

## Fruit of the Spirit: Kindness, Gentleness, & Goodness

*Week of August 30 – September 5*

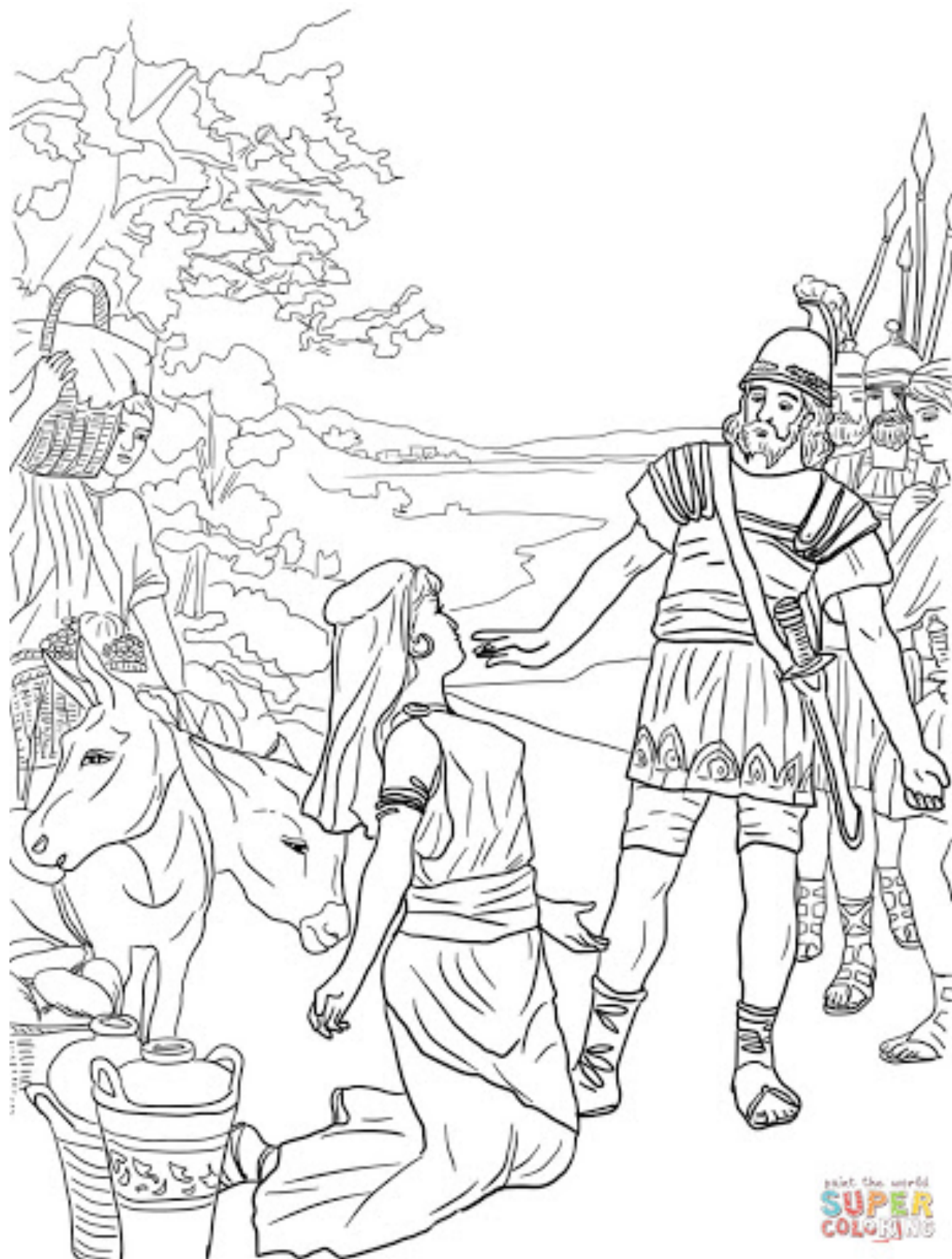
<b>Lesson Aim:</b>	To help kids understand that God’s people are gentle, kind, and good.
<b>Memory Verse (practice every day)</b>	Galatians 5:22-23 “But the fruit of the spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control; against these things there is no law.”
<b>This week’s story</b>	Abigail Saves the Day Read together: 1 Samuel 25:2-42  Video resource: “Abigail Makes Peace   Bible Story   LifeKids” – <a href="https://www.youtube.com/watch?v=pSJmjKVR404">https://www.youtube.com/watch?v=pSJmjKVR404</a>
<b>Potential questions and answers</b>	<p><b>Q: Why did Abigail’s words calm David’s anger?</b> A: She understood him; she apologized and tried to make up for what her husband had said; she honored and respected him.</p> <p><b>Q: What reason did Abigail give David for not attacking Nabal?</b> A: She didn’t want him to be guilty of revenge; she wanted him to have a clear conscience.</p> <p><b>Q: What can we learn from Abigail’s words and actions?</b> A: That being kind can fix a bad situation; that you should think of other people’s feelings.</p> <p><b>Q: How have you ever seen gentle words and kind actions resolve a scary situation?</b> A: Let kids share experiences.</p>
<b>Main takeaways</b>	<p>God’s people are gentle and kind, and Abigail is a good role model.</p> <p>Nabal is a perfect example of how not to act. His unkindness in this story sets things up to be a disaster.</p> <p>Abigail turned things around. Her kind words and actions put out the fire of David’s anger. Let’s try to follow her example.</p>
