

# Fruit of the Spirit: GENTLENESS

**There are nine fruit of the Spirit. Each fruit of the Spirit links to different Christian values and has 12 days of CW.**  
*With thanks to staff at All Saint's CE Primary School in Newmarket for the wonderful idea!*

**Background Notes:** The fruit of the Spirit are found in the book of Galatians, which is part of the New Testament in the Bible. The letter to the church in Galatia was written by Paul. Christians believe that the Bible says that the moment someone chooses to believe in Jesus Christ they receive the Holy Spirit. The Holy Spirit's help make Christians more like Jesus. One of the main purposes of the Christian life is to progressively allow the Holy Spirit to produce more of His fruit.



**Key Bible verse:** But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Against such things there is no law. (Galatians 5 v 22 and 23)

## Resources

Lion Storyteller Bible by Bob Hartman  
Hey-O! Stories of the Bible by Saddleback Kids

## Consider...

- Learning the BSL for each fruit of the Spirit.
- Interspersing your CW with a focus on a different festival, theme or learning more about courageous advocacy.

## Fruit of the Spirit Songs

Silly, catchy and useful to help remember the fruits!

<https://www.youtube.com/watch?v=X-hrxEjWxkE>

<https://youtu.be/Rezg4jYFoj0>

<https://youtu.be/xWoWDdeD-ns>

## How can we link the fruit of the Spirit to our school Christian values?

**Love:** Friendship, Trust

**Patience:** Perseverance, Wisdom

**Faithfulness:** Truth, Hope

**Joy:** Thankfulness, Courage

**Kindness:** Generosity, Service

**Gentleness:** Compassion, Humility

**Peace:** Respect

**Goodness:** Creativity, Responsibility

**Self-Control:** Justice, Forgiveness

# GENTLENESS


## LISTEN:

[The Blessing](#) – along with children around the world, sing God’s blessing over each other.

[The Gentleness Song](#) - God’s gentle so we can be gentle with each other.

	Key message	Bible	Engage and Response: Christians believe...
1	<b>Fruit of the Spirit: Gentleness</b>	<b>Galatians 5 v 22 and 23</b>	What do you think gentleness means? Has anyone ever told you to be gentle? Why might this be? It might be when you’re holding a new baby, or an object that could easily be broken. <a href="#">Watch this video.</a> The Bible says that gentleness is about how we treat others. We need to be gentle with our words, thoughts, and actions. It might be easy to be gentle with people we like, but can we be gentle with everyone, even if we think they’ve done something wrong? We will learn over the next few weeks about how gentle Jesus was with the people he met. As a school, or in your classes, you could create a gentle word jar for your reflection area, adding pompoms for every gentle word spoken. You could also add a gentleness blanket – a piece of soft fabric for gentle words to be written on or pinned to.
2	<b>The Holy Spirit</b>	<b>The Holy Spirit comes at Pentecost: Acts 2</b> Lion Storyteller Bible p146. Hey-O! p359.	We have learnt a lot about different fruit of the Spirit. Which ones can you remember? Christians believe that all the fruit come from the Holy Spirit, who is God and was sent by God. After Jesus rose again into heaven, his disciples waited for the helper he had promised to arrive. <a href="#">Watch this video.</a> What happened to the disciples when they were filled with the Spirit? What appeared on their heads and what happened to the words they were saying? Thousands of people that day received the Holy Spirit because they said sorry and were baptised. After that, Peter went out and healed lots of people – not using his own power but using God’s power, through the Holy Spirit.
3	<b>Gentleness with the Cheeky Pandas</b>	<b>Cheeky Pandas</b>	Gentleness is not just about what we do but also about what we say. <a href="#">Watch this story</a> about gentleness (with BSL signs) and listen to the song. Reflect afterwards on what the story teaches.



<b>4</b>	<b>Gentleness...power under control</b>	<b>Isaiah 40:11</b>	 <small>© Calers News Agency</small>	Have a look at this picture together. What do you see? Can you predict what we are going to talk about today? What questions does this picture make you ask? This lioness is being very gentle with her cub. Gentleness could be explained as having your power under control. You can be gentle but still be really strong, like the lioness. It's about how you choose to use your strength and about putting others first. Read the verse in Isaiah together.
<b>5</b>	<b>A gentle shepherd</b>	<b>The Lord's my Shepherd: Psalm 23</b>		This describes God's gentleness as a shepherd who cares gently for his sheep.  Today we are going to look again at gentleness by looking at the message in one of the Psalms. Read Psalm 23. Talk about a shepherd's job. How much resilience and strength do we think a shepherd needs? Do they rest at night? Christians believe that this famous psalm tells us that God takes care of us. He looks after us and gives us everything that we need. God is our loving Shepherd, and he leads us gently just like a shepherd does with a lamb, taking them to soft green grass in a meadow where there is a little stream. Just like sheep can trust their shepherds, Christians completely trust God. Ask the children how Psalm 23 helps us to understand Jesus' gentleness. Do they need to look out for attackers? What do we think the shepherd would do if his sheep were attacked? Would he run away? Describing God as gentle does not mean that He is not powerful. We must not mistake gentleness for weakness. How do you think God takes care of us? How is God gentle with us? Does anyone feel that they have experienced the gentleness of God?
<b>6</b>	<b>Gentleness: Jesus</b>	<b>Jesus' triumphant entry: Matthew 21</b> Lion Storyteller Bible, p132.		Jesus is God's King. When on a parade around London, how does King Charles III travel? Usually, he sits in a chariot, and they use lots of horses to pull it along. Search online for a photograph or video to show this. Read the story of Jesus entering Jerusalem in a Bible. This is also the story for Palm Sunday. What does Jesus choose to ride in on? What does this teach us about Jesus and how does it link to gentleness?
<b>7</b>	<b>Gentleness: Jesus (even in a raging storm)</b>	<b>Jesus walks on water: Matthew 14:22-33</b>		Jesus disciples were in a boat across the lake. When the waters are still, they can be so gentle and calm. This wasn't the case for the disciples. The strong wind made them feel fearful. <u>Watch this video.</u> When the disciples saw Jesus walking on water,



