

Children's Ministries Lesson – 1st & 2nd Grade

July 5, 2020

Fruit of the Spirit – Gentleness

Proverbs 15:1-4 and Philippians 4:4-7

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, 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, from your Children's Ministries Team and Worship Leaders, Ashley Hymel and Thanushka Lewkebandara.

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

SUPPLIES: Worship focal point ideas: a Bible, a cross, a candle and an offering container; praise & worship music links; Bible story video 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 own family "chant" as a way to begin our time together. Repeat what I say and do.

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)*

I love our [insert family name] family! *(whoop whoop)* I love our [insert family name] family! ***(whoop whoop)***

We are the dream team you see. *(clap clap)* **We are the dream team you see. *(clap clap)***
(continued on next page)

We are safe and helpful too. (*stomp stomp*) **We are safe and helpful too. (*stomp stomp*)**
Using kind words is what we do. (*high five each other*) **Using kind words is what we do. (*high five each other*)**
I love our [*insert family name*] family! (*whoop whoop*) **I love our [*insert family name*] family! (*whoop whoop*)**
We are the dream team you see. (*clap clap*) **We are the dream team you see. (*clap clap*)**

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. ["Deep Down Boogie"](#) (Ashley Hymel and Thanushka Lewkebandara, Contemporary & Children's Church Worship Leaders)



2. ["Thank You, Lord"](#) (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. 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?

Or, you may use this 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.

"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.**

VIDEO INTRODUCTION TO THE SERIES – Fruit of the Spirit

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



INTRODUCTION TO BIBLE STORY

We have 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 honor him and show his love to others.

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

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*.

Help us to use the fruit of the Spirit to show others what your love looks like. In Jesus’ name, we pray. Amen.

Thank you, God, for giving us your gentleness.

Last week we talked about faithfulness. Let’s talk today about how we can also have God’s **gentleness**.

So far, we have learned more about the qualities of love, joy, peace, patience, kindness, goodness and faithfulness. Today, we will focus on **gentleness**.

What do you think of when you think of the word, “gentleness”? (*petting a puppy on the head, touching a new baby’s hand, setting a glass down on the counter, holding a raw egg, etc.*)

Those are great examples or images of gentleness. Often we think of things that are soft, cuddly, or delicate and dainty. When people tell you to be gentle, what do you normally think they want you to do? (*write their thoughts on the dry erase board*)

We hear the word ‘gentle’ when people want us to be careful with something or to be calm or soft with something. But did you know Jesus was full of gentleness? And he was the most powerful person to ever walk on earth! But he was gentle with people’s hearts. He was strong and bold with his actions, but the way that he showed God’s love was with his **quiet strength**. That’s what God’s love is – it is an action that is so powerful it does not need to make a sound! People who were God’s special messengers who lived before Jesus was born, told everyone about the power of Jesus many years before he was even born; yet, they knew they would recognize him by his gentleness – God’s powerful love in action. In Matthew chapter 11, verse 29, Jesus says, “Learn from me. I am gentle and humble in spirit.”

So, Jesus is our king. Let's think back to our King of the World game. Would Jesus respond like we did to those questions? Maybe some yeses and definitely some nos. Jesus is the king of our world, and he teaches us about how to be faithful and gentle even when it is very hard. It takes amazing strength from LOVE to live like Jesus.

BIBLE STORY

Supplies: Bible

Our Bible lesson for today is from the books of Proverbs 15:1-4 and Philippians 4:4-7.

The scripture is read from the NRSV, if you want to follow along in your Bible.

Watch the Bible story video.

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



DISCUSSION QUESTIONS:

1. What is gentleness? (gentleness is the quality of treating things and others with care and not roughly or harshly.)
2. What happens when we don't treat things gently? Do you have an example of something special to you that you did not treat gently? (they may become worn out, or even break!)
3. What sort of power do our words and actions have over others? (Gentle words have the power to calm down those who are angry and heal those who are feeling down. Harsh words have the power to stir up trouble or to break someone's spirit.)
4. Have you ever felt the power of your words or the words of others calm an angry situation or heal others when they were down?
5. Why should we rejoice when we use gentle words and actions? (Other people will see God's spirit through us when we treat others gently. We can set an example for others the same way Jesus set an example for us to follow when we are gentle.)
6. What can you do when you aren't sure how to be gentle in a situation? (Go to God in prayer and ask for His guidance, look up examples in the bible.)

