

## THE FRUIT OF THE SPIRIT IS GENTLENESS

**BIBLE PASSAGES:** Deuteronomy 32:2; Galatians 5:22-23; Matthew 11:28-29; 2 Samuel 22:36; 1 Peter 3:15; Galatians 6:1

**STORY POINT:** Gentleness is a fruit of the Holy Spirit, is modeled most greatly by our God, and is made possible through Christ., our God has a gentle nature.

**MEMORY VERSE:** Galatians 5:22-23

**BIG PICTURE QUESTION:** What is the Fruit of the Spirit? The Fruit of the Spirit is what we can expect to see in our lives when we are guided by the Holy Spirit.

### PARENT DEVOTIONAL

We don't have to guess what the fruit of a Christian's life is to be, since Galatians 5:22-25 tells us. When God and others look at our trees—our lives—they should see nothing but “love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control.”

Model for your kids what it looks like to live by the Spirit, showing and sharing with them the fruit of your life.

Much of Paul's discussion in the book of Galatians focuses on opposites. He looks at the differences between the gospel of Christ and false gospels, faith and observance of the law, promise and law, freedom and slavery. One pair of opposites that he looks at in detail is living by the flesh (following human desires) and living in the Spirit (following God's desires). The decision of which way to live makes an impact on all aspects of life. Paul is clear about the results of each way. People who choose to follow the flesh can expect their lives to hold the things that way of life produces. Ultimately, that choice means eternal separation from God.

These characteristics identify us with Christ. Paul uses an interesting image when he stresses our need to live by the Spirit. Anyone who has watched a marching band knows how obvious it is if one person is out of step with the others. In the same way, if we are not living the way that the Spirit directs us, that fact will be immediately noticed, and the results can be disastrous.

“Each tree is recognized by its own fruit” (Luke 6:44).

# KINDERGARTEN - 5TH GRADE BIBLE STORY

## The Fruit of the Spirit is GENTLENESS

Bible Verse to Memorize: Proverbs 15:4: "A gentle tongue is a tree of life, but perverseness [viciousness, as translated from Strong's Concordance] in it breaks the spirit." (ESV)

How do we handle babies? (Allow time for response.) Babies are fragile. We have to be careful with them. We are never rough with babies because it will hurt them. We treat them with gentleness.

Can you guess what fruit of the Spirit we are talking about today? Gentleness! Today we will discover that gentleness is not just about how we care for a baby. God desires for us to be gentle in our actions, our words, and our attitudes! Where do we go to discover God's truth about gentleness? (His Word! The Bible!)

Read Deuteronomy 32:2 to your kids as a prayer over your teaching time: "May my teaching drop as the rain, my speech distill as the dew, like gentle rain upon the tender grass, and like showers upon the herb." (ESV) This is my prayer as I teach you this morning. Now let's read some verses together and discover God's truth about gentleness!

*Make a column on a board or piece of paper entitled Gentleness. Explain that together you will make a list of words that describe gentleness as you read different verses from the Bible. Begin by reading together Galatians 5:22-23.*

The Bible tells us in this passage that gentleness is a fruit of the Spirit. If we are saved, the Holy Spirit is living inside of us, and we can be people who overflow with gentleness! This does not mean that we will be gentle all the time. But as we come to know God more and more, we change! Gentleness becomes part of who we are. With the Spirit living inside of us, He gives us the power to be gentle! So what would be the first thing we write on the board to describe gentleness? (fruit of the Spirit).

*Read Matthew 11:28-29: "Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls." (ESV)* Jesus models gentleness to us by calling all of those who are tired and suffering to find rest in Himself. He gently leads us, like a shepherd with His sheep. What can we write on the board about gentleness from this verse? (Jesus is our example of gentleness.)

*Read 2 Samuel 22:36: "You have given me the shield of your salvation, and your gentleness made me great." (ESV)* This verse is from a song David sang after God delivered Him from his enemies. Earlier in the verse we see how powerful our God is in defeating David's enemies. Describing God as gentle does not mean He is not powerful. David faced a lot of dangers in his life, but God was always there, caring, protecting, and guiding him. When David says God's gentleness made him great, he is referring to His constant care over his life. What can we write on the board for this verse? (God is our example of gentleness. Words to describe it for us: listener, protector, safe place.)

*Read 1 Peter 3:15: "...[B]ut in your hearts honor Christ the Lord as holy, always being prepared to make a defense to anyone who asks you for a reason for the hope that is in you; yet do it with gentleness and respect...."* This teaches us that gentleness is not about keeping your faith to yourself, but proclaiming the Gospel with gentle words, in a respectful way. If someone asks you why you believe or even attacks your reasons for believing, you have to be ready to defend your faith in a gentle and respectful way. What do we learn about gentleness from this verse? (Share truth with gentleness.)

*Read Galatians 6:1: "Brothers, if anyone is caught in any transgression, you who are spiritual should restore him in a spirit of gentleness. Keep watch on yourself, lest you too be tempted." (ESV)* As brothers and sisters in Christ, we are to correct and confront each other when we see sin. This verse shows us that we are to do it with a spirit of gentleness. Instead of saying, "You are such a sinner! You are horrible," we should say, "I have seen this sin in your life. It hurts me to see you in this sin because I care about you. God loves you and desires

for you to repent.” What do we learn about gentleness from this verse? (Correct sin with gentle spirit, gentle words.)

I want us to memorize together Proverbs 15:4: “A gentle tongue is a tree of life, but perverseness [viciousness] in it breaks the spirit.” (ESV) (Use hand motions to help them memorize or write it on the board, erasing one word at a time until everyone is able to say it together without seeing it.)

**Memory Verse:** Galatians 5:22-23 “But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.”

## K-5th DISCUSSION

### DISCUSSION QUESTIONS

Now spend time in prayer together. Remember the specific situations your children are going through. Invite them to share if they haven’t already. Praise God for the fruit of the Holy Spirit, the gentleness we are able to show because He lives within us.

#### Ask the following questions and discuss:

1. What is gentleness and how can we show it to our siblings? Parents?
2. What are the habits that can help grow the fruit of the Spirit in your life?
3. What fruit do you most recognize in yourself? Which fruit do you have most trouble submitting to the will of the Holy Spirit? What would others say?
4. Do you think that the Fruit of the Spirit usually shows gradually? Have you seen evidence of this in your life or someone else’s life?

## ACTIVITIES AND CRAFTS

### Optional Activity:

Set out the jar full of scenarios. Your job is to act out this situation two times. The first time, you will show us how to handle it without gentleness. The second time you will show us how you could handle it with gentleness based on the verses we just talked about. If you need any help, let us know! You have 5-7 minutes to plan your skits! Ready...set...go!

Adapt their time based on your schedule.

After they are finished, have everyone sit down and discuss what they have learned. While you are talking, pass out the gentleness coloring sheet.

Have a time of silence. Ask the following questions rhetorically: Is gentleness a part of who you are right now? Do your words show gentleness or are they harsh and mean? Do you show gentleness with your actions? Are you a protector, a listener, a comforter to your friends and your family? Let’s ask God together to grow the fruit of gentleness in our hearts this week.

Pray together. During your prayer, thank God for His gentle way with us and for Christ, for it is only through Him that we can be changed and produce the fruit of the Spirit.

**Craft Ideas - Use this link to find great activities and to learn more about GENTLENESS.**

<https://thelittlesandme.com/the-fruit-of-the-spirit-is-gentleness-kids-activities/>