

## Gentleness Resources October 2019

Throughout 2019, we will be sharing resource suggestions to explore the Fruits of the Spirit with children and young people. This month we look at gentleness.

### Resources for children under 11

Fruits of the Spirit 5 minute video devotional

<https://www.youtube.com/watch?v=pxj0iD74MdY>



Gentleness video- for children by children

<https://www.youtube.com/watch?v=RuuQhamevCI>

### Ministry Ark Online Resources



Ministryark.com

Ministry Ark has a number of different activities and lesson ideas for a variety of topics. They have a really good one on gentleness which can be adapted and has a number of song, video and game ideas.

<https://ministryark.com/lesson/gentleness-fruit-spirit-childrens-lesson/>

**ASSEMBLIES.ORG.UK**  
School assemblies for every season for everyone



### Gentleness Primary Assembly

Assemblies.org is a great resource with assembly ideas for all kinds of themes and topics. They have a good one based on the theme of gentleness.

<https://www.assemblies.org.uk/pri/2138/gentleness-fruits-of-the-spirit>



**FOCUS**  
ON THE  
**FAMILY**

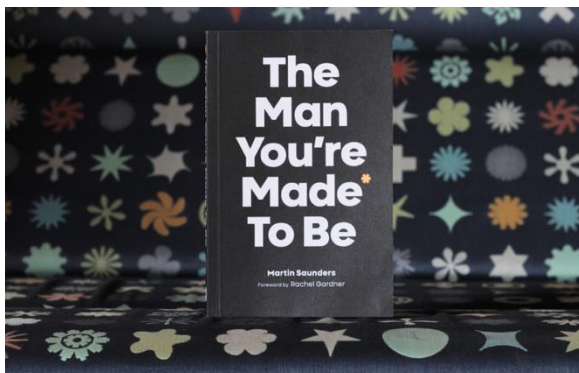
Focus on the family have a series of different activities around the theme of gentleness for pre-school, school age and tweens.

<https://www.focusonthefamily.com/parenting/spiritual-growth-for-kids/fruit-of-the-spirit/strength-of-gentleness>

## Resources for Young People

Focus on the family have a session for teenagers based around the theme of gentleness.

<https://www.focusonthefamily.com/parenting/spiritual-growth-for-kids/fruit-of-the-spirit/strength-of-gentleness>



“The Man You’re Made to Be” by Martin Saunders.

Martin has recently written a book for men aged 13-30(approx). There are chapters on Jesus and emotions which have a particular focus on what it means to be gentle.

## 1-2-1 mentoring (taken from Youth and Children’s Work Magazine)



Imagine this: she looked at me with horrible disdain in her face and threw my artwork down on the desk. “What is this rubbish? My nana could have drawn better than this and she’s blind. Do it again. You can do so much better than this - come on!”

Now this: “OK,” she pondered, pulling a chair out for me. “So, we both know that this isn’t your best work. However... that’s OK. Making mistakes is the best way to learn and grow as an artist.” She had a concerned look but flashed a smile in between that set me at ease. “Let’s have a look for any good points about it and how you can take that forward, but let’s try to understand what has caused you to underperform this time so that you can come back stronger and smash the next one out of the park, OK?”

The scenarios both have the same message - the work was not of a good enough standard. But which would be more likely to motivate you in the future? Which one was more Christ-like? Which one was the more 'gentle'?

Gentleness is not a trendy word these days. Our society often seems just the opposite: self-centred, uncaring, greedy. There is an unrelenting pressure on young people to be accepted and acceptable in order to avoid being trolled for putting any foot wrong - all things that provoke the opposite of gentleness.

God is gentle and as he gives us his Spirit he expects us to demonstrate gentleness too. Gentleness can be radical and powerful! Jesus died for his convictions and stuck to his message. Even on the cross he found something good to love in people - the other criminal next to him, the Roman soldiers, those who killed him. He loves us despite our sin. He has a gentle spirit.

### **DISCUSSION QUESTIONS**

- Go through the last day or so with your mentee: places, people, actions etc. Were they gentle?
- Are they gentle when they correct people? Do they listen, even if people are slow to understand or learn what they already know?
- How aware are they of hidden causes for people's bad behaviour?
- What is the opposite of gentleness?
- How does it differ to kindness?
- How has God or others shown gentleness to them?

Form an action plan for being gentler. How can you have the right attitude to people and how can you check ungentle responses to people, situations and the selfish nature of the world?

### **ACTIVITY**

Write some of these words down and discuss with your mentee whether any of these are impossible to do if you have a gentle spirit: sin, anger, gossip, love, stealing, murder, violence, selfishness, jealousy, hate, generosity, kindness, sharing, pleasing God, encouragement.

Read Philippians 2:1-4 with your mentee. Discuss what God's character is like and how and why he wants us to have gentleness in our spirit, as he gives us his own Spirit.