

## Children's Ministries Lesson – **Toddlers/Twos**

### 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, Ashley Hymel, Thanushka Lewkebandara and Tina Throckmorton.

**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 points: Bible, cross, candle (lit or unlit), and offering container; link to worship songs; link to Bible story video; fruit of the Spirit banner supplies (see 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 we 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 Fruit of the Spirit songs!

**Supplies:** [Select the links for Praise and worship Music:](#)

["Greeting Song & Fruit of the Spirit"](#) (Tina Throckmorton, 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, or add it to your 75<sup>th</sup> anniversary piggy bank. The scripture below is the scripture we use each Sunday during our Offertory time.*

Let us say this scripture together. "God loves a cheerful giver." 2 Corinthians 9:7.

**PRAYER:**

Lead this cheer: Two, four, six, eight. We think (family member's name)'s really great. Thank you, God for (same person's name). End with the family cheering: Yea, God!

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

1. What special word did we learn about this week? *gentleness*
2. What does David say God is? *a shepherd*
3. What does a shepherd do? *takes care of animals by being strong to protect them AND gentle to care for them*
4. What other animal is strong and gentle? *an elephant*
5. How can you show the fruit of the Spirit of gentleness? *Choose kind words and good, loving choices Many answers work.*

## **ACTIVITY OPTION #1: – Being Gentle When Taking Care of a Wound**

<https://www.focusonthefamily.com/parenting/the-strength-of-gentleness>

**Supplies:** band-aids, cotton balls

Bring out the first-aid kit or simply gather a few band-aids and cotton balls for a make-believe boo-boo mending. Explain that you're going to pretend you have a scrape on your finger. You can draw it on with a marker or pen. Let your child use a soft cotton ball to clean your "wound," and then help him/her apply a band-aid. Give hints or suggestions when needed, and compliment your first-aid helper when they are finished. Talk about how gentleness is important, especially when someone is hurting. Ask your child how it feels when his/her brother, sister or friend is not gentle with him/her.

Together, come up with other times when you would want to be gentle. This might be when petting a kitty, hugging a baby, touching a flower or playing with siblings and friends. Explain that each time they are gentle, they are showing how Jesus cares for others.

### **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.

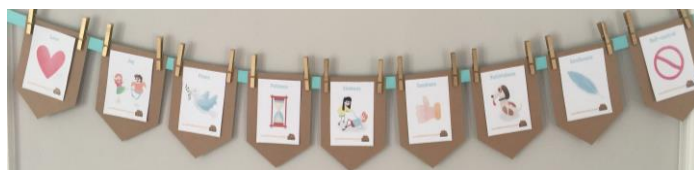
Write Title; draw boxes (we used the cards from the poster and just made them a bit larger; cut cards; and tape or glue each one in a box, one per week.



### 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 (as age appropriate). A great tip for memorizing the fruit of the Spirit is to remember it is made up of 9 attributes. These attributes can be broken down into three sets of three. 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 use these words at prayer time as another time to share with your child.*

**ADDITIONAL ACTIVITY OPTION – 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” or use it as a song to clean up to! This is an easy song to throw in to the mix all week long as we to learn our fruits of the Spirit!

**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 to others:**

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