



Fruit of the Spirit

Kindness – Lesson 3

“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”
Ephesians 4:32

Circle Time

Supplies:

Ball (1 per bin)

The fruit of the spirit is love, joy, peace, patience, and ____ (kindness) What? KINDNESS! That’s right! And in our memory verse the Bible tells us to “Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” Ephesians 4:32. Does anyone remember why we should show kindness to people? Because God first loved us and forgave us, right? So we should forgive others because in Christ God forgave us. Also, the kindness and compassion we show other people may be just what they need to be able to see the love of Jesus. We can show other people who God is by the way we treat them.

Last week we talked about how God tells us to not only love people who love us, but also the people who are our enemies. What did we learn we are supposed to do when someone says something mean to us? Are we supposed to say “You’re mean”? Are we supposed to call them names? NO! We can say something kind back to them. WOW! We need to say things that encourage each other, not things that tear people down and make them feel bad.

The Bible says, “Therefore encourage one another and build each other up, just as in fact you are doing.” (1 Thessalonians 5:11) Remember kindness is love lived out. It is how we can show someone we love him/her. What are ways we have talked about that will show kindness? (Holding the door open for someone, writing thank you notes to our pastors and leaders in the church, helping someone put away groceries, etc.)

Another great way we can show kindness is encouraging one another. We can do this by saying or doing something helpful or nice to encourage someone and make them feel better about who they are and whose they are. Who are we? Are we Christians? Doesn't that mean Christ followers? And whose are we? We are God's work of art. He made each one of us special. And it is our job to show and tell other people that God loves them and made them special, too. So, now we are going to do something fun! We are going to sit in our circle and I am going to roll the ball to someone in the circle and say something kind about that person. Maybe how the person always welcomes a new friend to class or sits quietly while the leader is talking (respects others), and then that person will say something about someone else in the circle and roll the ball to him/her. Remember, this should be to show kindness, encouragement, or to build each other up like the Bible talks about.

Prayer Time

Let's pray that God continues to show us ways to be kind to people He puts in our lives. Pray that God will give us the strength and courage to be kind. What are some prayer requests? (Is there a way that they can show kindness to each other over their requests??)

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.



Helping One Another

Supplies:

2 jugs of water (per bin)

1 fabric recyclable grocery bags (per bin)

Fill a bag with two jugs of water. Ask one child to carry the heavy bag down the length of the room and talk about how difficult this task is. Line all the children up and have them pass the bag down the line – they should see that it's much easier to move the bag if they work together. Have the kids cheer each other on to encourage each other.



Racecars

Supplies:

2 large cardboard boxes/bins (per bin)

Give each child a chance to sit in a box and pretend to drive while his/her partner pushes the box around. Remind children that without a partner, this task would be impossible. If a child says they do

not want to push their partner because it is too hard remind them that it is often hard work sacrificing for a brother/sister and cheer them on to continue helping their friend.



An Art Collage

Supplies:

Large piece of butcher paper (1 per bin)

Chalk or crayons

Encourage working together to help one another. Place the paper on the table and let them color it with chalk or crayons. Point out how long it would take one child to do this task. This is showing kindness by working together. Helping someone with their work can help build someone up and show them love.



Partner Relay

Supplies:

Beanbags (5-6 per bin)

Chair

Pair each kid up with a partner. Have one kid put a beanbag between his/her knees and walk down and around a chair and back, handing the beanbag off to his/her partner. The partner places the beanbag on his/her head and walks down around the chair and back, trying not to let the beanbag fall. Then together they place the beanbag between their backs and they walk down around the chairs and back, without the beanbag falling.

The idea is that they work together and cheer and encourage one another as they are standing waiting for their turn.



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