

Conversation Starters



Gentleness

Gentleness

- What do you think gentleness is?
- What is the opposite of gentleness?
- How can you show gentleness to others?
- How can we show gentleness to those who have hurt us or people who are not so easy to like?
- What are some reasons some people have such a hard time being gentle towards others?
- Does being gentle mean, we can't be angry?
- Do you think being gentle is important to Christian character? Why?
- When you pray how do you picture God?
- What gifts do you have that you can use to bless others?

Weekly Activities

Read the story of the Good Shepherd. Psalm 23. What things does the good shepherd do that are gentle?

Have a Whisper Day. Go for as long as you can talking to each other in a gentle whisper. Who can go the longest?

Make a list of harsh words that your family has gotten in the habit of using and brainstorm gentler words to replace them.

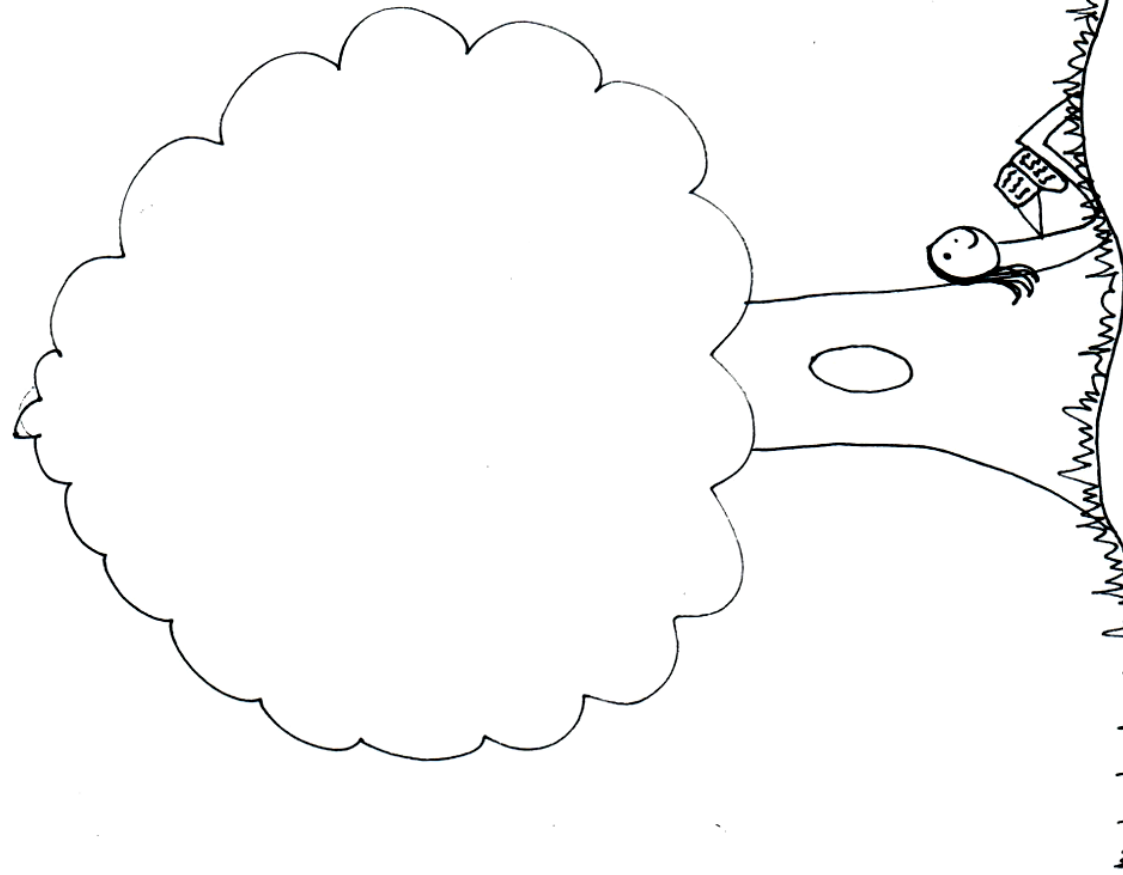
Build a house of cards- as you build your house discuss why it takes gentleness to accomplish this task. Talk about ways gentleness makes everyday life better.

