

A large green circle with a dotted pattern, containing the text 'FRUIT OF THE SPIRIT' in bold white letters. The background is a repeating pattern of various fruits including apples, lemons, watermelon slices, and strawberries.

FRUIT OF THE SPIRIT

Kinder - Gr 5

Week 8 – Gentleness

Bible Story: Jesus Welcomes the Children (Mark 10:13-16)

Main Idea: Jesus leads us gently, and His Spirit helps us be gentle with others.

Jesus' Example: Jesus was strong, but He was never harsh. He treated children and hurting people with kindness. The Holy Spirit helps us be gentle in our words and actions.

Corporate Teaching Time (K -Gr 5)

ONE80 MC: Welcome, everyone! Today, we're talking about gentleness.

Gentleness is being calm, kind, and caring. Sometimes we think we need to be strong or loud to get things done, but gentleness is a powerful too. When we're gentle, we show love and kindness to others, just like Jesus shows to us.

Let's play a few quick games that will help us understand what it means to be gentle. I need 4 volunteers please.

How to Play: Everyone will get a feather. The goal is to balance the feather on your hand or finger. If you move too quickly or shake too much, the feather will fall! But if you move gently, the feather will stay balanced.

Ask the kids to do various actions without letting their feather fall off their hand.

Ideas: Take a step to the left.

Take 2 steps to the right

Turn in a circle

Sit down

Stand up.

Great job! Was it challenging to keep the feather on your hand? What did you need to do to make sure that it didn't fall off? Keeping a feather on our hands requires us to move carefully and gently. Thank you gentle volunteers.

Ok Is there another volunteer that thinks they are super gentle?

Your challenge is to keep the balloon from touching the ground for as long as

possible by gently tapping it up. Are you ready? Timer please....And go!

(You can call up someone to challenge the time if time permits)

Great job!!

ONE80 MC (After the game): Great job, everyone! You all learned that being gentle helps keep things steady. Just like we had to be careful and gentle with the feather, we can be gentle with our words and actions. Remember, because Jesus gently leads us, we can be gentle with others.

When we follow Jesus' example, we bring peace and kindness to those around us!

Object Lesson – Making Omelettes

ONE80 MC

Jade please wear a red or black shirt and denim jeans. Charl please dress in a white t-shirt and jeans.

Jess: Today, we're learning about **gentleness** and how Jesus leads us gently, showing us how to be gentle with others. To help us understand this, our guests Jade and Charl are going to work together to make some breakfast. There are always two ways to do something

Jade: a harsh way!!!

Charl: or a gentle way.

Jess: If I would like someone to get out of the way, I could shout

Jade: MOVE!!!!

Jess: Or I could say..

Charl: Excuse me coming through.

Jess: Both things get the job done, but one causes hurt and sadness and the other doesn't. Let me give you another example: If I accidentally slop some lunch on my shirt someone could yell

Jade: CAN'T YOU EAT WITHOUT MESSING-YOU BABY!!!

Jess: orrr, someone could kindly say

Charl: excuse me, I think you may have messed some lunch on your shirt.

Jess: Both are ways communicate the message, but the one is mean and causes hurt and the other is gentle and helpful. Let me give you one more example by making breakfast. Let's make an omelette: Does anyone know the main ingredient in an omelette?? That's right... eggs! Jade here is going to guide Charl in how to make an omelette using two different strategies. The first will be by using harsh words.. lets find out what happens...

Jade: *Yelling and very rude/harsh* Alright, Charl, crack your eggs!!

Charl cracks half the egg in the bowl, the other half of the egg on the counter out of nervousness

Not on the counter, in the bowl!!! Now beat those eggs!!

Charl beats the eggs so nervously it all slops out of the bowl and onto the table

I didn't say dip your fork in the eggs, I said beat your eggs!! Now pour them into the frying pan!!

Charl: I'm sorry, but there's no eggs left in the bowl for me to pour

Charl needs to have an exaggerative sad facial expression

Jade: What!!??

Jess: Freeze!!!

Jade and Charl freeze mid yell/motion

Jess: Wow, what a mess!! Egg on the table, And eww.. egg shells in my

omelette. Let me just re set this table back up again quickly... and then we'll try again. Only this time, lets see how Charl does when he's spoken to with care and gentleness!

Jade, and Charl — you can Unfreeze!

Jade: Hi Charl, please could you carefully crack your eggs into the bowl

Charl: Yes of course Jade..

Jade: Great job, Charl. No egg shells in the bowl. Now please beat the eggs.

Great job, now please pour them into the frying pan.

Charl: Absolutely, no problem, coming right up!

Charl has a very exaggerate smile on his face

Jade: Awesome, thanks Charl. This is going to be a delicious breakfast.

