

# SABBATH SCHOOL

## Preteen Sabbath Instruction Program — Teacher's Outline

---

---

Level 2 • Unit 9 • Week 1

### GENTLENESS

**OBJECTIVE:**

To help the children to understand the meaning of "gentleness," as a fruit of the Spirit, as revealed in the story of Abigail and David.

**ATTENTION GETTER:**

**Do:** Bring some eggs in a basket to class. Tell the children that they are responsible for making sure that no harm comes to the eggs, as they are very delicate. Pass the basket around and ask the children to gently touch the eggs.

**Ask:** As you gently touched the eggs what were you thinking?

**Say:** Yes, many of you thought about being careful not to damage the eggs and gently touching them.

Just as you tried to be careful not to harm the eggs, there was a wise woman in Bible times who used gentleness, a fruit of the Spirit of God, to prevent harm from coming to her household.

We will be talking about the fruits of the Holy Spirit in the next few lessons, so before we begin our story I want to know how many of you can name any of the fruits of the Spirit?

[Note: Accept whatever fruit they know and can name now. The full list of the fruits of the Spirit will be dealt with in the next lesson.]

God's people have His Holy Spirit, which is the power God gives us to help us do what is right. When we use that power, we begin to produce the fruits of the Spirit. This means that we behave more like God does and people enjoy being around us. We can see the list of the fruits of the Spirit in Galatians 5:22-23.

## **BIBLE LESSON:**

Say: Our story is taken from 1 Samuel 25:14-35. The wise woman's name is Abigail. She helped David when he and his men were running from King Saul.

David and his men had been traveling through the desert for weeks. During this time they helped some shepherds who worked for Abigail's husband, Nabal. Nabal and Abigail lived in a place called Carmel. They were very rich and owned 3,000 sheep and 1,000 goats. As David approached Carmel, he heard that Nabal was shearing sheep. David thought that since they had treated Nabal's men well that Nabal would provide his men with food.

David sent 10 of his men to ask Nabal to give them whatever he could afford. But Nabal was a selfish and rude person. He said, "Who is this David? Shall I take my bread and my water and my meat that I have killed for my shearers, and give it to men when I do not know where they are from?"

When David's men told him how Nabal had reacted, David became angry and decided that he would hurt Nabal and his household.

Meanwhile, Nabal's wife Abigail, who was gentle and beautiful, heard how her husband had treated David. She was disturbed by her husband's meanness and knew this could mean her entire family would be destroyed. She could not allow her husband's carnal attitude to do such damage. So she loaded donkeys with loaves of bread, wine, meat, roasted grain, raisins and fig cakes and went to meet David.

When she met David and his men she fell at his feet. She was willing to take the blame for her husband's bad manners. She begged David not to take revenge, but to show mercy. She also advised David that it would be best to let God take care of Nabal instead of David doing Nabal harm. David agreed with her and thanked her for her gentle manner in dealing with him. Because of her gentleness, David accepted her supplies and left peacefully and changed his angry attitude.

Ask: How did Abigail show gentleness?

Say: She was generous and attentive to the needs of David and his men. She used gentle and humble words to influence David in a right way.

Ask: How did her behavior help her household?

Say: Because she treated David in a respectful and gentle manner, he did not harm her household.

Ask: Can you tell me some ways that you can show gentleness. [Being considerate, being patient, being tenderhearted, being kind, being mild, treating others in a nice manner.]

If the children mention kindness, use this as an opportunity to introduce the fruit of the Spirit to be discussed in the next lesson. Let them know that kindness is similar to gentleness.

**LESSON APPLICATION:**

The children will work on an activity called, "We Need to Clean Our House" (see end of lesson).

**MUSIC:**

Sing the following words to the tune of "Reuben, Reuben, I've Been Thinking" or to the tune of "Oh My Darling, Clementine." Please refer to the music sheet at the end of the lesson.

Love, and joy, and peace, and patience,  
Kindness, goodness, faithfulness,  
Gentleness, and self-control  
Fruits of godly holiness.

**MEMORY VERSE:**

Philippians 4: 5 "Let your gentleness be known to all men...."

# *family activity*

## **THE POINT:**

Understanding the meaning of gentleness and how to be gentle.

## **ASK ME...**

- What is gentleness?
- Who was Abigail?
- How did Abigail help David?
- How did her gentle words spoken to David help her family?

## **FAMILY TOGETHER TIME:**

As a family, read 1 Peter 3:8-9. Relate it to the story of David and Abigail.

Discuss ways that the family can be more considerate to each other. Talk about ways that each family member can show gentleness when disagreements or quarrels arise.

