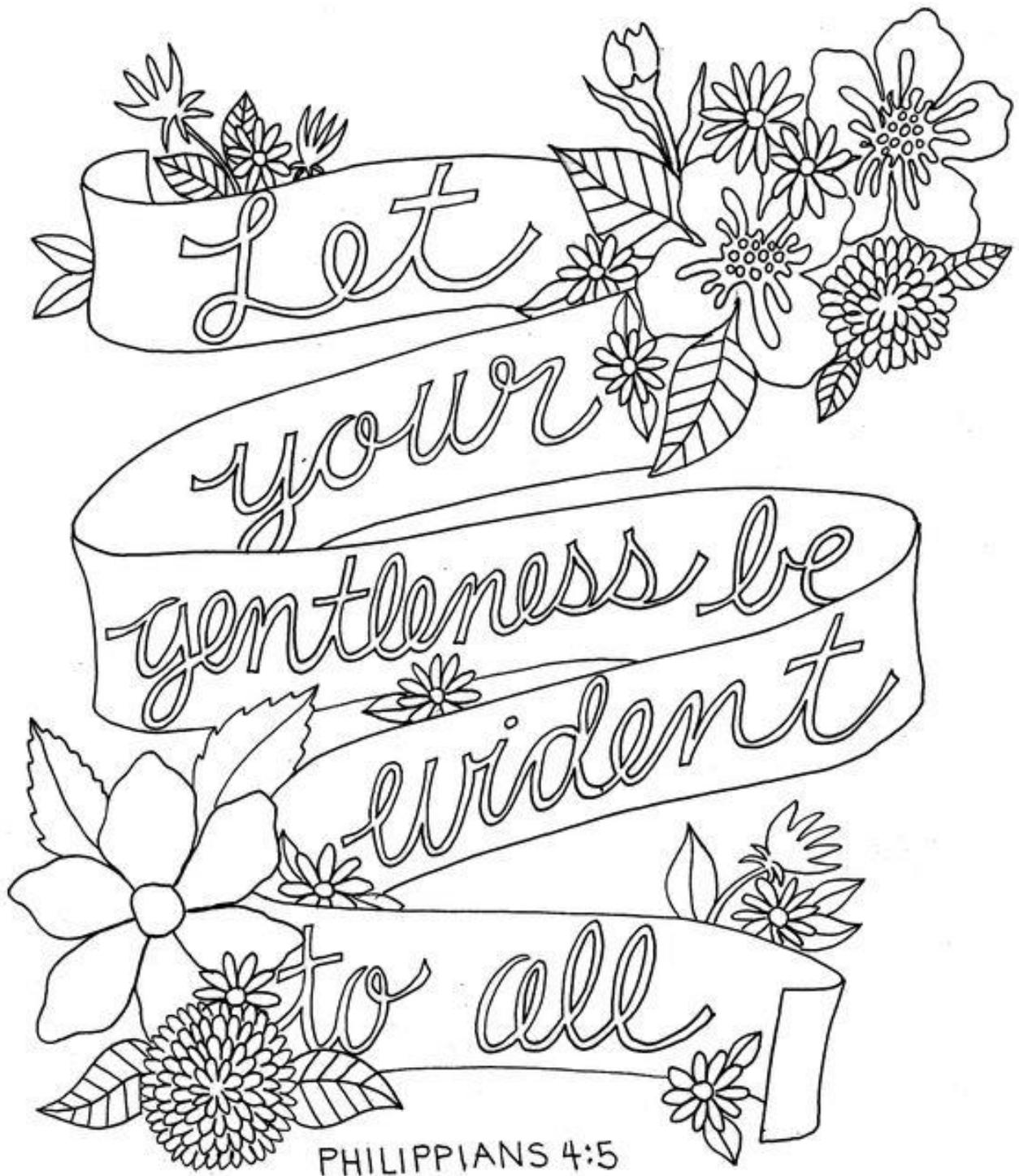
- **Introduction:** Ask the children who is gentle with them? How are they gentle? Has anyone been mean/rough with them? How were they mean/rough?
- **Activity:** Dress up in the Fruit of the Spirit: Find some clothes/dressing up clothes that you think represent all the Fruit of the Spirit. Accessories work well as they can combine to make an outfit of all the Fruits of the Spirit. You could put sticky notes on the items of clothing to show which clothes are love, patience, gentleness etc. Ask the children what fruits they have chosen and then ask them if they can act out how they would behave in the following situations if they were using these Fruits of the Spirit: 2 children wanting to play with the same toy; a family running late to get to school; children teasing each other; Mum correcting a child who is not doing the right thing. You may need to direct the children in how they would act in loving, kind, gentle ways etc. Or you could do a 'Spaghetti and Buttons Gentleness Challenge': Give each child an uncooked piece of spaghetti and tell them it takes gentle hands to fill the spaghetti with buttons. Then ask the children to thread the buttons onto the spaghetti. Do have spare spaghetti and replace any that snap! Make the point that its not always easy to be gentle but the more we practise the better we get. The children can keep these to remind them to be gentle.
- **Sing:** Great Big God <https://youtu.be/eSTfM8M2Md8> , Superhero <https://youtu.be/1FY4C930M2Y> , Wiggle Freeze https://youtu.be/tM_wGFVBBmA , Wiggle like a worm https://youtu.be/_YenZbKXiYg Jesus love is very wonderful <https://youtu.be/VC4eb8Pk-3g>, or Go Fish-Fruit of the Spirit song at <https://youtu.be/f-ejASqf1VE>.
- **Talk:** Repeat the Fruits of the Spirit with the children; Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness and Self Control. This week we are talking about Gentleness. What is Gentleness? Gentleness is being loving, tender and calm in the things we say and do instead of being harsh or mean. An example of Gentleness would be using kind tender words when someone uses harsh angry words towards us. This can calm a situation rather than create an argument. Let's see how Micah and his friends are showing gentleness today.
- **Watch/Read:** Lottie's 'Fruit of the Spirit: Gentleness' session on our St Johns Community Church YouTube channel at <https://youtu.be/2u5BY6neS3E> You could also read Galatians 5:22 & 23 <https://www.biblegateway.com/passage/?search=Galatians%205:22-23&version=NIV> and Titus 3:2 <https://www.biblegateway.com/passage/?search=Titus%203:1-2&version=NIV> and Colossians 3:12-14 <https://www.biblegateway.com/passage/?search=Colossians%203:12-14&version=NIV>. Proverbs 15:1 <https://www.biblegateway.com/passage/?search=Proverbs%2015:1&version=NIV>.
- **Discussion:** In the video did Jet (the bully) use harsh or gentle words when talking about Gabe's picture? **He used harsh, mean, horrible words and made fun of the drawing.** At first did Armin use gentle or harsh words towards Gabe? **At first Armin was harsh, but he realised that Gabe was sad so he used gentle words and said he would help Gabe.** Armin was gentle with Gabe, by speaking the truth in love and also offering to help him to draw. Titus 3:1-2 says 'Tell them not to speak evil things against anyone. Remind them to live in peace. They must consider the needs of others. They must always be gentle towards everyone.' This instructs us to be gentle towards everyone and not use mean or angry words. Proverbs 15:1 says a gentle word makes anger disappear, but a rough word makes it grow. This tells us that when

