

Gentleness

Fruit of the Spirit

Lesson 8 of 9



Written by Kara Jenkins

This is the eighth Bible lesson in our series based on the Fruit of the Spirit in Galatians 5. Each particular lesson plan explains a specific character quality that God creates in us through His Spirit.

Suggested Age Group: 1st - 3rd Grades

Relevant Scriptures Pertaining to Gentleness: Deuteronomy 32:2; Galatians 5:22-23; Matthew 11:28-29; 2 Samuel 22:36; 1 Peter 3:15; Galatians 6:1

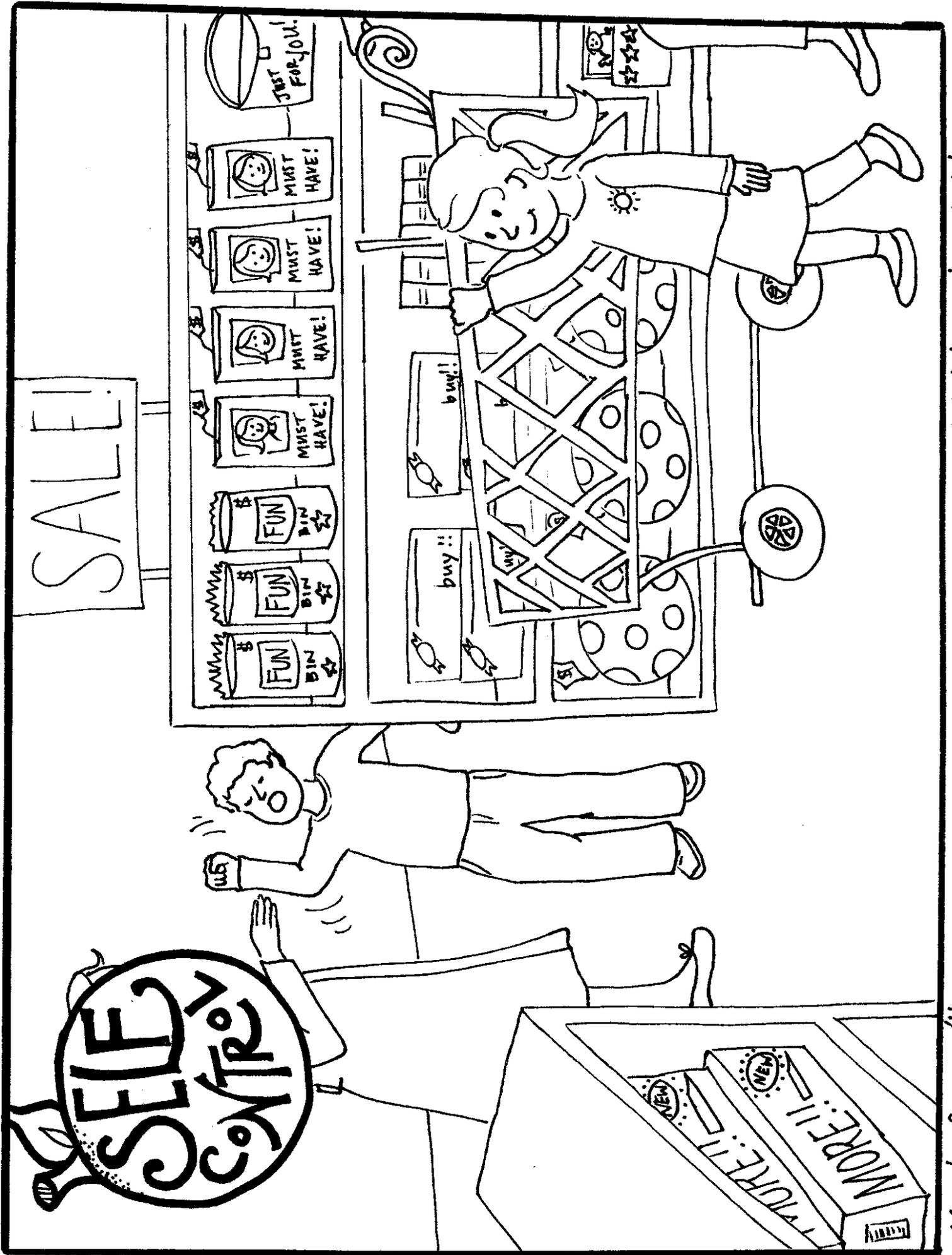
Learning Objectives: After this lesson, the children will demonstrate:

1. An understanding that gentleness is a fruit of the Holy Spirit.
2. An understanding that gentleness is modeled most greatly by our God, and is made possible through Christ.
3. An understanding that our God has a gentle nature.

