

Gentleness and Self-Control

Praise & Worship: Fruit of the Spirit – <https://www.youtube.com/watch?v=X-hrxEjWxkE>

Self-Control: https://www.youtube.com/watch?v=a0k3wOwJZ_4,

Scripture References: Philippians 4:5, Proverbs 15:1, Matt 5:5, (G) Proverbs 16:32, James 1:19, Romans 12:2 (SC)

Memory Verses of Power: And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God. - Romans 12:2

But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Galatians 5:22,23

Scripture Summary

1. Jesus wants us to be gentle to everyone. (Philippians 4:5)
2. Gentle words comfort the soul and prevent wrath. (Proverbs 16:24, 15:1)
3. A person with self-control is more powerful than mighty warriors. (Proverbs 16:32)
4. Be quick to hear and slow to speak. (James 1:19)
5. Do not behave like the world, but please God. (Romans 12:2)

Discussion Thoughts:

1. What is gentleness? Do you think being gentle means you are not strong? Why or why not?
2. Is it difficult for you to control yourself? Why or why not?
3. Do you think it is important to have self-control? Why or why not?

Encouragement:

Gentleness means to be careful and considerate with what we say and do. We want dentists to be very gentle with our teeth! We want our friends to be gentle with us when we are sad. We are gentle with electronics because they are expensive and delicate! People are valuable and delicate too. Jesus died for our sins and says He will protect us (Matthew 11:29). Gentleness is powerful! It can stop arguments and lead people to Jesus (Proverbs 15:1). How can you be gentle with your family and friends?

Our sin and the actions of others make it a challenge to be loving, joyful, peaceful, patient, kind, good, faithful, and gentle, but the Holy Spirit helps us exercise self-control. Self-control is choosing to behave like Jesus instead of being controlled by our own sinful and selfish desires. If you are tempted to be selfish, remember, WWJD: What would Jesus do? The Holy Spirit will help you! People without Jesus are controlled by their own selfishness, but Jesus sets us free! We can live in freedom and become more like Jesus through the fruit of the Spirit.

Object Lesson: Be careful with your words and actions (Studio 3K) <https://www.youtube.com/watch?v=RQFG2FZk13Y> (Clubhouse) <https://www.youtube.com/watch?v=EBmlWiB35pE>

Object Lesson: Self Control (dry ice example) - <https://www.youtube.com/watch?v=o9tDZ8HttUk>

Self-control skits! How would Jesus want us to behave? - <https://www.youtube.com/watch?v=n8bslBlaTWo>

Prayer: Dear Jesus, thank you for giving us the fruit of the spirit so I can become more like you. Please help me grow in gentleness and self-control. I want others to know You through my actions. In Jesus Name, Amen



"Good night, kitty!"

RaisingOurKids.com

<https://www.raisingourkids.com/coloring-pages/animal/cat/031-cute-coloring-page-kitten.html#.UGT8YHx4KAM.pinterest>

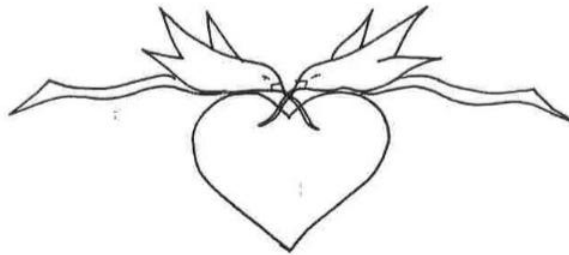
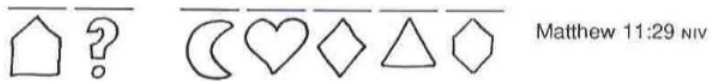
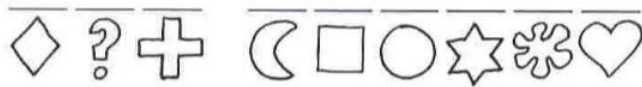
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GENTLENESS

Gentleness means meek or soft-mannered.

What did Jesus say about himself?