Jess: OK freeze!!!

Jade and Charl freeze mid BIG cheesy smiles

Jess: Wow look at the difference gentleness made... no egg shells inside the pan, no egg on the table. And would you look at their faces...

Gentleness is a fruit of the Spirit and we can only manage this kind of gentleness when Jesus changes our hearts and makes them full of His life. Jesus is Gentle with us. He forgives us when we sin. He teaches us with kindness. We can learn how to be gentle from the perfect example JESUS.

Lets give Jade and Charl a round of applause for joining us this morning!!

But first lets jump up and get our bodies moving.

THEME SONG (song liked on YouTube)

Fruit of the Spirit: GO Fish

Bible Story – Jesus Welcomes the Children with Gentleness (Mark 10:13–16)



ONE80 MC: Let me ask you a question: have you ever been told you were “too young” to do something important? Maybe you wanted to help or be part of something, but people didn’t think you could because you were a kid? That doesn’t feel great, does it?

Today, we’re going to hear about a time when something like that happened in the Bible. A group of children wanted to see Jesus, but the adults around them thought they weren’t important enough. But do you know what Jesus did? He showed them how important they were with His gentleness and care.

Let’s talk about how Jesus treated children—and what that means for us!

BibleBackground: The story we’re going to read is from the book of Mark, which is one of the Gospels that tells us all about Jesus’ life. Jesus was very busy during

His time on earth. Crowds followed Him everywhere He went. People wanted to hear Him teach, be healed by Him, and ask Him questions.

One day, as Jesus was teaching, some parents brought their children to Him. They wanted Jesus to bless them and show them love. But the disciples thought Jesus was too busy for that. Let's see what happened.

READ: Mark 10:13-14

Parents were bringing their children to Jesus, hoping He would bless them. But the disciples scolded the parents and tried to send them away, saying that Jesus didn't have time for children. They thought only the adults mattered.

How do you think the children and their parents felt when the disciples tried to send them away? How would you feel if someone said you weren't important enough?

READ: Mark 10:15-16

But when Jesus saw what the disciples were doing, He became upset. He told them, "Let the children come to me. Don't stop them! The Kingdom of God belongs to people like these children." Then, Jesus gently took the children in His arms, placed His hands on them, and blessed them.

How did Jesus show the children He cared about them? What did His actions tell the disciples about gentleness and kindness?

SUMMARY: In this story, we saw how Jesus showed gentleness and love to the children. While the disciples thought Jesus didn't have time for kids, Jesus showed that children are important to Him. He took time to gently bless them

and show them they were loved.

The main idea we talked about is that because Jesus gently leads us, we can be gentle with others. Just like Jesus took time to be gentle with the children, we can be gentle with our friends, family, and even people we don't know well.

Gentleness is a way we show love, just like Jesus did.

GOSPEL CONNECTION: Jesus' gentle care for the children in this story shows us how much He loves all of us. No matter how young or old we are, Jesus welcomes us with love. The most powerful example of His gentleness was when He came to save us.

Even though He is powerful, He chooses to love us gently and lead us with care. When we follow Jesus, we are called to treat others with the same gentleness He shows us.

Lets Pray together

Small group Discussion, Reflection & Prayer

- *Split into 2 groups- preferably boys and girls.*
- *Create an atmosphere where children feel welcome and comfortable to share.*
- **Play worship music** in the background. *(A calm worshipful atmosphere should be created.)*
- *Please prepare prayerfully for this time and do not rush it.*
- *Pass a talking object around, giving each person an opportunity to share.*

ONE80 Volunteer: Great job today, everyone! You all listened so well. Today, we learned that because Jesus gently leads us, we can be gentle with others.

Jesus showed kindness and gentleness to the children when others tried to push them away. Let's talk about what we can learn from this story.

Discussion Questions:

1. How do you think the children felt when the disciples tried to stop them from seeing Jesus? How would you feel in that situation?
2. What are some ways we can show gentleness like Jesus did?
3. How can we be gentle with our friends and family?
4. Can you think of a time when someone was gentle with you? How did it make you feel?

Prayer Requests: Now, let's take a moment to share any prayer requests. Is there something you'd like us to pray for today? It can be something at home, at school, or even about learning to be more gentle.

Let's bow our heads and close our eyes to pray together.

"Dear God, thank You for teaching us about gentleness today. Help us to be gentle with others, just like Jesus is gentle with us. Please help us to show love and kindness to everyone we meet, even when it's hard. We also pray for the special requests shared today. Please help each person with what they need. In Jesus' name, Amen."

Craft/Activity/Game

ONE80 Volunteer:

Feather Pencils (*Please watch the video tutorial in advance to Sunday (it can be found on the original webpage)*)