

# Fruit of the Spirit - Gentleness



Week of 8/23 - 8/29

## Sunday

- Read Together  
Philippians 4:5  
Write this on the back of your Gentleness Stone!
- Watch Together  
Bibleman: Clobbering the Crusher  
Session 1: RightNow Media
- Pray About It  
Ask Jesus to help you show gentleness this week.

## Monday

- Watch Together  
Intro into this week's FLOCK Lesson
- Talk About It  
How aware are you of being gentle during your day?
- Pray About It  
Thank Jesus for always being gentle with us, even when we sin.

## Tuesday

- Learn Together  
Egg Drop Challenge  
Does it break?
- Talk About It  
When is it hard to be filled with gentleness?
- Pray About It  
Ask Jesus to fill you with His gentleness and words.

## Wednesday

- Watch Together  
Character Builders: Vol. 4  
Session 2: Gentleness  
RightNow Media
- Talk About It  
How did you show gentleness today?
- Pray About It  
Ask Jesus to show you people who need to hear your gentleness.

## Thursday

- Craft Together  
Gentleness Quilt
- Talk About It  
How can choosing gentleness change your day?
- Pray About It  
Thank Jesus for always loving you and giving you His gentle correction.

## Friday

- Read Together  
John 8:1-11  
Casting the First Stone
- Talk About It  
How did Jesus show gentleness? How can you follow His lead?
- Pray About It  
Ask Jesus to help you be filled with the same gentleness he showed this woman.

## Saturday

- Grow Together  
Choosing Gentleness
- Talk About It  
As a family, how can you make gentleness your focus each day?
- Pray About It  
Ask Jesus to help you remember to use gentle words and actions each day.

# Activity Directions

## Tuesday

### Egg Drop Challenge

- 01** Purchase 1 dozen eggs, or less depending on your family size.
- 02** Give each person in your family 2 to 3 eggs.
- 03** Have each person in your family create a protective suit for their eggs. (you can do teams too depending on the age of your kids!)
- 04** Explain to the family that you will be dropping the eggs off a ladder, or high point, and the goal is to not let your egg break.
- 05** Using cotton, pillows, really anything, let your kids get creative on how they will protect their egg.
- 06** After the fun of dropping them discuss how those eggs that had a gentle landing didn't break. Just like when we choose to be gentle with others, it does hurt as much, and doesn't break us. Mean words cause us to break.

## Thursday

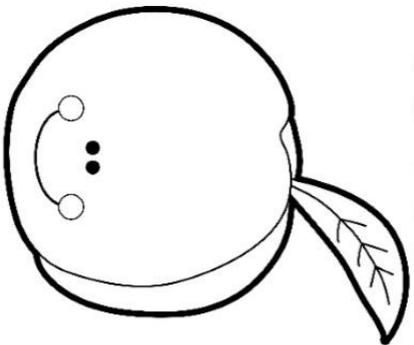
### Gentleness Quilt

- 01** Using card board from Amazon boxes or cereal boxes, cut out 12 5x5 squares.
- 02** On each of the squares write one word of this weeks stone verse on the back of your cut out cardboard pieces. (Philippians 4:5 NIV).
- 03** Using old shirts, or fabric, cut out another 12 5x5 squares.
- 04** As you go through this week, when someone chooses gentleness, cover one of your squares with your colorful fabric. Use the side that does not have the verse written on it.
- 05** At the end of the week put together your quilt, and practice putting together your Gentleness verse!
- 06** Share your "quilts" with Stephanie on Facebook!

## Saturday

### Choosing Gentleness

- 01** AS a family discuss what gentleness has meant for you this week.
- 02** Look back and discuss times that you have been gentle, and times that you have not been gentle.
- 03** Discuss each of the memories and talk about how that experience made you feel, and if you want it handled differently in the future..
- 04** AS a family, come up with a commitment to each other about keeping gentleness your FIRST response!
- 05** Write this commitment on a piece of paper and decorate it as a family. Use family pictures, glitter, whatever makes your family smile. Hang this in a hallway, or somewhere you walk every day.



# GENTLENESS

A soft answer turns away  
wrath, but a harsh word stirs up  
anger. Proverbs 15:1

1. Draw or write something that you have to take care of gently.
2. How can you use your words to be gentle to others?

# Gentleness

We have **ANOTHER** yummy recipe to make!

Unscramble the words below to find out what four ingredients it takes to have “Chrestotes.”

LOSISEDN

--	--	--	--	--	--	--	--	--	--	--

HTTUR

--	--	--	--	--	--	--

NESSNIDK

--	--	--	--	--	--	--	--	--	--

GESTELSENN

--	--	--	--	--	--	--	--	--	--	--

So we need...

