

the **FRUIT** of the Spirit is

# GENTLENESS



## MAIN IDEA

I can be loving,  
tender, calm &  
humble in the things  
I say and do.

## VERSE

A gentle answer turns away  
wrath, but a harsh word  
stirs up anger.

[Proverbs 15:1, NIV]

## GENTLENESS IS

being loving, tender, calm, and humble  
in the things you say and do. When  
I am gentle with someone I speak truth  
in love.

## READ

Psalm 23

Spark Story Bible  
pages 160 - 163

## HANDS ON

Water Balloon  
Object Lesson

## CREATE

Gentle  
Words Jar

## MAKE

Baked Peaches

## FRUIT IN ACTION

How can you be gentle with your hands, words, and actions this week? Practice gentleness by sharing with your friends and sibling(s), giving hugs to your family, using soft and gentle words, being kind to animals, looking for ways to be helpful at home & respectful of your belongings.

# INSTRUCTIONS

Fruit of the Spirit:

**GENTLENESS**

HANDS ON

## Water Balloon Object Lesson

**Supplies:** 2 Water Balloons per child, Large bucket

**Instructions:**

1. To prepare for this activity fill up the water balloons and put them in a large bucket.
2. Hand each child a water balloon. Place a bucket away from where they are standing. Ask them to try to get the balloon in the bucket by tossing it in as hard as they can. After they've thrown the 1st balloon hand them a 2nd one and tell them that this time they should try to get the balloon in the bucket without breaking it by gently placing it in the bucket.
3. Just like the balloon that we weren't careful with, when we are harsh or careless with our words or actions we can really hurt other people and make them burst. But when we are gentle with our words and actions it shows that we care about others and want to treat them in a kind and loving way.



CREATE

## Gentle Words Jar

**Supplies:** Mason Jar or Plastic Jar, Craft Pom Poms (or Cotton Balls), Gentle Answer Printable, Glue, Scissors, Rocks, Baking Sheet

**Instructions:**

1. Cut around the Gentle Word Jar tag with scissors and glue to the jar.
2. First let's talk about the difference between harsh and gentle words. Pull out a baking sheet and invite your kids to drop the rocks (harsh words) on the baking tray and then have them drop the pom poms (gentle words) on the baking tray. Ask them what type of words they like to be spoken to them—harsh or gentle?
3. Show your kids the gentle words jar. Tell them that over the next week it's their mission to fill up the jar with gentle words and actions (aka pom poms). Every time someone in your family shows gentleness in the things they say or do put a pom pom in the jar. Watch your jar fill up over the week!



MAKE

## Activity: Baked Peaches

**Supplies:** Peaches, Butter, 2 TBSP Brown Sugar, 1/2 TSP Cinnamon, Baking Dish, Optional: Vanilla Ice Cream or Whipped Cream

**Instructions:**

1. Preheat your oven to 375 degrees.
2. Slice peaches in half and remove the pit and place in a baking dish.
3. Add a small piece of butter in the middle of each peach.
4. Mix brown sugar and cinnamon together and sprinkle over the peaches.
5. Bake for 8-10 minutes or until the top is golden.
6. Optional: Serve with a scoop of ice-cream or whipped cream.

