



## LOW-ENERGY GAME

### Gentle Catch

[10 min]

#### Supplies

- small plastic or foam balls (1 for every 2 kids)
- upbeat music (optional)
- music player (optional)

#### Toss the Ball

Say: **When we're gentle, we're careful with other people and their feelings. Sometimes it takes a little extra effort to treat others with gentleness. Let's play a game where gentleness will help us work together with a friend.**

- Form pairs. Have partners stand facing each other, about 2 to 3 feet apart.
- Have partners play catch, tossing the ball back and forth. After each catch, have kids each take one step backward before tossing the ball again. They'll have to become more careful as the distance between them grows.
- If partners drop the ball, they must return to their original close distance and start again. Encourage kids to keep tossing the ball and practicing their gentle throwing skills as they see how far apart they can get.
- If you'd like, play upbeat music as kids play catch.

#### Talk About It

Ask: • **What's easier: throwing the ball hard and far or gentle and on target? Why?**

Say: **The farther away we got from our partners, the more accurate our throws needed to be. We couldn't just carelessly throw the ball as hard as possible. Instead, we had to put a little extra effort into a gentle and accurate throw.**

Ask: • **What are some situations that require extra gentleness?**

Say: **Gentleness is a fruit of the Spirit. When we need an extra dose of gentleness, we can turn to God.**



## TALK-ABOUT VIDEO Keizo's Story

[10 min]

### Supplies

- "Keizo's Story" teaching video

### Discuss and Watch "Keizo's Story"

Say: **We're learning that gentleness is a fruit of the Spirit. It's easier to understand why gentleness is important when we think about *other* people treating *us* with gentleness.**

**That's what happened with Keizo. Let's hear his story.**

Watch "Keizo's Story."

Ask: • **What was gentle about the way the librarian treated Keizo?**

• **Why was gentleness a great thing for Keizo?**

• **How does this story inspire you to be gentle when other people make mistakes?**

Say: **The librarian could've charged Keizo the full amount. It's what he owed because of his mistake! And she could've yelled at him, too. But instead, she showed Keizo gentleness, and that helped Keizo out a lot. We can help others by being gentle when they mess up because gentleness is a fruit of the Spirit.**



## DEEPER BIBLE

### Does Being Gentle Make Me Seem Weak?

[15 min]

#### Supplies

- Bibles
- yarn (one 6-foot piece per child)
- scissors

#### Make a Yarn Mess

Ask: • **When you think of the word *gentle*, what other words come to mind?**

Say: **I noticed no one said “strong” or “tough.” We don’t tend to connect gentleness with strength. So does being gentle make us seem weak? Let’s dig in to that.**

**First, I need you to help me make a mess.**

Give each child a piece of yarn, and have kids each tangle their yarn into a messy, intertwined ball.

Then have kids find partners and trade yarn.

Say: **Okay, it’s time to untangle the yarn.**

Allow time for kids to untangle the yarn. When one child is successful, pause for a discussion.

Ask: • **What works best when you’re untangling yarn? What doesn’t work?**

Say: **If you yank and pull hard on a tangled mess of yarn, you’ll pull the knots tighter and make everything worse. But if you’re gentle, you can get it untangled! If you’re struggling, try to be more gentle and get your yarn untangled.**

Allow a few more minutes for kids to gently work at their yarn. If any kids truly can’t get it untangled, cut them a new piece.

#### Dig Deeper

Say: **With our yarn, we discovered that gentleness is the way to go. In fact, I would say it’s a *more* powerful way to work than pulling and yanking, because you can actually solve the problem!**

**So let’s see what the Bible has to say about how gentleness can actually make us more powerful. You’ll use your yarn as we explore the Bible.**

Read Proverbs 15:1.

Say: **This verse talks about flaring tempers, so use your yarn to make the shape of a flame.** Allow time. As kids work, lead them in this discussion.

