

Children's Ministries Lesson – 3rd-5th Grade

Fruit of the Spirit – Patience

1 Timothy 1:12-16

June 7, 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 your space, consider gathering 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.

With love, Your Children's Ministries Team and Worship Leaders, Ashley Hymel & Thanushka Lewkebandara.

BIBLE STORY POINT: God gives us the fruit of the Spirit to help us show others what his patience looks like.

SUPPLIES: Worship focal point ideas: A Bible, a cross, a candle and an offering container; praise and worship music links; Bible story link; activity supplies (see activity options below); service opportunity (listed at the bottom of the lesson)

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 family "chant" as a way to begin our time together. Repeat what I say & do.

We are the [insert family name] family. (whoop whoop) **We are the [insert family name].**

(whoop whoop)

We are safe and helpful too. (clap clap) **We are safe and helpful too. (clap clap)**

Using kind words is what we do. (stomp stomp) **Using kind words is what we do. (stomp stomp)**

(stomp stomp)

Together we can make the world a better place. (high five) **Together we can make the world a better place. (high five)**

This is our family! (whoop whoop) **This is our family! (whoop whoop)**

OPENING PRAISE SONGS

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

Supplies: Select the links for Praise and Worship Music (use one or both links)

1. ["Trust in the Lord"](#) (Ashley Hymel and Thanushka Lewkebandara, Contemporary & Children's Church Worship Leaders)



2. ["I've Got the Joy"](#) (performed by Ashley Hymel & Thanushka Lewkebandara)



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 75th Anniversary piggy bank, if you have one.) The below scripture is the 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 us pray for those who will receive our offering and The Lord's Prayer. Does someone want to lead us in prayer?

An optional prayer:

Dear God, We thank you for our many blessings. May the offering we share today bring your hope to those who will receive it. And now, let us pray the prayer Jesus taught us:

The Lord's Prayer

Our Father, who art in heaven, hallowed be thy name.

Thy kingdom come, thy will be done on earth as it is in heaven.

Give us this day our daily bread.

And forgive us our trespasses, as we forgive those who trespass against us.

And lead us not into temptation, but deliver us from evil.

For thine is the kingdom, and the power, and the glory, forever. Amen.

LEARNING SCRIPTURE:

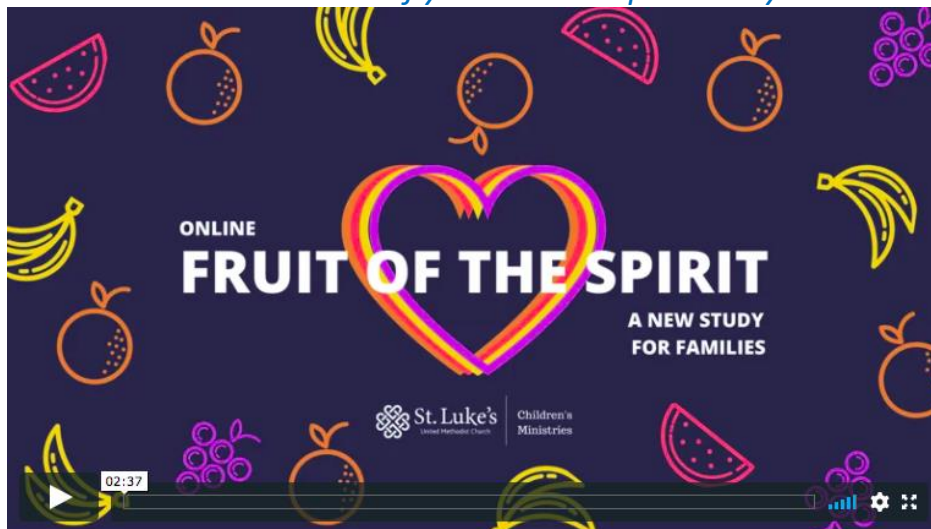
Let us learn this scripture together.

“By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control.” Galatians 5:22-23

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

VIDEO INTRODUCTION TO THE SERIES – Fruit of the Spirit

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



FRUIT OF THE SPIRIT PRAYER AND INTRODUCTION TO THE BIBLE STORY:

We've been learning about the term, "fruit of the Spirit". When the Bible uses the word, "Spirit", God means the Holy Spirit. The fruit of the Spirit is a gift God gives us to help us live lives that please him and show his love to others.