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)

Items Needed:

- Bibles (plus extras for children who forget to bring one)
- Chalk/marker board with Galatians 5:22-23 written out
- Pictures of newborns OR actual new parents with their baby (or pictures of their baby to show)
- A bowl or jar, slips of paper with different scenarios that a 1st - 3rd grader might find themselves in that requires a gentle response (examples: telling a younger sibling their pet died, confronting a friend about sin, responding to a friend who



had a family member die, defending your faith to someone who says it's not true, etc.)

- Gentleness coloring sheets found at www.Ministry-To-Children.com
- Piece of paper for parents with Proverbs 15:4 and a list of this week's relevant Scriptures written or printed on them, one for each family

Optional Activity: For the fruit of the Spirit lessons, make a tree for the wall labeled "Believer" or "Christian." (On a poster board or large piece of paper, draw or use construction paper.) Make paper "fruits," each labeled with an attribute of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Each week add the particular attribute you are teaching about. This week, you would add "gentleness," allowing a child to place it on the branch of the tree. Use only one type of fruit, for though there are several virtues produced by the Spirit, they are all one type of fruit: the fruit of the Spirit.

Bible Lesson

Kindle Curiosity (5 minutes)

- This activity depends on your resources. If you have new parents who can come and talk to your class about how they had to learn to handle a baby gently, that would be great! If not, show pictures of newborn babies with their parents and siblings.

Do any of you have a baby brother or sister? (Allow time for them to respond.) 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 from look at our verses on the board? (Allow them to guess.) 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!*)

God Revealed (15 minutes)

- Read Deuteronomy 32:2 to your students 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 the board 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.*)

Personal Pursuit (15-20 minutes)

- Set out the jar full of scenarios. Split your children into two or three groups, depending on your class size. Have each group pull out a scenario.

Each group has pulled out a description of a situation you might find yourself in one day. 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.

Daily Knowing (7-10 minutes)

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.)

Closing Activities (5-10 minutes)

- Spend time in prayer together. Remember the specific situations your children are going through. Invite them to share their needs and praises. Praise God for the fruit of the Holy Spirit, the gentleness we are able to have because He lives within us, and for His great gentleness to us.
- Encourage parents to work on this week's verse with their children. Send home the paper with the verse printed on it.

Gentleness

Galatians 5:22-23 (NASB)

But the fruit of the Spirit is _____, _____,
_____, _____, _____,
_____, _____, _____, self-control;
against such things there is no law.

Deuteronomy 32:2 (ESV)

May my _____ drop as the rain, my _____ distill as the
dew, like _____ rain upon the tender grass, and like showers upon the
herb.

Matthew 11:28-29 (NASB)

"Come to me, all who are _____ and heavy-laden, and I will give you
rest. Take My yoke upon you and _____ from Me, for I am
_____ and humble in heart, and you will find rest for your souls."

2 Samuel 22:36 (ESV)

You have given me the shield of your salvation, and your _____
made me great.

1 Peter 3:15 (ESV)

But in your hearts honor Christ the Lord as _____, always being
prepared to make a _____ to anyone who asks you for a reason for
the _____ that is in you; yet do it with _____ and
respect.

Galatians 6:1 (ESV)

Brothers, if anyone is caught in any transgression, you who are spiritual should
_____ him in a spirit of _____. Keep watch on
yourself, lest you too be tempted.

****Homework****

Work on being gentle with others this week. This means with your brother, sister, mom, dad, friend... Write down at least 3 times you chose to be gentle this week, write them down on a piece of paper, and bring them into class next week.

Gentleness (Teacher's Guide)

Galatians 5:22-23 (NASB)

But the fruit of the Spirit is love_____, joy_____,
peace_____, patience_____, kindness_____,
goodness_____, faithfulness_____, gentleness_____, self-control;
against such things there is no law.

Deuteronomy 32:2 (ESV)

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.

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"Come to me, all who are weary_____ and heavy-laden, and I will give you rest. Take My yoke upon you and learn_____ from Me, for I am gentle_____ and humble in heart, and you will find rest for your souls."

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