<https://docplayer.net/20994344-The-fruit-of-the-spirit-is-gentleness.html301.pdf>

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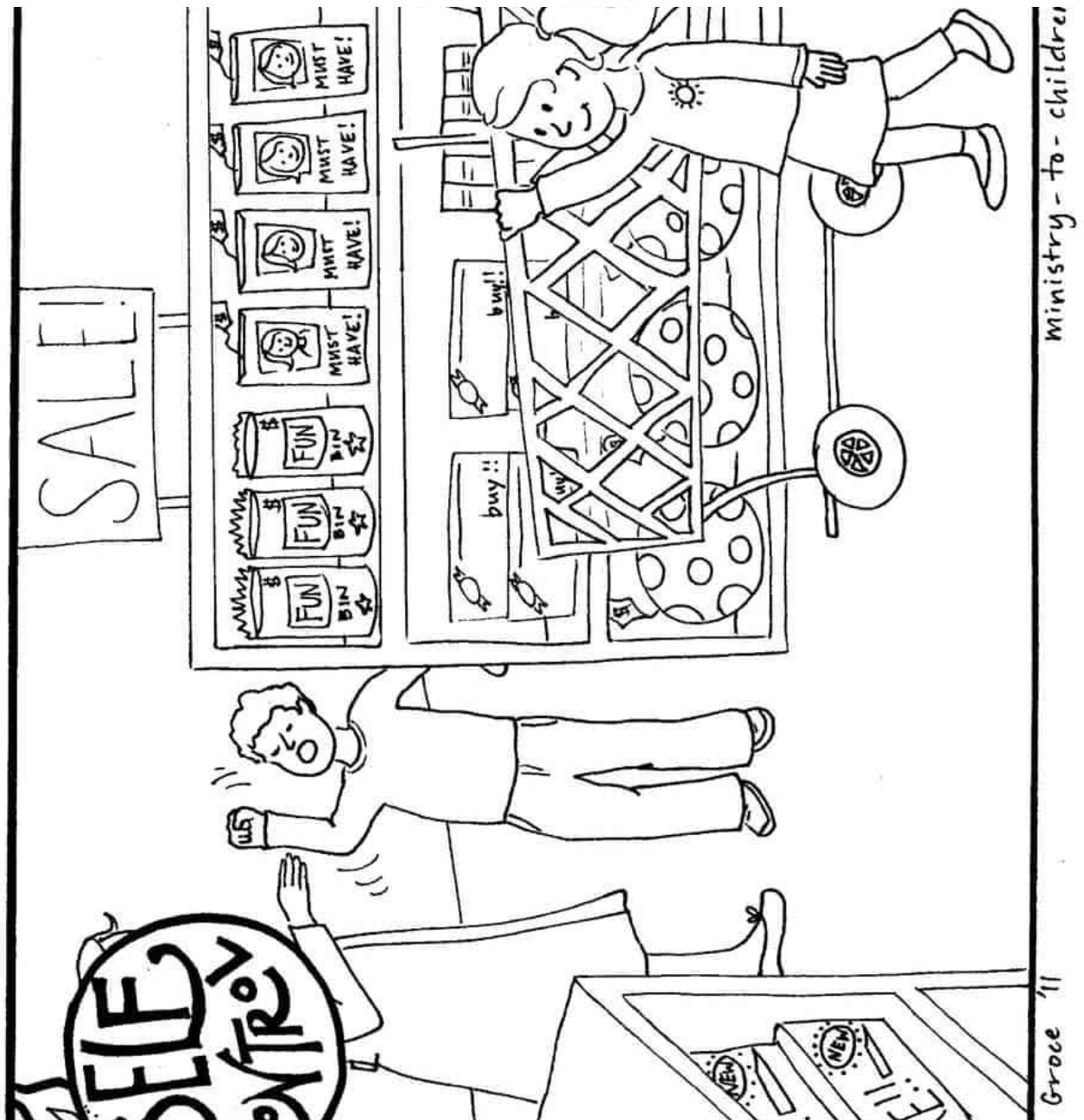
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<https://sermons4kids.com/jesus-can-do-colorpg.htm>

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<https://ministry-to-children.com/self-control-coloring-page/>

SELF- CONTROL

1. Stop



2. Think



3. Act



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<https://www.teacherspayteachers.com/Product/Character-Education-Self-Control-Lesson-and-Printables-2976537>

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Name _____

Self-Control

Write the 3 steps of showing self-control. Then draw an example of each.

Step 1: _____

Step 2: _____

Step 3: _____



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It's your turn! Draw a picture of "gentleness" or "self-control" in action."

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