



Fruit of the Spirit

Patience - Lesson 3

"Be joyful in hope, patient in affliction, faithful in prayer." Romans 12:12

Circle Time

Supplies:

2 puppets

2 toy trains

Who remembers our memory verse this month? "Be joyful in hope, patient in affliction, faithful in prayer" Romans 12:12. (Go over the verse a couple of times.) Who gives us fruit? That's right, The Holy Spirit! You guys are awesome!

Today I brought with me my puppet friends Tommy and Ben. (You can act this out using student leaders if you would rather.) Tommy loves to play with his train set. Let's see how Tommy and Ben get along.

Ben: Hi, Tommy! What are you doing?

Tommy: I'm playing with my trains.

Ben: (grabs Tommy's train)

Tommy: Hey, GIVE THAT BACK!

Ben: (continues to play with it) CHOO choo! I don't have to! I have it now. It's mine!

Tommy: No it's not! It's my train and I want it back NOW.

Ben: I am not giving it to you. CHOO CHOO!

Uh oh! This isn't good at all. Let's look at the Bible and see what it says we should do. Tommy and Ben, listen carefully. "Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others." Colossians 3:12-13 (NLT)

Did you know that God wants us to get along with each other? Remember God wants us to live in peace with each other. Does anyone remember what that means? We shouldn't fight with each other. We don't have to have our own way. We should be gentle and loving towards other people. We should not get mad easily at them. We have been talking about being patient while waiting in line at the store or waiting your turn during a game. But, God calls us to something even bigger than that. We need to be patient with each other, too. When other people do things that hurt us we should forgive them just like Christ forgave us. We need to be patient with others even when they seem annoying or when they bug us. Raise your hand if you have a brother or a sister (or a best friend). Is it hard to be patient with them? How about when they take your toy and don't give it back like Ben did? Let's see if Ben and Tommy can work it out now.

Tommy: Ben, I was playing with that. Can you please give it back now?

Ben: I don't know. I really want it.

Tommy: I will share my trains with you so we can play together.

Ben: Ok, I'm sorry I took your train. You can have it back, but can I play with the other one? (Hands back the train he took.)

Tommy: Sure, I forgive you. Here you go. (Hands him the other train.)

Hey kids, did Tommy and Ben do a better job being patient with each other and making peace? Did you see kindness, love, and gentleness? The verse said to put these on kind of like if they were clothing. We are to "wear" these on the outside so other people can see them. Does that mean we walk around with bananas hanging off our shirts? No, we wear it by treating people with all the fruit that Christ gives us.

Prayer Time

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.



Colossians 3:12 T-shirts

Supplies:

T-shirt template (1 per child)

Verse cards (1 per child)

Glue stick

Crayons/markers

Give each child a t-shirt template. Have them draw a tie-dye design onto the shirt. Go over the following verse with the kids, explaining what it means to “clothe yourselves” with the characteristics mentioned. “Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience.” Colossians 3:12. Have the children glue the verse to their picture.

Taking Care of Your Plants

Supplies:

Water

Small cups

Potting Soil

Seeds or bulbs

Give each child his/her plant. Have children water them with a Dixie cup and take them to the window for light. Talk to the kids about patiently waiting for the plant to grow. We can't just leave it alone. We have to take care of it by watering it and giving it sunlight. Just like we need to pray and read the Bible for us to grow and be more patient and kind with one another.

Gather the kids who missed last week and did not plant a bulb. Have them plant one this week and water it. Time permitting, they can be taken to give their plants sunlight.

Dress-Up Relay

Supplies:

Dress-up clothes

Chairs

Blocks

Have the kids line up in two lines at one side of the room and at the other end have dress up clothes in two piles (choose the same amount of items to make it fair.) Set up an obstacle course to make this more challenging (around chairs, over blocks, etc) and have the kids race to one side of the room, get dressed up in the clothes and race back. Then have them take off the dress-up clothes and have the next runner dress up and run down and back. Remind them that we have to wait patiently for our turn and that we are to “put on” patience, gentleness, kindness, etc – like they were clothes just like the scripture says.



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