



# Fruit of the Spirit

## Gentleness

Date: 05/10/2020

### Main Point

- Gentleness is a fruit of the spirit. We'll find out that being friends with God helps us be gentle with others. Since God helps you be gentle.

### Verses of the Week

- Summary verse: "But the fruit of the Spirit is love, joy, peace, patience, kindness, **goodness**, faithfulness, gentleness and self-control. Against such things there is no law." (Galatians 5:22-23)
- Story verse: John 8:1-11 and Proverbs 15:1



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## Review Questions

- Think of someone you know who's gentle. What do you like about that person?
- After reading John 8:7-8, What do you think of Jesus answer? How did it show gentleness?
- When you think of the word gentle what other words come to mind?

## Prayer

- Jesus, thank you that you are humble and gentle at heart. Thank you that your gentleness makes you strong enough to carry our heavy burdens. Give us the strength of gentleness, because gentleness is a fruit of the Spirit. In your name, amen.



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## Activities and Crafts

### Hands On: Balloon Activity

- Fill up 2 balloons with water per child
- Place a bowl or bucket at the opposite side of where the child is standing
- Ask the child to toss the 1 balloon inside the bucket as hard as they can(hopefully the water balloon pops open)
- Ask the child to gently toss the balloon into the bucket.

When we are gentle with our actions and our words we control how we make others feel. When we act out of anger or become careless, just like the balloon, we can make others burst.



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### Create: Gentle Jar

- Create and decorate a jar using a mason jar or clear cup/bottle. Ensure to add print or color the verse of the week, “A gentle answer turns away wrath, but a harsh word stirs up anger” Proverbs 15:1
- Once the jar is decorated, remind your child(ren) the difference of harsh words and gentle words. You can use cotton balls, craft pom poms or candy to represent gentle acts and gentle words.
- The object is to fill up the jar/ glass over the next week. When caught doing something gentle or using gentle words the object you chose from above will be placed into the jar.
- Decide as a family, once the jar is full what will be the reward for showing gentleness throughout the week.



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### Make: Grilled peaches with Brown Sugar

- Place peaches in a bowl. Drizzle with olive oil and sprinkle with cinnamon. Let sit at room **temperature** for about an hour. Pre heat grill.
- Grill peaches, cut side down, over medium **heat** for about 5 minutes or until the peaches have grill marks and starts to soften. Flip peaches to other side, sprinkle grilled side with brown sugar. Grill for an additional 5 minutes, or until sugar melts and peaches are tender.



