

# Children's Ministries Lesson – **Threes, PreK, & Kindergarten**

## Fruit of the Spirit -Peace

Galatians 5:22-23,

May 24, 2020

Children's Ministries purpose is **to build a spiritual foundation in each child that lasts a lifetime.**

We hope this lesson provides additional opportunities for your family to strengthen your relationship with each other and with Jesus. This lesson has components of both Children's Church and Sunday School fused together.

As you prepare for this lesson and the space you will use, please gather supplies, create a worship focal point (ideas: a Bible, a cross, a candle, and an offering container), and remove other distractions from the area. Read through this lesson before beginning. **Wording in BLUE italics is information for the family leader(s). BLACK italics are actions to do.**

**BIBLE STORY POINT:** We can replace worry with peace because Jesus is always with us and gives us his peace.

**SUPPLIES:** worship focal point ideas: a Bible, a cross, a candle and an offering container; praise and worship song links; Bible story link; a blanket and some toys; additional activity supplies (see activity options below).

**FAMILY CHANT:** *During Sunday School, your children begin with a "class chant". To bring that to your home, create a family chant that you can say each time. Create your own or use this one. The chant helps connect mind with body and connects everyone together. Motions/actions are in parentheses.*

Let's create our own family "chant" as a way to begin our time together. Repeat what I say and do:

I reach up (*reach both hands up to the sky*) **I reach up (*reach both hands up to the sky*)**

I reach down (*reach both hands down to their toes*) **I reach down (*reach both hands down to their toes*)**

I share a smile to everyone (*smile at each other*) **I share a smile to everyone (*smile at each other*)**

I see you (*point to each other*) **I see you (*point to each other*)**

You see me (*point to self*) **You see me (*point to self*)**

Together we make the [*insert family name*] family. (*put arms around each other's shoulders - form a huddle*)

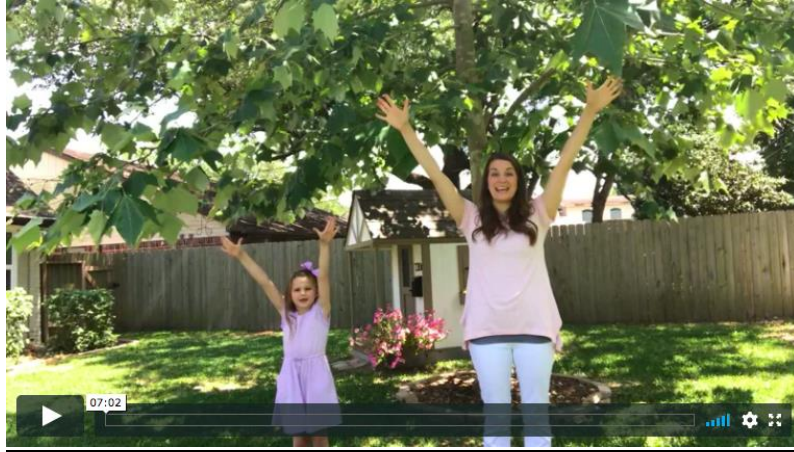
Together we make the [insert family name] family. (*put arms around each other's shoulders - form a huddle*)

### **OPENING PRAISE SONGS:**

**[Click here for the full playlist of St. Luke's Children's Praise Music, including more songs about the Fruit of the Spirit!](#)**

**Supplies:** [Select the link for Praise and Worship music.](#)

1. ["Super Wonderful" and "Fruit of the Spirit"](#) (Courtney Patty, Sunday School Music Teacher)



### **OFFERTORY:**

*Determine where your offering will go. You may select an organization of your choice, or save it until we return to Sunday School/Children's Church to give to our current mission. Place your offering in your container (you may use your 75<sup>th</sup> Anniversary piggy bank if you have one). This scripture we use each Sunday during our Offertory time.*

Let's say this scripture together. "God loves a cheerful giver." 2 Corinthians 9:7. Now, let's place our offering in this container.

### **THE LORD'S PRAYER:**

Let us say The Lord's Prayer together. (If your child is just learning it, an "echo" prayer can be a helpful way to learn it. If your child already knows it, you may say it together:

Let us pray.

