



Fruit of the Spirit

Gentleness - Lesson 1

"Let your gentleness be evident to all." Philippians 4:5

Lesson Time

Supplies:

Picture of oxen with yoke

"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, GENTLENESS, and self-control." (Galatians 5:22-23) Can you all shout this verse loud? (Repeat in a loud voice.) What about in a whisper? (Repeat it once in a whisper.) Can anyone tell me what gentleness is? Is it to be really mean to someone and yell at them? NO! Does it mean to be soft, tender, and caring? Does it mean to be kind and loving? Yes! Raise your hand if you have ever touched a baby, a puppy, or a kitten. Does your mom or dad remind you to be gentle in your touch?

Was Jesus gentle? Did He stay calm and gently guide, teach, and heal people? Jesus is the best example of what gentleness looks like. In the Bible, it is written that Jesus said, "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." Matthew 11:28-30

Who knows what a yoke is? In this case, Jesus was not talking about the inside of an egg. He is talking about a wooden beam that was worn by animals, usually oxen, to enable them to pull together on a load when working in pairs. It was very heavy but Jesus says His is easy. Why? Because Jesus would be right beside you, teaching you and pulling the weight. If we look to Jesus as our example, He can show us what gentleness is because He is gentle and has a humble heart. Does that mean Jesus was weak or a big "softy" because He was gentle and humble in heart? Do you think it takes strength and power to be gentle? Is it easier to talk or to whisper? (Say in a whisper...) Have you ever tried to whisper or talk softly for a long time? It takes more strength than using your normal speaking voice. Being gentle takes great strength and self-control. It takes giving our lives to Jesus and living our lives like Jesus. He is gentle with us so we want to be gentle and forgiving to others. The bible says

you should, “Let your gentleness be evident to all.” Philippians 4:5 (Go over the verse a couple of times.)

One day, Jesus took Peter, James, and John the brother of James, and led them up a high mountain. While Peter was speaking, a bright cloud surrounded them. A voice said “This is my Son, and I love him. I am very pleased with him. Listen to him!”

Could you imagine a bright cloud speaking to you with the voice of GOD? What would you think? Would you be afraid? When the disciples heard this, they were terrified. They fell with their faces to the ground. But Jesus came and touched them “Get up,” He said. “Don’t be afraid.”

Does your mom or dad comfort you in a gentle way like this when you are afraid? We can be gentle to others by how we treat them, too. When someone is “driving you crazy” or being mean to you, you can speak to them gently and let them know that you don’t like what they are doing. When we are gentle in our words and actions, we are less likely to hurt others and much more pleasant for others to be around. When your friends are hurt or scared you can sit down beside them and put your arm around them. Then, just like Jesus did, we can tell them not to be afraid.

Prayer Time

Let’s pray and ask Jesus to help us learn from Him. Let’s ask Him to help us to learn to treat others with the same gentleness He showed.

Activity Time

The goal of this time is to utilize a variety of engaging activities –passive and active play, crafts, application, and more – to reinforce what was taught in the lesson. While you may not get to every activity, we encourage you to complete the “Take-Home” activity so children leave with a tangible reminder of what was discussed today.

If numbers are high and/or time and space allow, you may want to use a center format: divide the class into groups (one for each activity) and rotate through the centers after an allotted time.



Mirror Me

This game is similar to Simon Says but instead of “Simon” telling others what to do, a leader will do movements and have the kids mirror the movements. This can be done in pairs as well. Tell them to be creative with it.

The point: Jesus is our example and we want to live like He lived. We want to behave like He did and treat others with gentleness. In order to do what He does we have to know Him. We have to read about Him and pray to Him and He will show us how to behave like He did. If we go to Jesus, learn from Jesus, and trust in Jesus we can have gentleness in the way we treat others just like He did.



Three-Legged Race

Supplies:
Bandanas

Pair each child with another child close to the same height. Tie one of each kid's ankles together with the other, using a bandana. You will be tying a right leg to a left leg so that the pair is facing the same direction. Make sure there isn't anything hanging down to trip the team and don't tie it too tight. Set up everyone at the starting line. Tell the racers that they must stay tied and all "three" legs must be used. Give the signal to start the race. Have them race down around a chair and back.

The point: They need to stay together in rhythm with their partner. Point out what happens if one partner is ahead of the other, trying to go faster than the other. It makes things much harder. Connect the race to how the yoke worked like that. Having Jesus' yoke on us if we stay with him it is easy, but if we try to go out ahead on our own or fall behind him it is hard and our burden is heavy or we feel weighed down.



Gentle vs. Harsh

Supplies:
1 brown paper bag/gift bag with various soft and hard/rough items -
(cotton balls, rocks, feathers, sticks, sandpaper) (1 per bin)
Brown paper bag (1 per child)

In the bigger bag are some items that are gentle to the touch and some that are harsh or rough. Have the kids touch and feel the objects and rub them against their arm or leg to really feel the difference.

The point: Make the connection to how we treat others. We should be soft and caring. Not just in our touch but in our words and actions. From our loving hearts we want to treat others with the same kindness and gentleness that Jesus cares for us with.

Weather and campus permitting you can take the kids outside and let them collect their own items in their own bag that they can take home with their findings.



Memory Verse Card

Supplies:
Magnetic sleeves
Verse cards

Stickers
Crayons

Give each child a verse card to decorate. Go over the memory verse a few times with the children.



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