Let's begin to understand the fruit of the Spirit more with a prayer. Let's pray.

Heavenly Father, thank you for giving us the fruit of the Spirit. We ask you to help us live each quality of the fruit of the Spirit.

Help us to show **love and joy**.

Help us to have **peace**.

Fill us with your **patience** and **kindness**.

Show us your **goodness**.

Help us demonstrate **faithfulness** and **gentleness** and, finally, help us have **self-control**.

In Jesus' name, we pray. Amen.

So far, we have learned about the attributes love, joy and peace. Today, we will learn more about patience!

What does being patient mean? (*wait for responses – can use some variety of waiting without complaining or getting upset*)

When do you feel it is hard to be patient? (*ideas such as, waiting your turn for a toy or your turn to talk, waiting for your younger sister to put on her shoes, waiting for dinner, showing someone several times how to learn something new, when someone does something that annoys you or makes you angry, waiting to feel better, etc.*)

Do you remember Paul? His name used to be Saul, and he was very mean to all of Jesus' followers. He tried very hard to stop people from talking about Jesus. Then, one day, Jesus changed his heart. Jesus loved him and knew he needed him to share his message. It seemed very odd that Jesus would choose someone like Saul to be his messenger, but Jesus loved him from before he was even born and he waited patiently until the time was right for Saul's heart to turn towards God. Jesus patiently waited a long time. And throughout that time, he loved Saul each and every day of his life, even when he made bad choices.

Saul became known as Paul. Paul traveled everywhere sharing God's word and telling of Jesus. During one of his many travels, he told a group of people how badly he had behaved and shared the story of how patient Jesus was with them.

BIBLE STORY:

Supplies: [Click here](#) for the Bible story video

Our Bible story for today comes from the New Testament, the Book of 1 Timothy.

[Watch the Bible story video.](#)



DISCUSSION AFTER BIBLE STORY:

What did you find most interesting about the story? *(Allow time for family members to share their thoughts.)*

How was God patient with Paul? *(Paul considered himself the worst of all sinners. God patiently waited for the day when Paul accepted Jesus into his heart. God knew what was inside Paul's heart and all the amazing things he would accomplish. So he patiently waited!)*

What was Paul telling Timothy to have patience about? *(Timothy was starting a new church and Paul wanted him to have patience and know with God anything is possible – even starting a brand new Church!)*

When do you find it hard to be patient? *(Allow time for family members to share their thoughts.)*

What can we do when we lose our patience with others or with ourselves? *(Allow time for family members to share their thoughts. Some ideas are prayer, slow down, find joy in the waiting, take deep breaths, and do something relaxing.)*

Paul wanted us to look at his life as an example of God's patience. Where have you seen God's patience in your life? Is there someone in your life that is a living example of God's patience? *(Allow time for family members to share their thoughts.)*

Jesus had to wait a very long time for Paul to know him and love him and to tell him he was sorry for the bad choices he had made. Jesus showed his perfect patience with Paul. God waits for us to tell him we are sorry when we make bad choices. God is so patient that he keeps waiting. He loves us so much that he does not want anyone to miss out on having our sins forgiven. So, God waits patiently for us, and he wants us to show his patience towards others.

Always remember, Jesus' love and joy and peace and patience can carry us through anything!

ACTIVITY 1: Fruit of the Spirit Multi-Week Family Activity

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. Today you will add "PATIENCE" to your banner/poster from last week or make the overall banner/poster, if needed.

Images of various options:

1. **Poster** – Ready to print as is – use the link to print. Post in a central location for your family. Simplest way to do this activity.

Supplies: <https://biblegamescentral.com/wp-content/uploads/2019/02/Fruit-of-the-Spirit-Cards.pdf>.

Thank you, www.BibleGamesCentral.com.



2. Vertical Banner –

Supplies: poster board or large piece of paper, poster cards (link above), markers, glue stick and/or painter’s tape. Great for a fridge or narrow space.

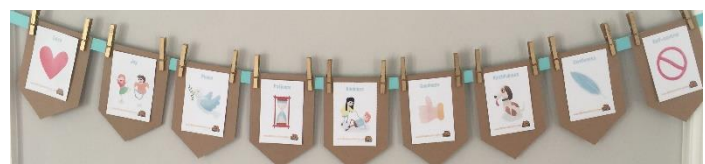
Write Title; draw boxes (we used the cards from the poster and just made them a bit larger; cut cards; and tape or glue each one in a box, one per week.