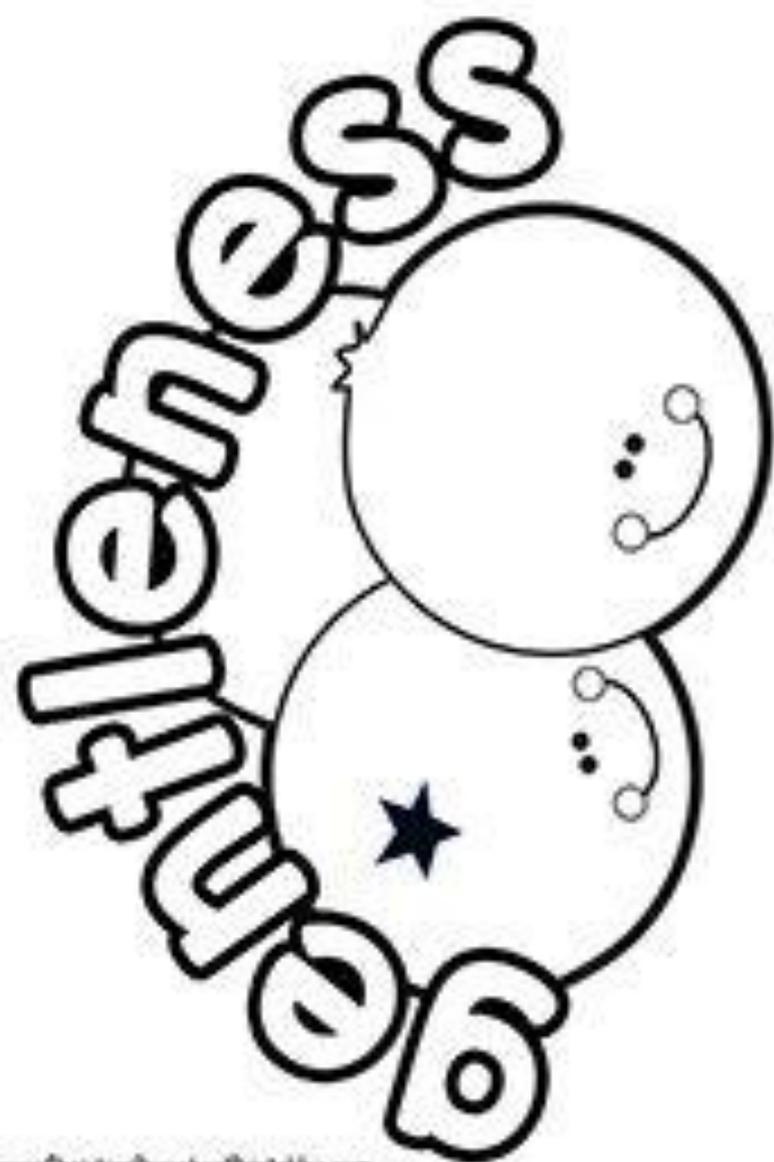
someone is angry or using mean words, we can stop that anger by using kind, gentle words but if we choose to use angry words, we will cause more anger. If we want to show gentleness what do you think we should do in these situations? Mum tells you it's time to leave a play date do we scream, shout, run and hide or do we say 'Well, I've had a great time' and get ready to go nicely? Mum asks you to put your toys away - do you show gentleness by saying ok and tidying up nicely or saying no and storming off? Your brother or sister has your favourite toy - do you snatch it and say that's mine or do you say gently 'Please can I have my toy back? You can borrow but please ask me first.'