Our Father, **Our Father,**  
who art in heaven, **who art in heaven,**  
hallowed be thy name. **hallowed be thy name.**  
Thy kingdom come, **Thy kingdom come,**  
thy will be done **thy will be done**  
on earth as it is in heaven. **on earth as it is in heaven.**  
Give us this day **Give us this day**  
our daily bread. **our daily bread.**

And forgive us our trespasses, **And forgive us our trespasses,**  
as we forgive those **as we forgive those**  
who trespass against us. **who trespass against us.**  
And lead us not **And lead us not**  
into temptation, **into temptation,**  
but deliver us from evil. **but deliver us from evil.**  
For thine is the kingdom, **For thine is the kingdom,**  
and the power, **and the power,**  
and the glory, forever. **and the glory, forever.**  
Amen. **Amen.**

### **LEARNING SCRIPTURE:**

Let us learn this scripture together.

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.” *Galatians 5:22-23a*

This is the word of God for the people of God. **Thanks be to God.**

### **Fruit of the Spirit Series Introduction Video**

Let's watch this video about our new Fruit of the Spirit series!

[Click here](#) to watch this introduction video if you have not previously viewed it.



### **BIBLE STORY**

[Click here](#) for the Bible story video link.



**Discussion Questions:** *(ask some or all of these questions)*

1. What do you think the disciples were most afraid of? *(strong storm, not feeling safe in a boat on the big ocean waves)*
2. How did Jesus calm the storm? *(he commanded the wind and rain to “be still”)*
3. Can Jesus calm your fears? How do you think he does that? *(Jesus is stronger than any fear or problem. Jesus can take away our fear and give us his peace.)*
4. Read Philippians 4:6-7. What does this Bible verse teach us about how to let Jesus be our peace? *(pray, give God our worries, be grateful)*

**ACTIVITY OPTION #1: – Jesus Calms the Storm**

**Supplies:** 1 blue tablecloth/bed sheet/towel

Gather the children in a circle and have them hold the edge with both hands. Let them know that you will pretend together that the blue tablecloth/sheet/towel is the ocean, like the ocean that Jesus and his friends sailed on together in their boat.

1. Hold the tablecloth/sheet/towel as still as possible. The ocean is calm.
2. Move their arms up and down. Watch how the tablecloth/sheet/towel begins to look like the big ocean waves.
3. Move their arms faster and faster! Imagine how scary it must have felt to be in that boat, with the loud storm and big waves.
4. Have one person pretend to be Jesus and speak “Waves, be still!” and have all the children stop waving the tablecloth/sheet/towel.

Jesus calmed the storm! He has the power to stop the wind and rain and big ocean waves! He can take a scary or frustrating situation and make it peaceful. He can do that in your life too!

**ACTIVITY OPTION #2: – Breath Prayers**

**Parent Tip:** *To teach breath prayers to yourself first, we recommend watching our pastor’s daily devotional series. Rev. Katie Montgomery Mears taught about breath prayers on April 7. You can find her post on St. Luke’s Instagram – [stlukeshouston](https://www.stlukesmethodist.org/video-devotionals/), or on St. Luke’s UMC website – <https://www.stlukesmethodist.org/video-devotionals/>*

**Directions:**

<https://www.raisingprayerfulkids.com/post/breath-prayers>

Instruct your child to get in a comfortable position and close their eyes. Place their hand on their stomachs. Tell them to very slowly take a breath in through their nose, filling up their lungs until their belly begins to rise. Tell them to exhale slowly through their mouth. Watch them to help them find a rhythm. You don’t want them breathing too fast, and you really don’t want them breathing too slowly and holding their breath! It just takes some practice.

Example #1: Breathe in slowly through your nose and say, “Jesus.” Breathe out slowly through your mouth and say, “You are with me.” (Perfect for bad dreams).

Example #2: Breathe in slowly through your nose and say, “Jesus.” Breathe out slowly through your mouth and say, “Help me have peace.” (Perfect for anxiety about school or other frustrations!)

### **ACTIVITY OPTION #3 – Fruit of the Spirit Banner “Catch each other having PEACE”**

**Supplies (for total project)**: See below under each idea.

*You will make part of this project each week of the Fruit of the Spirit series.*

*If you did not create the Vertical Banner or Horizontal Banner when this Fruit of the Spirit series began, feel free to create it today. There are 3 options for how to format your banner. Then add the love, joy, and peace cards.*

Images of various options:

#### **1. Vertical Banner (option #1)**

**Supplies**: poster board or large piece of paper, fruit of the Spirit images (<https://biblegamescentral.com/wp-content/uploads/2019/02/Fruit-of-the-Spirit-Cards.pdf>), markers, glue stick and/or painter’s tape. Great for a fridge or narrow space.

Write title; draw boxes (we used the cards from the poster and just made them a bit larger); cut cards; and tape or glue each one in a box, one per week.