<b>Suggested Activity (Toddlers &amp; Preschool)</b>	<ul style="list-style-type: none"> <li>• <b>Coloring page</b> – “Abigail and David”</li> <li>• <b>Sheep Paper Bag Puppet</b> – Color the pieces of the sheep and cut them out. Secure the face to the bottom of the paper bag and the body to the side. While making the puppet talk about how important sheep were in Bible times and how they were protected by shepherds. Talk about how God is our Shepherd too.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Give A Gift</b> – Make cards out of construction paper and crayons to give to a friend or family member. Abigail gave David and his men a gift. God wants us to be kind and share with our friends. One nice thing that we can do is give a gift to someone, like making a nice card to give to your friend or family.</li> </ul>
<p><b>Suggested Activity (K-2<sup>nd</sup> grades)</b></p>	<ul style="list-style-type: none"> <li>• <b>Coloring activity page</b> – “Abigail’s Offering”</li> <li>• <b>Sheep Paper Bag Puppet</b> (see Toddlers/Preschool) or <b>Be Kinder Reminder</b> (3<sup>rd</sup>-5<sup>th</sup> grades)</li> <li>• <b>Give A Gift</b> – Make cards out of construction paper and crayons to give to a friend or family member. Abigail gave David and his men a gift. God wants us to be kind and share with our friends. One nice thing that we can do is give a gift to someone, like making a nice card to give to your friend or family.</li> </ul>
<p><b>Suggested Activity (3<sup>rd</sup>-5<sup>th</sup> grades)</b></p>	<ul style="list-style-type: none"> <li>• <b>Be Kinder Reminder</b> – See instructions below. Help kids keep a kindness log.</li> <li>• <b>Give A Gift</b> – Make cards out of construction paper and crayons to give to a friend or family member. Abigail gave David and his men a gift. God wants us to be kind and share with our friends. One nice thing that we can do is give a gift to someone, like making a nice card to give to your friend or family.</li> <li>• <b>Other activity pages</b> – <a href="http://www.BibleFunForKids.com">www.BibleFunForKids.com</a></li> </ul>
<p><b>Prayer time</b></p>	