Give each of your children an egg in a Ziploc (make sure its sealed tightly, for the younger children you may want to duct tape it shut). Explain that these eggs are very delicate and must be handled gently. Let them carry their eggs around for an hour or two. They must have their egg with them at all times. Let life go on as usual. Don't remind anyone

about his or her egg. As the children carry the eggs, at first, they will probably be careful, but they may eventually forget about their eggs and get careless. Even if the eggs do not crack, your children will find it difficult to be mindful of their eggs for the entire time. Afterward, check on the eggs. Explain that these fragile eggs are like people's feelings. Sometimes we can accidentally say something that hurts a sibling's feelings. Or we can be reckless with our words and crush others. Gentleness means treating each person with care, similar to how we needed to care for the eggs. Explain that when we get busy with everyday life, we may find it hard to be careful with our words all the time. But we can ask God to help us be gentle and mindful of others.

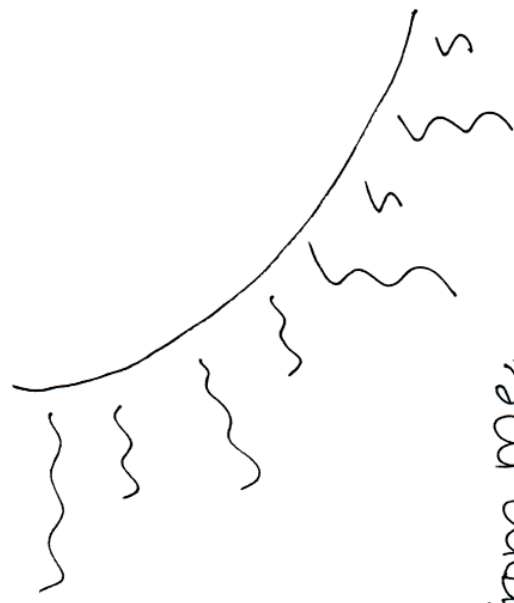
Yahoo! Splash pads, pools and beaches are open again!!! Go and enjoy.