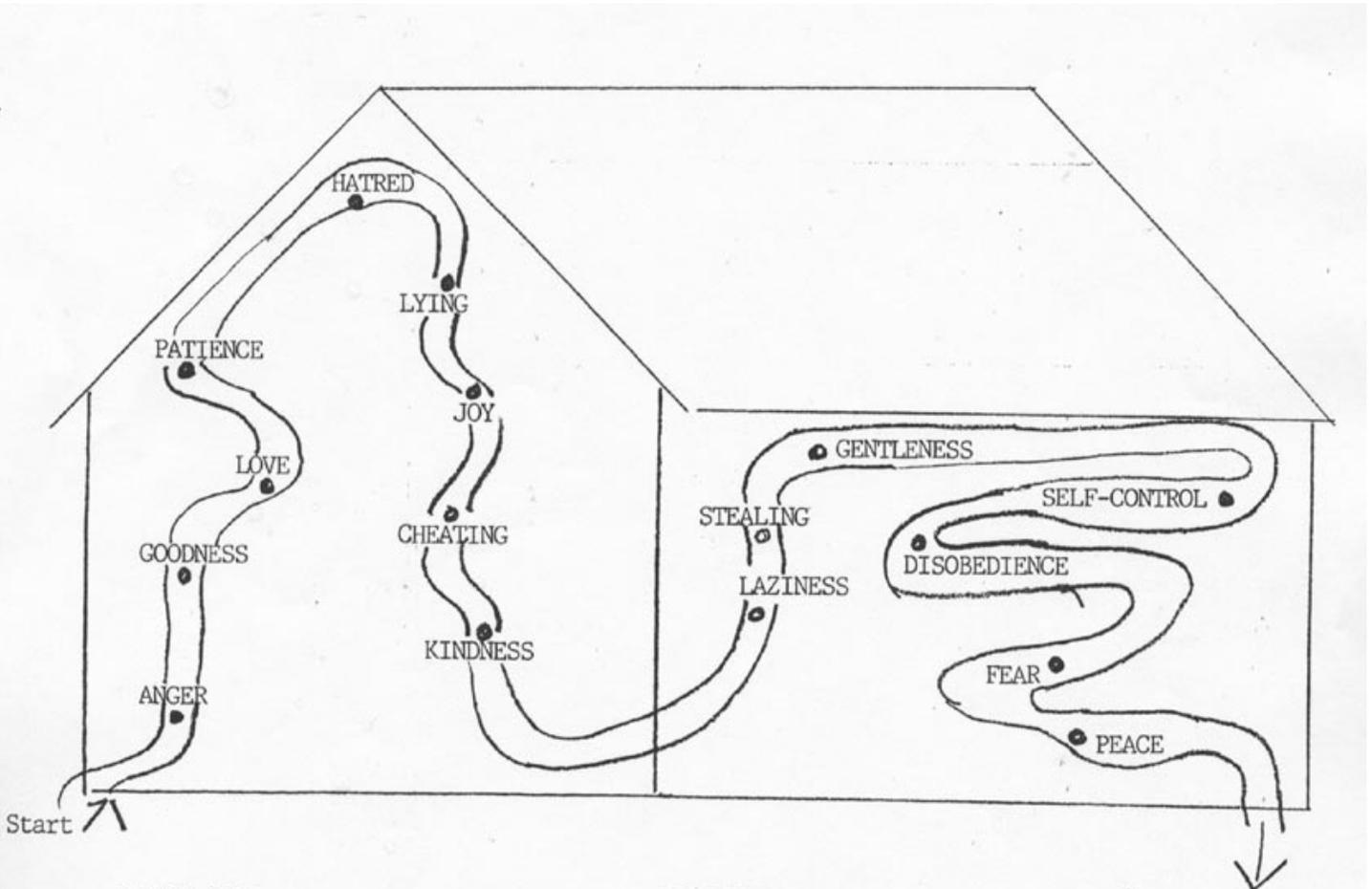
Describe and give examples of behavior that is mean or harsh and how the behavior can be changed to become gentler. Parents should emphasize to the children that when all family members are gentle with each other, everyone wins and the family is happier.

## **MEMORY VERSE:**

Philippians 4: 5 "Let your gentleness be known to all men...."

# We Need to Clean Our House

Start at the beginning. Go through the maze. When you come to a word, put it in the proper container—either the SAVE BOX or the DISCARD BOX.



SAVE BOX	
_____	_____
_____	_____
_____	_____
_____	_____

DISCARD BOX	
_____	_____
_____	_____
_____	_____
_____	_____

**FRUIT OF THE SPIRIT**  
(To The Tune "Reuben, Reuben")

*Lively*

Love and Joy and Peace and Pa-tience-kind-ness Good-ness Faith-ful-ness

Gen-tle-ness and self con-trol fruits of God's ho-li-ness