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 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)



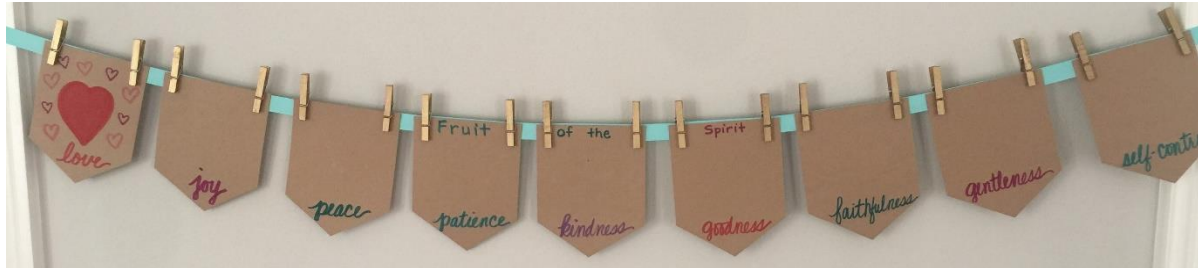
Supplies: ribbon, clothes pins or tape, poster cards, heavy paper cut in banner style or be as creative as you want.

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 this week is **gentleness**.
4. As a family, decorate one sheet of paper to represent gentleness. Be as creative as possible!
5. Attach gentleness to the banner and hang in your house. A new picture and new fruit of the Spirit will be added each Sunday throughout the series.

ACTIVITY 2: Harsh Words Vs. Gentle Words (caution, this could get messy!)

Inspired by <http://coverandtitlepage.blogspot.com/2012/06/vbs-object-lesson-gentleness.html>

Proverbs 15:1-4 talks about the power of our words and actions. Gentle words have the power to calm down situations and to make others feel good! Harsh words have the power to cause trouble and to make others feel bad. In fact, the verse uses the words “spirit crushing”! How awful is it to think that if we use harsh words, we can crush someone’s spirit!

This activity is meant to be an object lesson on how harsh words can crush someone’s spirit, while gentle words can make others feel good. This activity could get a bit messy, so doing it outside or over the sink might be best!

Materials:

2 eggs, a bowl, a q-tip or cotton ball, a pin, a sharpie

1. Give the children 2 raw eggs each. Make sure that the eggs you give them have no cracks in them already!

2. Tell them they need to draw happy faces on their eggs with a sharpie. If you do not think your child can do this part without cracking the eggs already, feel free to do it for them.



3. Tell the children to gently squeeze the egg in on hand (Caution if the shell is not intact, the egg will break! Therefore it is very important to inspect your eggs before giving them out!)

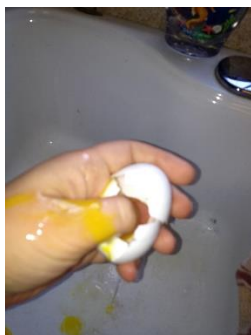
4. After this they can give their egg a name. Then, here is the hard part...they can say mean things to it. (you can't sit at my table, I don't like your drawing, you never do things right, etc.)

5. For each mean thing they say, YOU AS THE ADULT can take a pin and poke holes in the egg. Put one hole in the center, and then pin holes around the center. You will barely be able to see the holes, so the picture below has marks on it.



6. Next ask the children if the egg looks any different. The egg should be fine still, smile and all.

7. Finally, you will say one more mean thing to the egg with your thumb over the first pin hole you made in the middle. (the egg should crack)



8. Now have the children use gentle words for the second egg for each nice thing rub the egg with a q-tip or a cotton ball.

9. After saying the gentle words, you should not be able to break it, you can squeeze it again, just to make sure.



Questions

1. What happened to the egg when we used our unkind or mean words? How is this like what happens to people when they hear mean words?
2. What happened to the egg when we used gentle words? How is this like what happens to people when we use gentle words with them?

CLOSING:

LEARNING SCRIPTURE:

Let's say our scripture again!

"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.**

Today, we learned about gentleness. Let's thank God with our closing prayer.

CLOSING PRAYER:

Dear God, we love you and thank you for the fruit of the Spirit you give us in gentleness. Thank you for the ways you are gentle. Thank you for loving us first to show us what true love, joy, peace, patience, kindness, goodness, faithfulness and gentleness look like. We thank you for the gift of Jesus and for helping us learn how to be gentle like him in our words and actions. We praise you and love you because you are our God. In Jesus' name, we pray. Amen.

CLOSING SONG:

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



SERVICE OPPORTUNITY – to continue our worship all week!

Let's share some LOVE, JOY, PEACE, PATIENCE, KINDNESS, GOODNESS, FAITHFULNESS and GENTLENESS with others: Let's celebrate an Essential Worker - They continue to work really hard for us! Make a sign, give a big shout out, or say thank you to a delivery person, a grocery store employee, your mail carrier, your teachers, a healthcare professional, etc.! Think outside the box! I learned of a neighborhood that each home celebrated their mail carrier's birthday!