

Fruit of the Spirit (Part-08) - Gentleness


(Matthew 14:13-21)

I. Fruit of the Spirit - Gentleness


(a). Teacher illustratively explains about the fruit of the Spirit to the children in interesting and attractive ways Gal. 5:22-23

(b). Ask the children to mention the "nine types" of the fruit of the Spirit.

(c). The Eighth type of the fruit of the Spirit is GENTLENESS. When you show your gentleness to others, you are expressing empathy (the ability to understand another person's feelings, experience, etc.). Gentleness is fruit of the Spirit that makes you easily give hands to help others. Gentleness may cause you to treat others with comfort at the time they are sad and miserable.

 Teacher shares their testimony about gentleness and the impacts of practising it

(d). Teachers tells the story about Jesus fed over 5000 people Mat. 14:13-21, that includes the following details:
~ After doing so many works during the day, Jesus decided to take a rest in a remote area to be alone (v13)
~ The crowd still wanted to follow Him to have more teachings and see more miracles (v13)
~ Regardless of his tiredness, Jesus was still able to express His gentleness to the crowd, seeking for Him (v14)
~ Selfishness caused Jesus's disciples did not wish to express their gentleness to the crowd (v15)
~ Miracles and more exciting experiences will occur when we are exercising gentleness to others (v20-21)


 Teacher asks the children to give examples of selfishness

(e). Lesson from the story of Jesus' gentleness:

- (i). Even though Jesus was very tired and wanted to get some rest, yet He still wished to express gentleness to the needy. He had compassion on them and healed their sick (v14).
- (ii). You have to be ready in any times to share gentleness with others
- (iii). Gentleness is ability to provide "things" that somebody else is needing
- (iv). Jesus and His disciples did not have anything to feed the crowd, but miracle occurred with only 5 loaves of bread and two fish. Performing gentleness cannot be limited by any resources. You can show your gentleness to others with whatever you have

II. How to get gentleness into practice?

(1). Do not be selfish (Mat. 14:13-14)

 Teacher shares their testimony on selflessness and the impacts of this practice

* Teacher encourages the children to practise selflessness daily:

- (i). Be helpful to others
- (ii). Show your cares to your parents and siblings
- (iii). Learn to share what you have with others

(2). Do it as you do to God

* Ask the children to memorise Col. 3:23 (Whatever you do, work at it with all your heart, as working for the Lord, not for men)

* Assure the children that God shall certainly reward any gentleness that they have shared with others Co. 3:24

III. Class Creativity