

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

## Fruit of the Spirit – Gentleness

Galatians 5:22-23, Psalm 23

July 5, 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.*

With love, from your Children's Ministries Team and Worship Leaders, Julie Osterman,

**BIBLE STORY POINT:** God is gentle and strong. We can show the same gentle strength with God in our hearts. It takes a strong person to be gentle.

**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*)

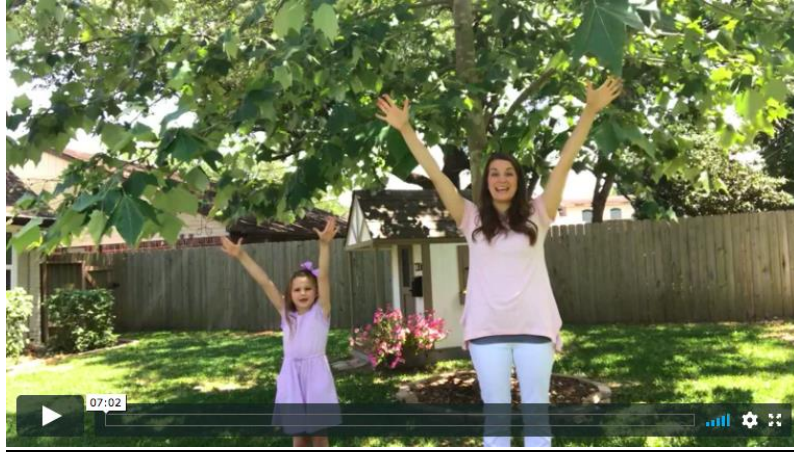
Together we make the [insert family name] family. (*put arms around each other's shoulders - form a huddle*)

### **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.

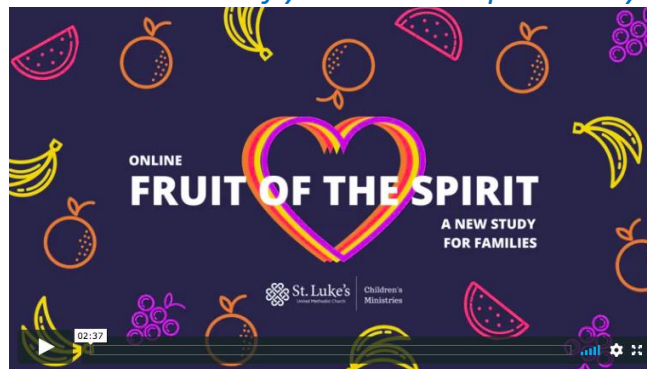
“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.” *Galatians 5:22-23a*

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**

Today, we are going to learn about God's special gift of **gentleness**. What is **gentleness**? Let's watch this video to learn more. [Click here](#) for the Bible story video link.



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

1. What special word did we learn about this week? *gentleness*
2. Does gentleness mean weak? *No! It takes strength to respond gently.*
3. In Psalm 23, how does David refer to God? *a shepherd*
4. What does a shepherd do? *takes care of animals by being strong to protect them AND gentle to care for them*
5. What other animal is strong and gentle? *an elephant*
6. Why does it take a strong person to be gentle? *It is easy and fast to respond with anger. It takes careful thinking and good choices to be gentle. Sometimes we need to take some big breaths before responding, so we can choose gentleness instead of anger.*
7. How can you show the fruit of the Spirit of gentleness? *Choose kind words and good, loving choices Many other answers work.*

### **ACTIVITY OPTION #1: – Hot Tomato or Egg**

[https://www.daniellesplace.com/html/bible\\_themes-fruit5.html](https://www.daniellesplace.com/html/bible_themes-fruit5.html)

**Supplies:** tarp/bed sheet/picnic blanket, tomato or egg, click on [this link](#) for the “Fruit of the Spirit Song” by Go Fish

*This is a variation on the game “Hot Potato”.*

1. Have your family sit on the floor in a circle. You may want to place a tarp, bed sheet or picnic blanket on the floor, in case of any messiness with the tomato or egg.
2. You can use a tomato or egg - whichever item you may have at home.
3. Use the “Fruit of the Spirit Song” link above as your music.
4. Before you begin, ask your child how they should hold and pass the tomato or egg. Rough and fast? Slow and gentle?
5. As the music is playing, place the tomato/egg around **very gently**. When the music stops, the person holding the tomato/egg is out. The game will continue till there are no other players.
6. At the end of the game please read the poem below:

### **Gentleness and Love**

Gentleness and love go hand in hand. Against hate and lies they take a stand.

They take care to never hurt. They do not pull on someone’s shirt.

They speak softly and don’t yell when things don’t go so well.

They don’t call mean names or ever lay the blame.

They keep control when they are mad. They look for the good and not the bad.

Yes, they go together, hand and hand, spreading hope across the land.

Beautiful poem! What ideas does this poem give us for how we can show gentleness?

## PARENT TIPS

Gentleness means being kind and careful.

The word Paul uses for “gentleness” in Galatians 5:22-23 is *prautes*, which has the same root as the word Jesus uses to describe the “meek” who will inherit the earth in the Beatitudes Matthew 5:5. *Prautes* is the word that “refers to exercising God’s strength under His control . . . demonstrating power without undue harshness.” This Biblical definition shows that gentleness shows reserve and strength.

Other Bible verses on gentleness: Proverbs 15:1, Matthew 11:29, Matthew 21:5, Phillippians 4:5-7.

## ACTIVITY OPTION #2 – Fruit of the Spirit Banner (or Poster)

**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 have not made a banner/poster before, today you will make the overall banner and decorate the section for love, joy, peace, patience, kindness, goodness, faithfulness, and gentleness.*

*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](http://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.





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 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 this series.
6. As you see family members showing love, joy, peace, patience, kindness, goodness, faithfulness, and gentleness, point it out and encourage them to continue!

### **FAMILY CHALLENGE – Caught Showing GENTLENESS (and love, joy, peace, patience, kindness, goodness, faithfulness)**

**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 **gentleness**, go to the banner and give a shout out to the family member who shared **gentleness**. What are some ways your family shows **gentleness**? Of course, as your family notices the other fruits of the Spirit point those out, too!!

**Want to do more with the challenge?** Have family members record the acts of **gentleness** (and love, joy, peace, patience, kindness, goodness, faithfulness) 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 to Learn the Fruit of the Spirit:**

*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, self-con-trol and*

*faith-ful-ness . Use this tip to help memorize the fruit of the Spirit for yourself and share with your children!*

**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.**

**CLOSING PRAYER:**

Now, let us say this prayer as an “echo” prayer. I will say some words, and you repeat them with me.

Dear God, **Dear God,**

Thank you for being a strong and gentle God! **Thank you for being a strong and gentle God!**

Please help me to be gentle **Please help me to be gentle**

So I can share gentleness with others **So I can share gentleness with others**

Amen. **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! (See below)**

**Let’s share some LOVE, JOY, PEACE, PATIENCE, KINDNESS, GOODNESS, FAITHFULNESS and GENTLENESS with others:**

Offer to water the flowers and/or grass of a neighbor who might have a hard time being out in the heat.