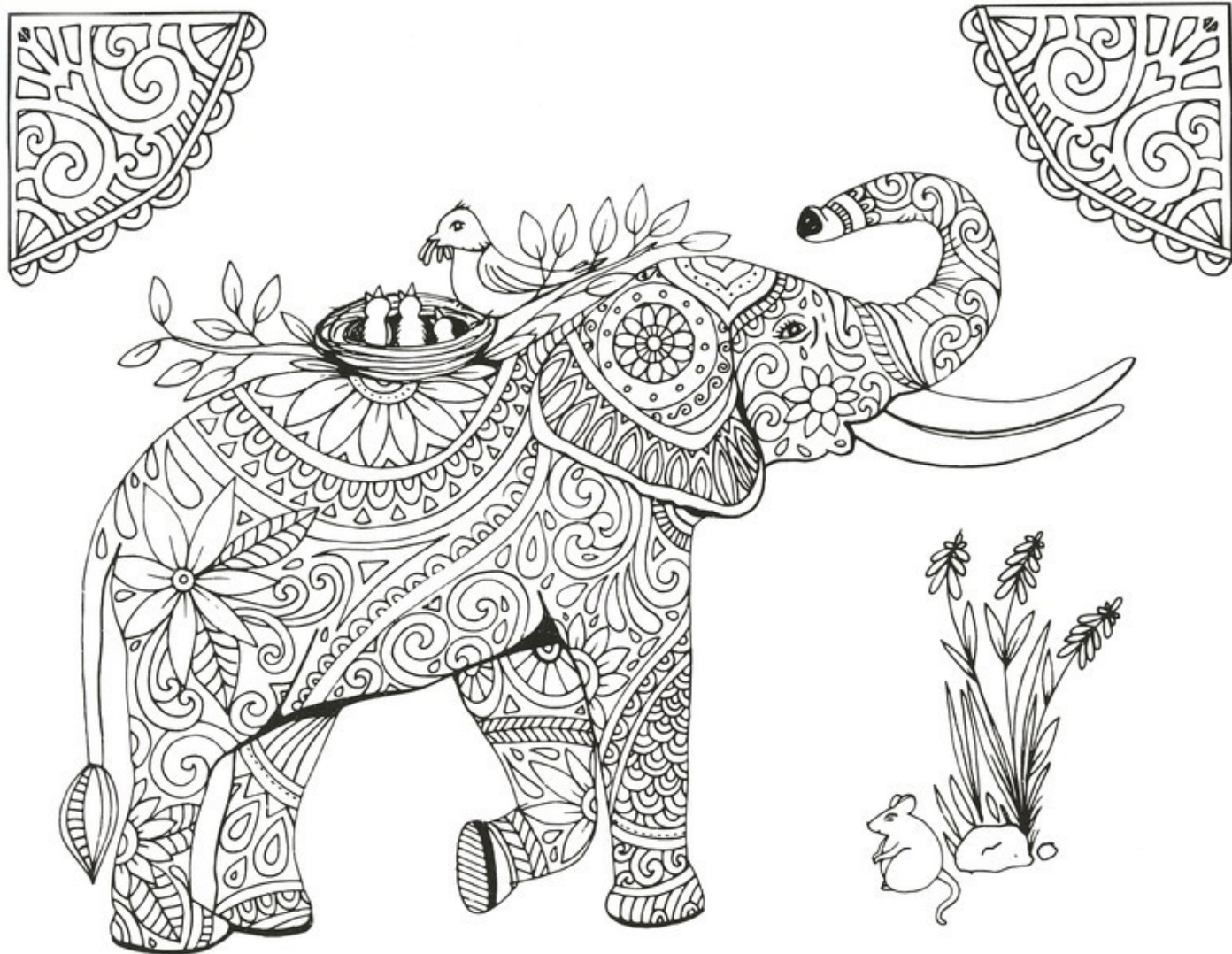
Libraries are open!



"...learn from me,
for I am gentle and humble
in heart, and you will find
rest for your souls."