- **Pray:** Dear Jesus, Thank you that you are kind and gentle with us. Thank you that we have a choice to use gentle, kind words rather than harsh, nasty words. Please help us to show gentleness by using kind words rather than harsh words that can stir up anger. Amen.
- **Make:** A harsh words/gentle words picture. You will need: sandpaper, glue, cotton balls, A4 Paper.
 1. Cut a piece of sandpaper for each child. Have them rub the paper on their arm and talk about how it feels. Clearly, it doesn't feel good. Do they want people to come up and rub their arm with that? **No!**
 2. Explain how our harsh words are like that sandpaper. When we speak in an angry tone and use angry words, they feel like that sandpaper. No one wants to be treated that way.
 3. Then give each child cotton balls and allow them to rub their arms with them. Talk about how it feels, it feels much nicer.
 4. Explain how the soft cotton ball is like our gentle words. When we are gentle and kind to someone it feels good to them.
 5. Explain that this helps us to understand that when we use mean, nasty or angry words: it's like "rubbing someone's arm with sandpaper". We can "rub their arm with cotton balls", by using gentle words to soften their anger rather than using more anger and causing an argument.
 6. End by gluing the sandpaper on the left side of the paper and the cotton balls on the right side of the paper. Write the following on the paper: at the top, write 'Choose your words wisely', then write 'Angry words feel like this on our skin' above the sandpaper, and 'Kind words feels like this on our skin' above the cotton wool.
- **Make:** 'Gentleness Cotton Wool Bunny/Face'. You will need cotton wool, PVA glue, card, paper, googly eyes, pipe cleaners and a pompom. If you are making the cotton wool bunny you will need to take a large cotton ball for the body and a smaller cotton ball for the head and glue them together. Then make 5 smaller cotton balls from the cotton wool, 4 for feet and one for the tail and glue them into place. Then glue on your googly eyes to the head. Draw two oval ears on the paper and cut them out. Then draw a small oval inside the ear and colour it pink and glue to the head. You now have a cotton wool bunny. If you are making the cotton wool bunny face, then draw around a small bowl or a cup for the head and cut it out. Draw two oval ears with an oval inside for the inner ear which can be coloured pink. Then glue the ears to the top of the circle and cover the rest of the circle in PVA glue and stick the cotton wool balls all over it. Glue two googly eyes to the cotton wool and either glue a coloured pompom on for a nose or colour/paint the cotton wool. Use the pipe cleaner to make a mouth and whiskers for your bunny and glue them to your face.
- **Print:** The sheets below and do the colouring, activities & word search.
- **Play:** Allow the children to dress up again and ask them if they can show gentleness to each other. They could also have another go at the spaghetti and button challenge as detailed above.
- **Drink and Biscuit**