1. G \_\_\_\_\_

2. T \_\_\_\_\_

3. K \_\_\_\_\_

4. G \_\_\_\_\_

## Language Link

Chrístotés is the Greek word for gentleness.

The word used here describes godliness without harshness.

Truth with love

...to bear this special super-fruit.

# Can you find all the words that are OPPOSITE of gentleness?

W A G Z P N A J V H A A A V V  
V H F R W X N R A I C B D D N  
S U O L L A C R E R N R D N T  
U U L V B T D J I T T A W I O  
U K C M M T F T Z C T S O K Y  
I N S E H N S I T I V E I J N P  
T Y F H A C U R C A V V B U V  
Z O N O A U T O H W W E D Q T  
L A U L R S O P A Y Q R O M V  
P L G G P G M C R U E L N Z X  
K N A Y H U I W S P O J I C S  
D P Y O T K L V H L F V Z L M  
S Q V Q N Q C C J I E M B F R D  
F T E J L M C Q V V N C Z V W H  
U R V H K A I G L R G J G E H

ABRASIVE

CRUEL

STRICT

BITTER

HARD

TOUGH

CALLOUS

HARSH

UNFORGIVING

CRITICAL

INSENSITIVE

# LET'S PRETEND...

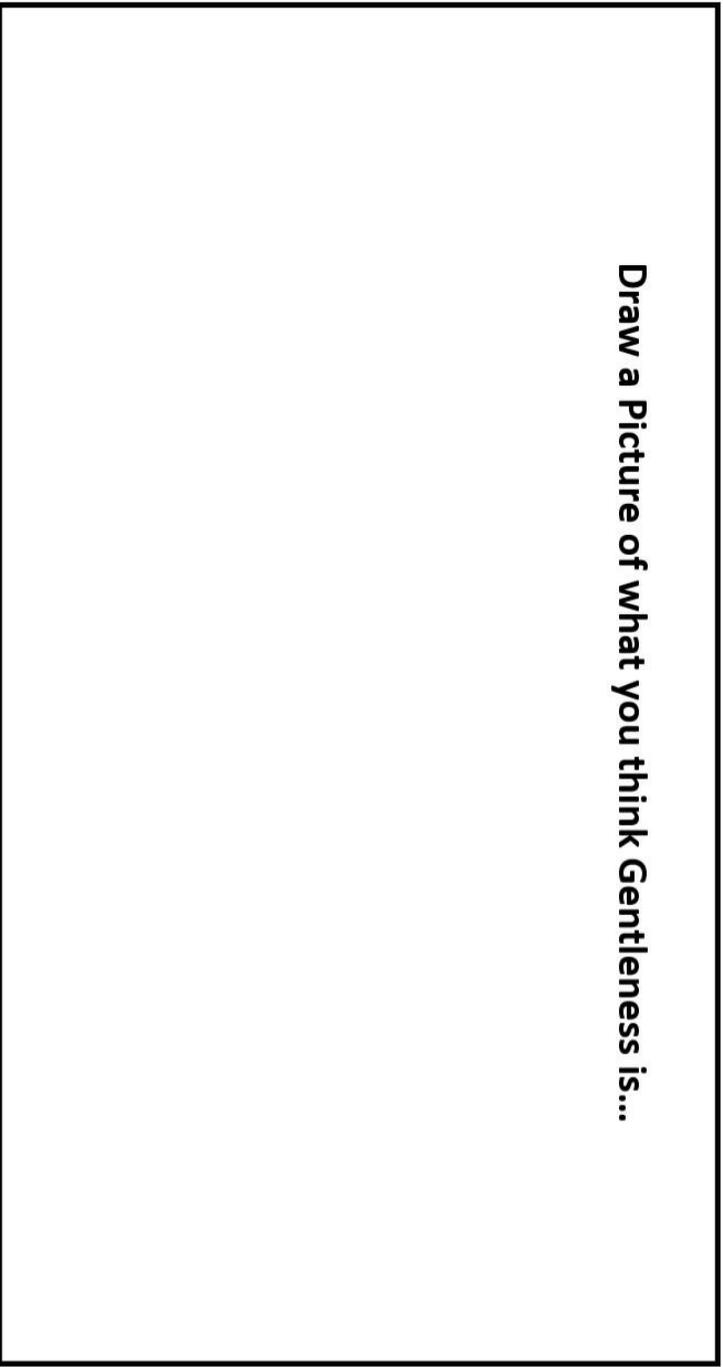
You are the Mommy and your child just disobeyed. Now because you child sinned, your child will have to be disciplined. However, we also learned kindness and gentleness. How would you respond to your child?

---

---

---

**Draw a Picture of what you think Gentleness is...**



**TRUTH & LOVE**