		Hey-O! p275	they were still terrified because they didn't realise it was Jesus! Jesus tells them to "take courage" and Peter joins him. Even in the strong waves, and when Peter's fear increased, Jesus was gentle and calm. Jesus asks him to have more faith. I wonder...for these disciples...did having faith in God mean they felt gentler and calmer and had less fear? Is it the same for Christians?
<b>8</b>	<b>Gentleness: Jesus (even when it's urgent).</b>	<b>Jesus raises Lazarus from the dead: John 11:1-44</b> Hey-O! p311.	Today's story is a little different. We've heard before that when Jesus healed someone, he did it very quickly and they got better instantly. In today's story, we hear about a man called Lazarus who was very unwell. His sisters sent a message to Jesus, but Jesus decided to wait...for two whole days! Jesus was very gentle and calm. <a href="#">Watch this video.</a> Lazarus had died, why did Jesus say it had happened? To be gentle is to recognise that God's ways and God's thoughts are high above our own. Jesus knew that God's will had to be done. After raising Lazarus from the dead, he prayed, "Father thank you for hearing me. I say this for the benefit of the people here. So they will believe you sent me." Jesus' gentleness demonstrates God's gentleness too.
<b>9</b>	<b>A gentle tongue</b>	<b>Proverbs 15:4</b>	Together, read the first sentence from this verse in Proverbs. What do you think it means to have a gentle tongue? How could that be a tree of life? I wonder...what picture you get in your head when you hear this verse from the Bible. If you'd like to join, use the EXAMEN prayer to reflect on gentleness. 1. GIVE THANKS for times you have seen gentleness in others. 2. ASK FOR HELP in ways you could have a gentle tongue. 3. REFLECT on times when you know that you have not been as gentle as you could have been. 4. SAY SORRY for these times. 5. DECIDE if you would like to grow in gentleness and what you could do to help yourself to grow in it.
<b>10</b>	<b>Gentleness: David</b>	<b>David and Goliath: 1 Samuel 17:1-50.</b> Lion Storyteller Bible p76. Hey-O! p134.	Imagine a giant were to talk into this room. What would you do? Would you be able to fight them? The giant in this story, called Goliath, wanted to fight God's people, and was looking for a challenger. David was the complete opposite to Goliath – he was just a small shepherd boy. He was not big or scary, but he was not weak either. Gentleness + Faith in God = power and strength. <a href="#">Watch this video.</a> David can beat Goliath because He trusted in God, he had faith in God and because He knew that God would be faithful to him. You do not need strength to win every fight, like Goliath. You just need to trust in God, like David did.
<b>11</b>	<b>Being gentle with our shared planet</b>	<b>Christian Aid plan</b>	Follow this plan: <a href="https://www.christianaid.org.uk/resources/get-involved/shared-planet-school-assembly">https://www.christianaid.org.uk/resources/get-involved/shared-planet-school-assembly</a> Learn about Brazil and the idea of shared responsibility. We can treat others well by treating our earth well and understanding that it is up to all of us. The problem for Quilombola communities is that some people want to take their land, because lots of money can be made from it. How would you feel if



			somebody came to your home and started digging up the tree in your garden to sell the apples on it? It's not very fair, is it? What is extra tricky is that until quite recently, the Quilombola people didn't have the legal papers to say they owned the land they have lived on for years, which made it very difficult for them to stop people trespassing on their land and destroying the rainforest. I wonder...how you think this all link to gentleness?
<b>12</b>	<b>Gentleness: Philip</b>	<b>Philip: Acts 8:26-40</b> Hey-O! p368.	Philip was one of the apostles. I wonder...if you know what an apostle is? Apostle means someone who is "sent out," and that was true for Philip. Philip was alive in the time after Jesus had risen to heaven, so what do you think he was sent out to do? In this story, Philip is so full of gentleness as he gently explains a part of the Bible to a man who needs help understanding it. This man is from Ethiopia – find the country on the map. <a href="#">Watch this video.</a> Sometimes it can be frustrating when someone doesn't understand what we mean. How could you show gentleness to them instead?