

## Activity: Gentleness



**FAMILY TIME**  
TRAINING

Teaching Goal: Gentleness is the ability to be quiet, kind and calm when others might be loud, mean and angry.

Scripture: Matthew 9:20-22 Just then a woman who had been subject to bleeding for twelve years came up behind him and touched the edge of his cloak. She said to herself, "If I only touch his cloak, I will be healed." Jesus turned and saw her. "Take heart daughter," he said, "your faith has healed you."

Galatians 5:22 (fruits of the spirit) Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control

Ephesians 4:2 Be completely humble and gentle; be patient, bearing with one another in love.

Materials: Empty 2-liter soda bottle, completely dry  
Small piece of napkin or tissue, crumbled into a pea-sized ball

- I. Play theme song
- II. Pray
- III. Review last lesson
- IV. Lesson and Discussion

✓ Words written in **bold** are when the leader is speaking. Feel free to use your own words.

A. **The Bible teaches us that "gentleness" is a spiritual gift.** Invite a volunteer to read Galatians 5:22. **We can be gentle with words, actions, and thoughts. What words do you think of when you hear the word gentle?** *Listen to answers.* Peaceful, soft, tender, kind, calm. **What actions do you think of when you think of gentleness?** *Listen to answers.* A soft touch. Patting a dog. Speaking in a whisper. **What is a gentle thought?** *Listen to answers.* Unspoken words that focus on sympathy, compassion, or calm thoughts when being confronted with anger. **What is the opposite of gentleness?** *Listen to answers.* Harsh, mean, rough. **What does it say about us when we are gentle?** *Listen to answers.* **When we are harsh?** *Listen to answers.*

Invite a volunteer to read Matthew 9:20-22. **In this story, Jesus is surrounded by a crowd of people. As he is walking along the road, they are pushing and bumping into him. Yet, Jesus notices the specific touch of one person, a lady who is sick, and all she did was touch the edge of his cloak. She had a gentle thought and she had a gentle action and it got the attention of Jesus.**

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**B. ACTIVITY: Let's play a game. The object of this game is to blow this ball of paper into the bottle.** Start by placing the opening of the bottle at the edge of a small table. From the opposite side of the table give each family member a turn to try and blow the paper ball across the table and into the opening. This should be very difficult so that no one succeeds. **That is just too hard. Let's make it real easy. I'll give each person one more turn to blow the paper ball into the bottle and this time we'll put the ball in the bottle opening.** Make sure the bottle remains flat so the paper ball does not roll or fall into the bottle. Give each person a turn. The paper ball will bounce out unless the person blows very gently. If no one gets the ball into the bottle then show them how to blow gently.



**We had to be gentle to complete this task. In the same way, there are times when God wants us to be gentle in our words, actions and thoughts. Next time you think about getting angry or rough toward another person, ask God to help you act gently.**

V. Close in Prayer

VI. Pass It On: Make an extra copy of this lesson and *pass it on* to another family.