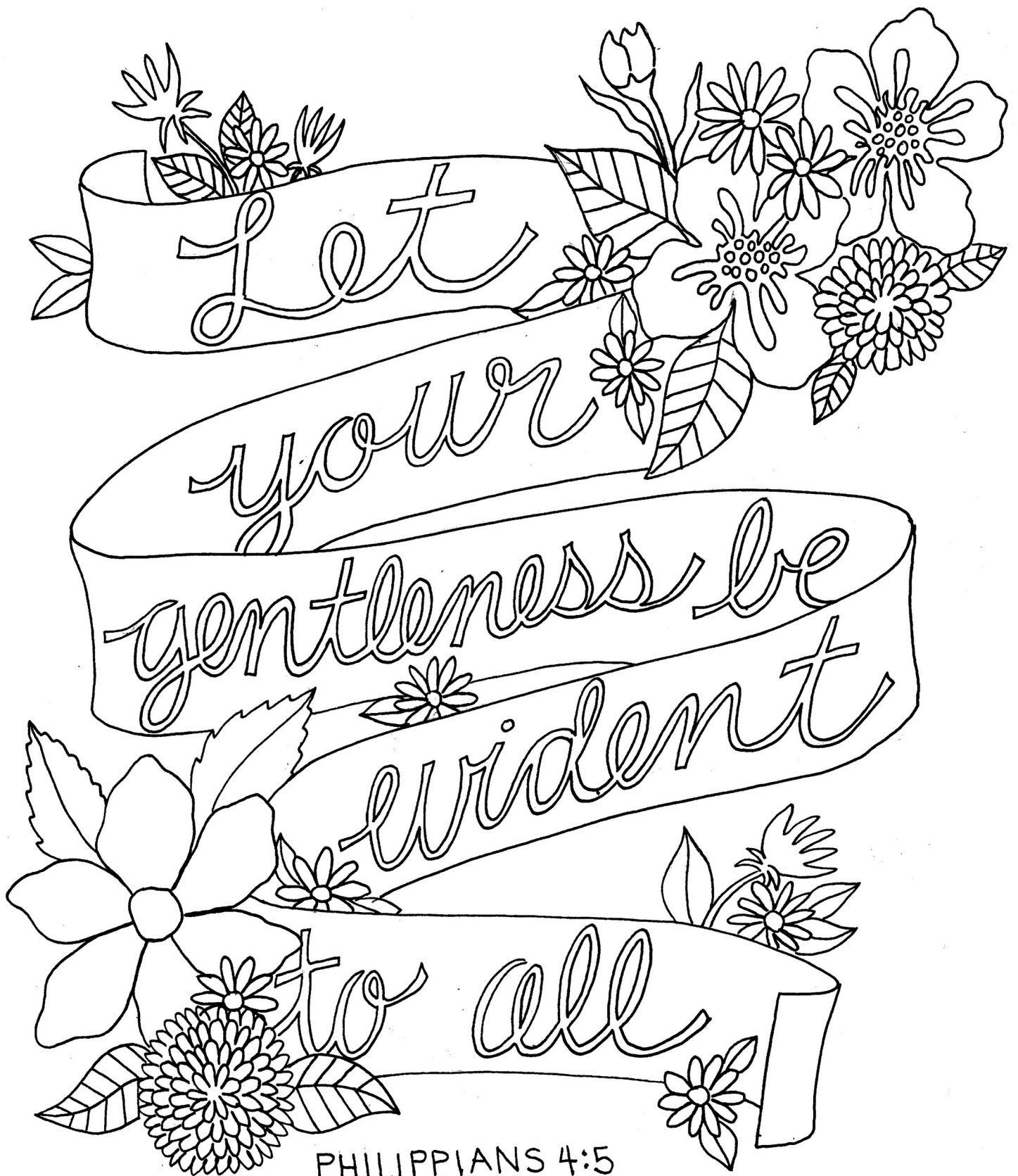
- Matthew 11:29





LET YOUR GENTLENESS BE EVIDENT.

— PHILIPPIANS 4:5



PHILIPPIANS 4:5

WHACK

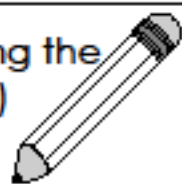
©2011 Education Inspired

Grades: K-adult

Subject: Any Subject

Group: 8+

Materials: large white board (or other large board for displaying the game board), 2 fly swatters (optional: cut out to look like hands) and a wipe-off marker



Procedure:

1. Draw 2 vertical lines and 2 horizontal lines on the board, evenly spaced so that there is a 3 X 3 grid. Write 1 fruit of the spirit in each square on the grid. (See the next page for an example)
2. Divide the students into 2 teams.
3. Choose one person from each team to stand by the board, one on each side of the board, holding a fly swatter, and facing the class with backs to the board.
4. Say an example of a fruit of a spirit (for example, "When you have a good attitude and wait for your turn, even if it takes a long time" [patience]). It is helpful to make a list of statements before you play the game.
5. Players quickly turn around and whack the corresponding fruit of the spirit, keeping the fly swatter on the answer. The first square hit is the final answer; no switching answers.
6. The player who whacks the correct answer first earns 1 point for his or her team.
7. Both players return to their teams and hand the fly swatter to a different player to continue the game.
8. Play continues until all the statements have been matched with fruit of the spirit (although it is also fine to repeat statements for extra review) or when a pre-determined amount of time has elapsed. The team with the most points at the end wins the game.



Modifications:

- Make the answer grid on a PowerPoint slide and use a projector to show it instead of writing it on the board.
- Remind all students to think of the answers in their heads, even when it is not their turn, to help them review and in case the statement is repeated when it is their turn.
- Be sure that all students who want a turn get a turn.

WHACK

peace	kindness	self control
gentleness	love	patience
faithfulness	goodness	joy