3. Horizontal Banner - Using Poster Cards (above link)

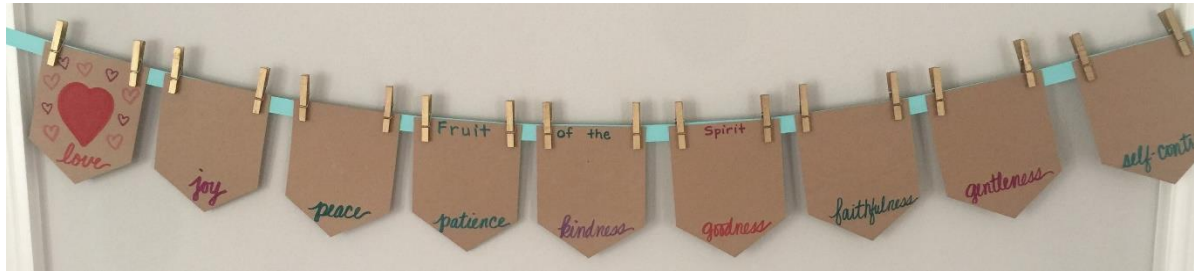
Supplies: ribbon, clothes pins or tape, poster cards, heavy paper cut in banner style or be as creative as you want.

To make the background banner cards, cut paper larger than the poster cards (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 poster cards; tape or glue one on each banner card each week. Hang on a wall with painter’s tape or bulletin board, etc.



4. Horizontal Banner – Create your own

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.

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 four is **PATIENCE**.
4. As a family, decorate one sheet of paper to represent patience. Be as creative as possible!
5. Attach patience to the banner. Your banner should now contain love, joy, peace and patience! A new picture and new fruit of the Spirit attribute will be added each week throughout this series!

FAMILY CHALLENGE – Caught Being Patient

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 being patient, go to the banner and give a shout out to the family member who shared patience. What are some ways your family shares patience with one another? Of course, as your family notices “love” and “joy” and “peace”, point those out, too!!

Want to do more with the challenge? Have family members record the acts of patience (and love, joy and peace) 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 2: PRACTING PATIENCE AS A FAMILY

The Patience Game (aka, the Quiet Game):

Supply: pen or pencil and paper (if keeping score)

Form a circle and have everyone sit down. Explain that we are going to play The Patience Game. It is hard to wait and it is even harder to wait in complete silence. The rules are simple. You cannot make a noise. You must face towards the inside of the circle, so you can see each other's faces. You cannot touch one another. Yet, you can try to make someone else laugh. Remember, no noises, no touching others and you must remain seated. Whomever is the quietest the longest gets one point. Or, we will stop after 2 minutes and everyone who is quiet and has shown patience will get one point. Repeat as desired.

OTHER GAMES/ACTIVITIES TO PRACTICE PATIENCE (can play now or throughout the week):

Complete these activities as a family. Have conversations with your children about patience during/after activity.

Simon Says

Memory Game

Jigsaw Puzzles

CLOSING:

LEARNING SCRIPTURE:

Let's say our scripture again!

"By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control." Galatians 5:22-23

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

Today, we learned about patience. The Bible teaches us of God's perfect peace and patience. He shares it with us so we may share it with others. Yet, it takes a lot of practice and a whole lot of prayer. God wants us to keep our focus on him. When we do, we can experience and know the fruit of the Spirit. What a wonderful gift from God. Let's thank God with our closing prayer.

CLOSING PRAYER:

Ask someone to close in prayer or use the following prayer.

Dear God, we love you and thank you for the fruit of the Spirit you give us in patience. Thank you for loving us first to show us what true love, joy, peace and patience look like. We thank you for the gift of Jesus and for helping us learn that we can always count on your patience that grows inside us. Help us share these gifts with others through our words and our actions. We praise you and love you because you are God and you are patient. In Jesus' name, we pray. Amen.

CLOSING SONG:

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

Play the closing song.



SERVICE OPPORTUNITIES – to continue our worship all week!

Spread the fruit of the Spirit to the community!

Supplies: paint, river rocks/small stones



- 1.** Make and Share Kindness Stones - paint or decorate river rocks or small stones. As you walk through your neighborhood, leave them by the doorsteps of your neighbors. If you have paint, you may paint the rock first, if desired. You may use paint pens or colored pencils to decorate the rock.