



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.

Welcome and Icebreaker (5 –10 min)

Ask for 3 volunteers.

Each volunteer gets a turn to try and keep 2 balloons in the air for a minute using gentle taps. Use a countdown timer projected on the screen.

Debrief:

Was it easy to keep both balloons up for that long?

What kind of skill did it take? Could I have whacked the balloons as hard as I

could? In order to keep the balloons up we had to be gentle with our strokes and careful. We weren't passive- we still needed to hit the balloon, but it was thoughtful and with care.

Sometimes we can confuse gentleness with weakness- gentleness is not weakness at all, it is controlled strength.

Open in Prayer (2-3 min)

Praise God for who He is. Thank Him for growing fruits in our lives. Ask Him to help us understand gentleness and what it means to have gentleness as a fruit of the spirit.

Object Lesson -Making Omelettes

Ask students to look up: Philippians 4:5 "Let your gentleness be evident to all. The Lord is near."

What is gentleness?

1. Why does the Lord is at hand mean?

{The Lord is both near and present and that His return is imminent}

2. Why do you think gentleness is important if the Lord is near.

There are always two ways to do something - a harsh way and a gentle way. If I would like someone to get out of the way, I could shout MOVE!!!! To get them out of my way OR I could say Excuse me coming through. 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 see that someone has messed some lunch on their shirt, I could yell : CAN'T YOU EAT WITHOUT MESSING-YOU BABY!!! Or I could kindly say, I think you may have messed some lunch on your shirt. Both ways communicate the message, but the one is mean and causes hurt and the other is gentle and helpful.

Let me show you by making an omelette:

Does anyone know how to make an omelette??

Yeah, that's right, you need to crack eggs in a bowl, beat them up and pour them in a pan. There are two ways that I could do this: HARSHLY or with care and GENTLENESS.

[Demonstrate smashing the egg against the bowl and getting shell in the bowl] I can harshly smash the egg into the bowl. I managed to crack the shell and get the egg out but I also got all the shell and yucky stuff in because I was really harsh. If I am gentle, {crack egg with care in another bowl} I can carefully remove the egg without getting all the shell inside.

Being gentle doesn't mean shying away from doing things or being weak, **you can be gentle and still do tough things**— we just do it in a careful and caring manner.

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.

Bible Exploration – Jesus Welcomes the Children

(Mark 10:13–16)

Bible Background: 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. READ: Matthew 24:45–47

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.

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.

Snack Time

Small Group Discussion

DISCUSSION QUESTIONS:

1. Where did you see examples of faithfulness this week?
2. Why is it important that we are gentle?
3. Can you think of a time when you responded in a harsh way? How would a gentle response have changed the situation?
4. How can we show gentleness this week? {Think of your words and actions}

Prayer Requests: Ok now lets take some time to pray as a group. Lets pass the apple around and you can share if there is anything that you would like us to pray for. It could be something happening at school, home, or anything else on your mind.

*Allow time for children to share- and jot down their requests. Make sure each child's request is prayed for. As a volunteer you can lead this prayer time by asking specific children to pray for specific requests, break into pairs and pray for each other or you can pray corporately- however you feel led.

Reflection Activity: (5 min) - *Please handout the discussion question sheets for the kids.* Give children time to be alone in a quiet space. Play worship music in the background. Reflect on

gentleness and how they can grow this fruit in their lives.

Memory Verse Challenge (5 min)

Philippians 4:5 "Let your gentleness be evident to all. The Lord is near."

Come up with interesting ways to remember the verse.

Wrap up and take home challenge

Challenge:

Am I showing strength by being gentle? In the everyday situations this week think of how you can be strong yet gentle.