Gentleness Cotton Wool Bunny

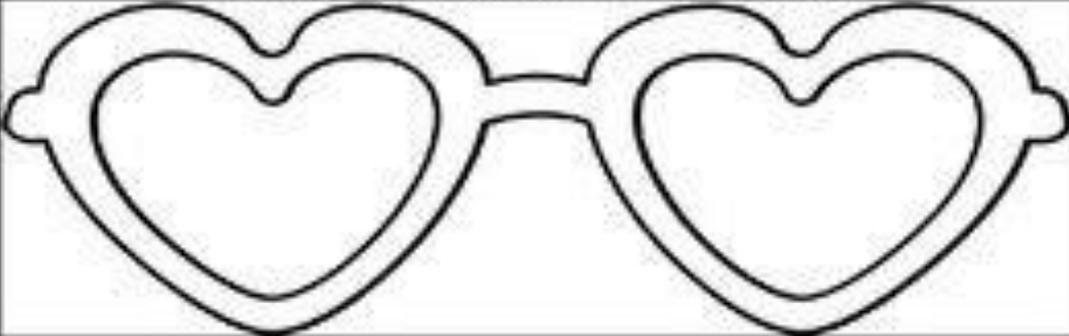






	GENTLENESS	 NICE WORDS
		 NICE ACTIONS
 JOY What brings me joy?		WHO IS NICE TO ME?

I see **GOODNESS** in...





Fruit of the Spirit



Directions: Find the fruit of the spirit in the Word Search Puzzle.

"But the fruit of the Spirit is **LOVE, JOY, PEACE, PATIENCE, KINDNESS, GOODNESS, FAITHFULNESS, GENTLENESS,** and **SELF-CONTROL.**" Galatians 5:22-23 (CEB)



F G E N T L E N E S S A S I
 T H F U L N P E G O K I E G
 G E N S J E P L F C P E L O
 J O V L O V E L O F A I F O
 S E R D Y N A F R U L S C D
 A G A G E N C L R P Q L O N
 K K I N D N E S S K I N N E
 D N E S S S L O J Y P E T S
 S R M N L P P A I E N C R S
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