



Year 1—Quarter 3: God the Holy Spirit

Kindness

The Bible teaches us that being kind is like a special gift that grows inside us when we have the Holy Spirit. If we believe in Jesus, the Holy Spirit comes to live in our hearts, and helps us to be super kind to everyone!

Now, this doesn't mean we'll be kind every single second—sometimes we might forget. But the more we learn about God and how much He loves us, the more we start to act like Him. Being kind just becomes a part of who we are, like a superhero power that helps us to do good things!

Even when it's hard to be nice to someone, we can re-

member how nice God has been to us. We all make mistakes and do things that aren't very nice, which makes God sad. But instead of being mad at us, God shows us how kind He is by forgiving us and loving us no matter what.

So, when you feel like not being kind, think about how God could have been upset with us for our mistakes. But He wasn't! He forgave us and keeps being kind every day. Let's try to be as kind to others as God is to us. We can do this by talking to God, reading stories about Him, and trying our best to follow His example.

Power Point

Kindness is a fruit of the Spirit

MEMORY VERSE

“Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgive you.”
Ephesians 4:32 ESV

LESSON INTRODUCTION

Prior to children arriving, write Galatians 5:22-23 on the board. Then hide each letter of KINDNESS around the room.

After all the children arrive, explain to them that there are eight letters hidden around the room that spell the fruit of the Spirit you will be learning about today.

Now have them search for the letters. After they have found all of the letters, see if they can discover which fruit it is on their own by looking at the verse on the board. Give them clues if they are unable to figure it out. Then

have them spell out KINDNESS by looking at the board and arranging the letters in the right order on the floor or tape them to the board underneath the verse.

Can anyone tell me what kindness is? (Allow them to respond.)



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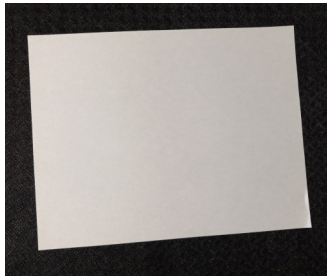
Craft: Kindness Necklace

This idea is based on Proverbs 3:3, "Never let loyalty and kindness leave you! Tie them around your neck as a reminder. Write them deep within your heart." (NLT)

Objects needed: White paper (8.5 X11), scissors, yarn, hole punch, markers

Fold and cut out hearts ahead of class for younger children. (See instructions below)

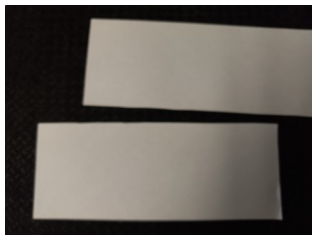
Write "Proverbs 3:3" and "KINDNESS" on the inside. Punch a hole and loop through a length of yarn. Tie a knot. Let children decorate them.



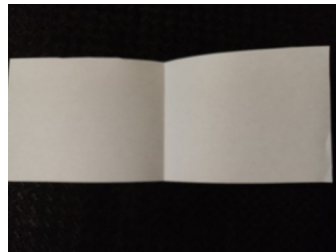
8.5X11 copier paper



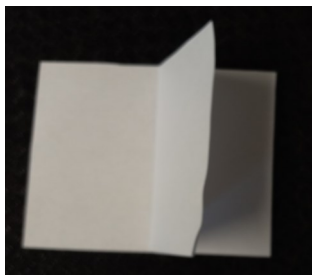
Cut in half (landscape)



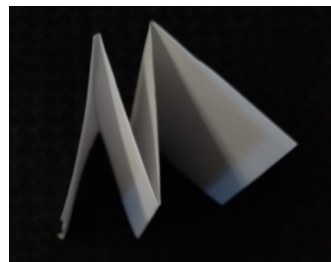
This gives you 2 strips



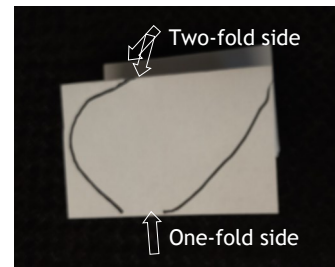
Fold the strip in half



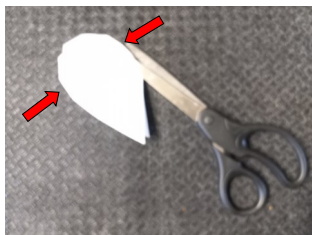
Fold one side in half



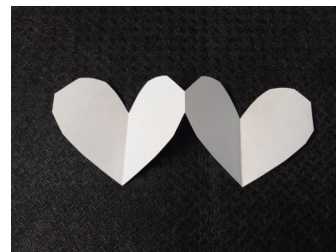
Fold remaining side in half



Draw a half heart shape



Cut the hearts out. Be careful not to cut the folded edges



Unfold the hearts and trim any ragged edges



Write "Prov. 3:3" and "KINDNESS" on them, hole punch and let kid's decorate them.

FRUIT OF THE SPIRIT COLORING PAGE

KINDNESS

Pandas are nurturing and caring, especially of their young.



Take-Home

Summary

Bible Passages:

Galatians 5:22-23; Prov 3:3; Micah 6:8; Eph 4:32; Titus 3:3-5a

Main Point:

Kindness is a fruit of the Holy Spirit

Discuss:

Q: Why is it important for us to show kindness?

A: Kindness is a fruit of the Holy Spirit and as believers, we are called to reflect God's kindness to others.

Q: Why is it important to remember God's kindness toward us when we struggle to be kind to others?

A: God's kindness should motivate us to extend the same kindness to others.

A Gospel-Centered Approach:

- God is all the fruit rolled into one amazing Being.
- Jesus is all of God's attributes displayed in a single human being.
- Kids will only be good when they fall in love with the good God Who loves them enough to die for them.

Explore the Bible

Titus 3:4-5 says, "...but when the goodness and loving kindness of God our Savior appeared, He saved us, not because of works done by us in righteousness, but according to his own mercy..."

This verse helps us to discover one of the most important things about kindness – God is our example! He is a God of great kindness, and one of the main ways we see His kindness is through His forgiveness. Have the family draw a picture to help them remember where kindness comes from?

Family Activity

Challenge your family to come up with five kind things they can do this week! They can be things to do at home, at school, or at church. (As the children come up with real ideas they can do this week, write them down. Encourage them to think of things they can do in secret, so that only they and God know. This is the ultimate display of humble kindness, when we do not seek a reward for it.) You could make "Kindness Bags" out of lunch sacks or small gift bags and fill with cards or wrapped snacks to give away.

Apply and Pray

Spend time in prayer together. Remember the specific situations your children are going through. Invite them to share their needs and praises. Praise God for the fruit of the Holy Spirit, the kindness we are able to have because He lives within us.