



LOW-ENERGY GAME

Gently We Roll Along

[10 min]

Supplies

- large laundry basket (1 for every 5-6 kids)
- playground ball (1 for every 5-6 kids)
- painter's tape
- upbeat music (optional)
- music player (optional)

Easy Prep

- Tape a starting line on the floor. For each group, place a laundry basket on its side about 6 feet away from the line.

Tips

- Adjust the placement of the baskets as needed to allow kids to be successful, without making it too easy.

Roll the Ball

Say: There are lots of ways we can be gentle. We can be gentle with our words, gentle with our hands, and gentle with our feet. We can even be gentle with a ball. Since we're learning that gentleness is a fruit of the Spirit, let's practice being gentle with a ball.

- Form groups of five or six, and have each group choose a basket.
- Help kids in each group line up on either side of their basket, where they'll gently help direct the ball into the basket.
- Show kids how to roll the ball so it lands in the basket but doesn't tip the basket up.
- Encourage kids to take turns bringing the ball to the line and rolling it gently into the basket. Continue as time allows.
- If you'd like, play upbeat music while kids play.

Talk About It

Say: It's hard to roll a ball gently. We have to use self-control and not be rough. There are other things it's hard to do gently.

Share an example of something it's hard for *you* to do gently. You might talk about trying to get your kids moving in the morning or playing a game where you have to stop an opposing team.

Ask: • **Tell about something that's hard for *you* to do gently.** Kids might say wrestling with their brothers, playing Tag on the playground, or throwing a ball.

Say: Sometimes it's hard to use gentle hands and gentle words, too. Jesus is always gentle. He was gentle with the woman the leaders brought to him. He's gentle with us, too. When we're friends with Jesus, he helps us be

gentle. Gentleness is a fruit of the Spirit.



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 Gentle Hearts

[15 min]

Supplies

- Bible
- 2 tissue paper hearts
- upbeat music
- music player

Pass the Heart Quickly

Have kids sit in a circle.

Say: **Let's play a game and see how many times we can pass this heart around the circle before the music stops.**

- Give the first tissue paper heart to a child.
- Start the music and encourage kids to pass the heart around the circle as fast as they can for about one minute.
- Stop the music, and collect the heart.

Look at the heart, and say: **Wow! This heart isn't in very good shape anymore.** Briefly describe the damage you see to the heart.

Say: **We were just playing a silly game with a paper heart, but this reminds me of what happens when people aren't gentle with other people's hearts. The game can help us think of how when we aren't gentle with others, it hurts their hearts.**

Briefly share an example of a time *your* heart was hurt because someone wasn't gentle with you. Maybe someone told you you were bad at something, or maybe someone pushed you out of the way in a line.

Ask: • **Share about a time *your* heart was hurt when someone wasn't gentle with you.** Preschoolers might share about others saying unkind things or when someone didn't share with them.

Hold up the damaged heart. Say: **When others aren't gentle with us, our hearts can feel hurt like this one is. Today we learned that some leaders weren't very gentle with a woman. It probably hurt her heart.**

Pass the Heart Gently

Say: **Jesus knew the wrong things the woman had done, but he was gentle with her heart. Jesus knows all the wrong things we've done, too, but he's gentle with us. Listen to this.** Read Ephesians 4:2 aloud. **This means, "Be gentle with others, even when they do something wrong."**

Jesus shows us how to be gentle with others. Gentleness is a fruit of the Spirit. Let's pass a new heart around the circle. But this time, let's be gentle with the heart like Jesus is gentle with our hearts.

- Hand the second tissue paper heart to a child.

- Start the music again and encourage kids to pass it gently, trying not to damage it.
- Stop the music, and collect the heart.

Say: **Great job being gentle with this heart! We can be gentle with people's hearts, too. When we're friends with Jesus, he puts his gentleness into our hearts.**



LIFE APPLICATION WRAP-UP

Sing Out Your Gentleness

[5 min]

Sing

Say: **Today we learned that gentleness is a fruit of the Spirit, and God is always gentle with us. We learned a song that reminds us to be gentle with our hands and our feet. Let's sing it now.** Lead kids in singing the following song to the tune of "The Wheels on the Bus."

**A fruit of the Spirit is gentleness,
Gentleness, gentleness.
A fruit of the Spirit is gentleness.
Let's be gentle.**

**I can be gentle with hands and feet,
Hands and feet, hands and feet.
I can be gentle with hands and feet.
I am gentle.**

**I can be gentle with others' feelings,
Others' feelings, others' feelings.
I can be gentle with others' feelings.
I use kind words.**

Repeat as time allows.

Pray

Say: **Because gentleness is a fruit of the Spirit, God will help us be gentle when we ask him. Let's ask him to help us be gentle.** Lead kids in a brief prayer.

Thank kids for coming to church, and let them know that you'd like to see them back again 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.