Ask: • **When have you responded to someone else’s anger with a harsh word? What happened?**

• **When you have you responded to someone else’s anger with a gentle word? What happened?**

Say: **Gentleness is so powerful, it gives us power over *other people’s* anger. According to this Bible verse, our gentle words can make someone else less angry! Wow! And that’s not all gentle words can do. Check this out.**

Read Proverbs 15:4. Have kids make a tree shape with their yarn.

Ask: • **How have you seen gentle words bring life to people?**

Say: **Gentle words bring life to other people. That sounds pretty strong and powerful to me!**

**You know why gentle words are so powerful? Because they show wisdom. Listen to this description of wisdom, and listen especially for the part where it talks about gentleness.**

Read James 3:17, and have kids use their yarn to make the shape of a brain.

Say: **Wisdom helps us make good decisions. And this verse says that wisdom is gentle some of the time. Look at your Bible. No, wait. That's wrong. It says that wisdom from God is gentle *at all times*. So when we're being gentle, we're using God's wisdom. That's awesome!**

Ask: • **How can wisdom be powerful?**

Say: **Gentleness is a fruit of the Spirit. It comes from God because God is gentle. Jesus even talked about the power of his gentleness in our lives.**

Read Matthew 11:28-29, and have kids use their yarn to draw a heart.

Say: **Because Jesus is gentle at heart, we can come to him when we're overwhelmed. He has the ability to make hard things feel lighter and easier for us.**

Ask: • **What kind of person could lift something heavy and make it feel light?**

Say: **Think about this: If you or I tried to lift a 500-pound object, we couldn't do it. But if one of those guys from the Strong Man competitions tried, it wouldn't feel heavy to him at all. Jesus' gentleness makes him strong enough to carry our heavy burdens and make them feel light. So let's ask him to do that now.**

Have kids place their hands inside their yarn hearts as you pray: **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.**



## LIFE APPLICATION WRAP-UP

### Gentle at Heart

[5 min]

#### Supplies

- tissue paper

#### Easy Prep

- Cut a heart out of tissue paper for every 5 kids.

#### Pass a Heart Gently

Say: **We're learning that gentleness is a fruit of the Spirit.**

Ask: • **When your mom says to be gentle with a fragile vase, what do you do to show gentleness?**

Say: **Gentleness is important to God because our hearts are fragile, and they're so important to him. Let's practice being gentle with a fragile heart.**

- Have kids sit in a circle.
- Give a tissue paper heart to the kids to pass around the circle. Add the remaining hearts one at a time, so kids are passing hearts regularly.
- As kids pass the hearts, they can pray silently for God's help in being gentle with other people's hearts. Encourage kids to think of specific people they have a hard time being gentle with and pray for those people.

#### Wrap Up

Pray: **God, thank you for the fruit of the Spirit of gentleness. Thank you for caring about us so much that you want us to be gentle with each other. Help us do that this week. In Jesus' name, amen.**

Thank kids for coming, and encourage them to come back next week.



## ACTIVITY PAGES WITH A POINT

### Be Gentle

[10 min]

#### Supplies

- “Fruit of the Spirit: Gentleness” Coloring Page
- pencils
- crayons

#### Older Kids: Do an Activity Page

Say: **Today we’re learning about the fruit of gentleness. The Holy Spirit helps us be gentle! Let’s see if you can be gentle as you color this picture.**

Distribute the activity pages and pencils. Kids will color harder or more gently with their pencils to match the shades of gray.

Ask: • **What was it like to color gently to get a light gray?**

• **We know what it means to be physically gentle—to color lightly or handle something carefully. But what does it mean to be gentle with other people?**

Say: **Gentleness is a fruit of the Spirit. That means the Spirit helps us treat other people’s feelings gently, like we colored gently with our pencils. Jesus set a great example of gentleness when he showed care and compassion for how the woman was treated.**

#### Younger Kids: Color a Coloring Page

Distribute the coloring pages and crayons. Say: **Today we learned that gentleness is a fruit of the Spirit. Jesus was gentle when he was careful with the woman’s feelings and treated her nicely. Let’s color Jesus helping her.**

Allow time for kids to color.

When kids finish coloring, three-hole-punch their pages and put them into binders, if desired.