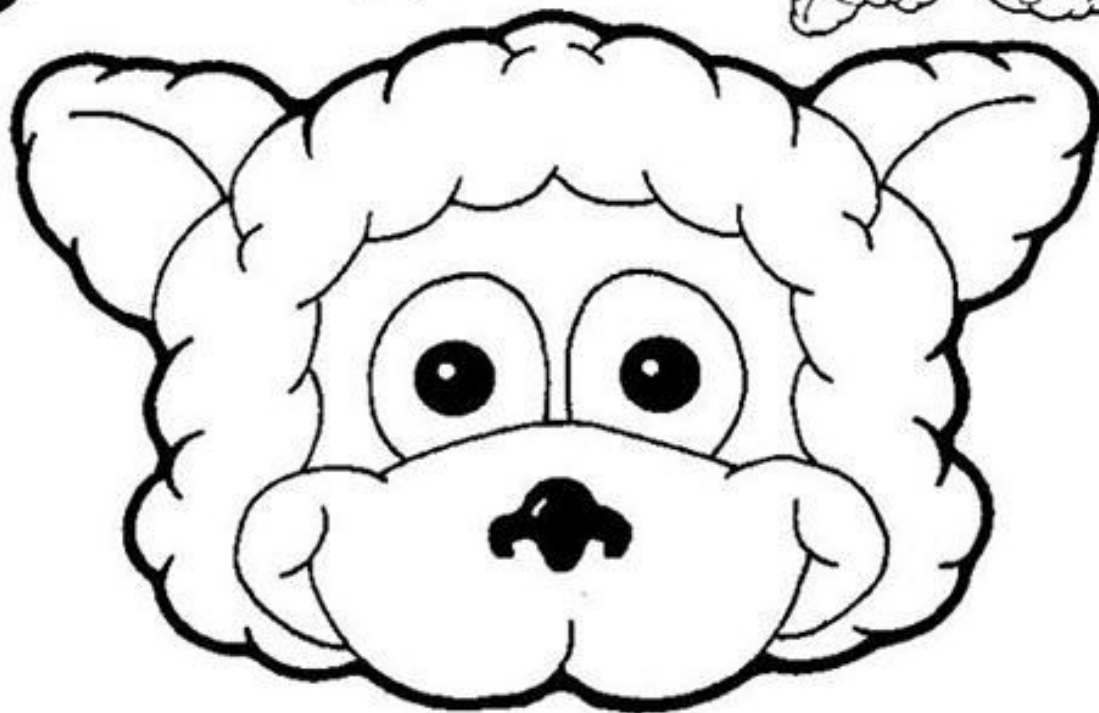
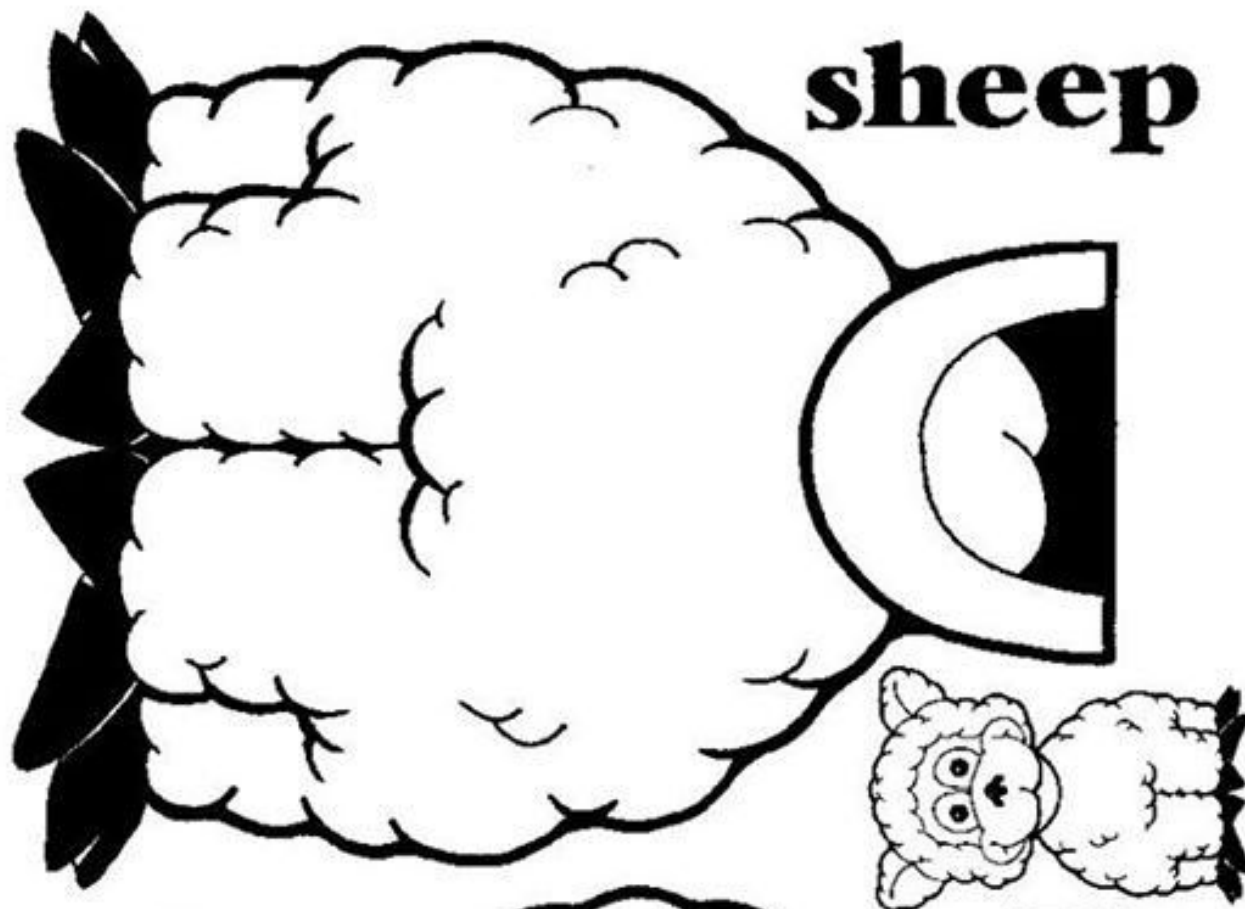
## Abigail's Offering

