

the **FRUIT** of the Spirit is  
**KINDNESS**



## MAIN IDEA

I can be kind and value others above myself because God shows me how.

## VERSE

Do nothing from selfish ambition or conceit, but in humility regard others as better than yourselves. Let each of you look not to your own interests, but to the interests of others.

[Philippians 2:3-4 NRSV]

## KINDNESS IS

love lived out. It is valuing others above myself by being friendly, loving, thoughtful, and considerate. When I am kind I really see others around me and look for opportunities to serve them like Jesus.

## READ

Zacchaeus  
(Luke 19)

Spark Story Bible

pages 400 - 405

## HANDS ON

Your Words are Like  
Toothpaste Object Lesson

## CREATE

String Art

## MAKE

Frozen Grapes  
On a Stick

## FRUIT IN ACTION

Pick a random act of  
kindness to do with your family

# INSTRUCTIONS

Fruit of the Spirit:

**KINDNESS**

## Your Words are Like Toothpaste Object Lesson

**Supplies:** Toothpaste, Construction Paper, Tape, Marker, Plate

**Instructions:**

1. Wrap a piece of construction paper around a tube of toothpaste (secure it with tape)
2. Write "Words" on the construction paper with a marker.
3. Invite your kids to squeeze out the toothpaste onto the plate as fast as they can. They might be surprised how fast it comes out! Once they have emptied the toothpaste onto the plate tell them that now their job is to put it all back in the tube. They won't be able to put much (if any) of the toothpaste back. Explain that the toothpaste is just like the words that come out of our mouth. Our words have the power to lift people up or tear them down. If we are not careful hurtful words can spill out of our mouth and we can't take them back. You can't put words back in your mouth just like you can't put the toothpaste back into the tube.



HANDS ON

## String Art

**Supplies:** Wood, Nails, Hammer, Template, String/Ribbon/Yarn

**Instructions:**

1. Choose template shape you will create. (Heart, Star or Sunshine)
2. Hammer nails in at the designated dots for the shape you are creating.
3. Remove paper template.
4. Start by tying the beginning of your string to one nail. Then have fun winding the string/ribbon/yarn around the nails to fill in the shape.



CREATE

## Frozen Grapes on a Stick

**Supplies:** Grapes, Kebab Skewers

**Instructions:**

1. Wash and remove the grapes from the stem.
2. Put the grapes on skewers.
3. Place in the freezer for about 2 hours or until frozen.
4. Enjoy!



MAKE