## 1. Horizontal Banner (option #2)

**Supplies:** ribbon, clothes pins or tape, poster cards, heavy paper cut in banner style, fruit of the Spirit images (<https://biblegamescentral.com/wp-content/uploads/2019/02/Fruit-of-the-Spirit-Cards.pdf>)

To make the background banner cards, cut paper larger than the fruit of the Spirit images (see link above); lay them on a piece of ribbon; leave about 6 inches on each end to for hanging; write "Fruit of the Spirit" on the three center banner cards; attach blank banner cards to the ribbon with clothes pins or tape; cut out the fruit of the Spirit images; tape or glue one on each banner card each week. Hang on a wall with painter's tape or bulletin board, etc.



## 2. Horizontal Banner – Draw your own images (option #3)

**Supplies:** Whatever you choose! For this one, we used ribbon, cardstock, markers, clothes pins, and painter's tape to attach to the wall.



We would love to see your creation! Send to [rfisher@stlukesmethodist.org](mailto:rfisher@stlukesmethodist.org).

### Overall Directions:

1. As a family, decide how large you want your family banner to be and where the banner will be displayed in your home.
2. Select your design.
3. The fruit of the Spirit for week 1 is **love**, week 2 is **joy**, week 3 is **peace**.

4. As a family, decorate the 3<sup>rd</sup> sheet of paper to represent **peace**. Be as creative as possible!
5. Attach **peace** to the banner and hang in your house. A new picture and new fruit of the Spirit will be added each Sunday throughout this series.

### **FAMILY CHALLENGE – Caught Showing PEACE (and love and joy)**

**Supplies:** Fruit of the Spirit banner and your family

Throughout this Fruit of the Spirit series, notice or “catch” each other living out the attributes of the fruit of the Spirit. When you notice someone showing “**peace**”, go to the banner and give a shout out to the family member who shared **peace**. What are some ways your family shows **peace**? Of course, as your family notices “love” and “joy”, point that out, too!!

**Want to do more with the challenge?** Have family members record the acts of **peace** (and love and joy) on slips of paper and collect them in a jar. Read them together as a family and see God at work in your home!

#### **Parent Tip:**

*The goal of the banner is to help your family memorize the fruit of the Spirit and put them into practice each day. A great tip for memorizing the fruit of the Spirit is to remember it is made up of 9 characteristics. These characteristics can be broken down into three sets of three (3+3+3). Each of these three sets increases in syllables. The attributes in the first set have one syllable: love, joy, peace. The ones in the second set have two syllables: pa-tience, kind-ness, good-ness. And the ones in the third set have three syllables: faith-ful-ness, gen-tle-ness, and self-con-trol. Use this tip to help memorize the fruit of the Spirit for yourself and share with your children!*

### **ACTIVITY OPTION #4 – Fruit of the Spirit Song**

**Supplies:** Select [this link](#) for the “Fruit of the Spirit Song” by Go Fish.

While you listen to this song, you can play “freeze dance” or use it as a song to clean up to! It is great to listen to any time this week when your family needs a positive burst of energy! It will help your child learn the fruit of the Spirit!

#### **LEARNING SCRIPTURE:**

Let us learn this scripture together.

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.” *Galatians 5:22-23a*

This is the word of God for the people of God. **Thanks be to God.**

## **ECHO PRAYER:**

Dear God, **Dear God**

Fill us with your peace **Fill us with your peace**

Then, help us share it with others. **Then, help us share it with others.**

We love you. **We love you. Amen.**

## **CLOSING SONG:**

**Supplies:** [Click here](#) for closing song, “We Will Worship” (Ashley Hymel & Thanushka Lewkebandara)

*Play the closing song.*



## **SERVICE OPPORTUNITIES – to continue our worship all week!**

Spread LOVE, JOY and PEACE to the community!

### **1. Drive-Thru Food Drive for CCSC | Saturdays 9 a.m. – 12 p.m.**

Help Christian Community Service Center (CCSC) keep full shelves! You can pull up to the Main Entrance porte-cochere on the south side of the St. Luke’s campus (3471 Westheimer Rd.) No need to get out of your car! Volunteers will collect all donations out of your car for you. Requested Food Donation Items: Pasta, Hearty Soups, Boxed dry cereal, Canned vegetables, Canned tuna, Canned chicken, Canned fruit, Cleaning wipes, Toilet paper, Baby Wipes, Bar soap and Diapers (4, 5 & 6).

### **2. Decorate Kids’ Meals Lunch Bags**

Help bring joy to preschool aged children by decorating brown lunch bags with fun pictures. Bags can be dropped off at St. Luke’s during food drive on Saturdays or in the mail slot on the east side entrance to the church, across from the parking garage, labeled “Church Offices”.