Abigail's husband, Nabal, refused to give anything to David and his army for watching his sheep. Abigail quickly assembled a feast to offer to David and his army to stop any kind of reaction from David. I Sam 25:18 describes all she took to feed the army. Color or circle the items Abigail offered to David. The amounts she delivered to the army are too large to include on this game, so just look for the things not the amounts. Not every item is pictured.





sheep



*That's really nice of you.*

*I appreciate that.*

*Can I help?*

*Thank you.*

*Nice try!*

*Good job.*

*You're the best!*

*I love you.*

*Listen.*

*Smile.*

*Notice people's feelings.*

*Be helpful.*

*Share something you treasure.*

*Give a compliment.*

*Encourage someone.*

*Give a pat on the back.*

*Express your thanks.*

*Write a note.*

# KIND THINGS TO SAY

## KINDNESS LOG

Starting Date:

I was kind to:

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Day 8

Day 9

Day 10

Day 11

Day 12

Day 13

Day 14

## KINDNESS LOG

Day 15

Day 16

Day 17

Day 18

Day 19

Day 20

Day 21

# KIND THINGS TO DO

## BE KINDER REMINDER

This booklet belongs to

## COMMITMENT

### Be Kinder Reminder

Ask:

◆ **Tell how it's cool to be kind.** (I like to be around people who are nice; it's better than showing off to get friends because it says you're comfortable with who you are and how God made you.)

Say: **Unfortunately, our society puts a lot of value on clever put-downs and smarting off. But those aren't God's values. God's people are gentle and kind. Some people are just naturally kind. But most of us have to work at it a little bit. And practice, as they say, makes perfect.**

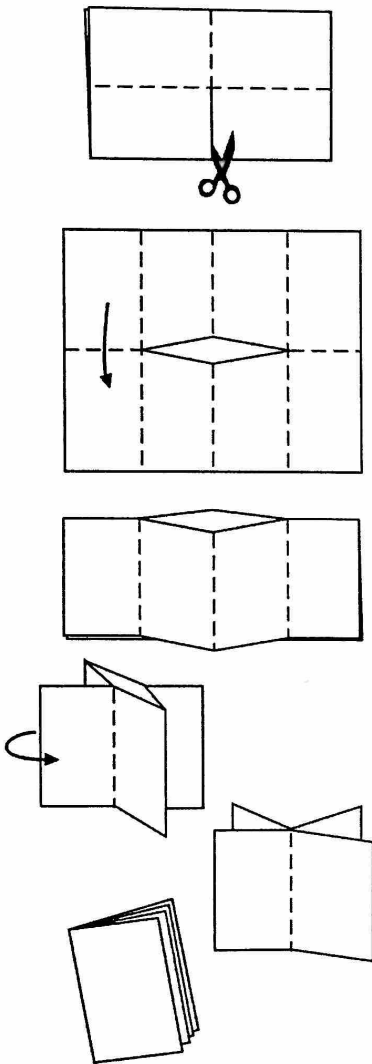
Through the years, people have learned that it takes about 21 days to develop a new habit—good or bad. I have something for you today that will help you develop a kindness habit. It's called a "Be Kinder Reminder."

Distribute scissors and photocopies of the "Be Kinder Reminder" handout to each child. Demonstrate how to fold and cut the handout to make an eight-page booklet. (See the illustrations in the margin.)

Have kids sign their names on the first page of their booklets.

Say: **Find a partner, and read pages 2 through 4 together. As you read, tell who might appreciate receiving that kind word or action from you.**

Have readers get together with nonreaders. Allow a few minutes for partners to read and discuss the booklet.



## CLOSING

### Tough Stuff

Say: **If you listen to what's said on TV or in the halls at school, you might think it's cool to be cruel. But the truth is, anybody can say something nasty. It's tough to be kind and good. It takes real strength to be gentle. And that strength comes from the Holy Spirit. Let's review our fruit of the Spirit rap and close by asking God's Holy Spirit to help us develop positive habits of kindness, gentleness, and goodness in our lives.**