
United Church of God • An International Association

SABBATH SCHOOL

Preteen Sabbath Instruction Program — Teacher's Outline

Level K • Unit 9 • Week 1

GENTLENESS

OBJECTIVE:

To give an understanding of the fruits of the Holy Spirit and how important gentleness is to God, using the story of Ruth and Naomi.

ATTENTION GETTER:

Supplies: Pictures of trees (see end of lesson)

Prepare: Color trees.

Do: Hold up two pictures of trees, one that is withered without fruit, the other lush with leaves and fruit.

Ask: What does a tree need to be able to grow leaves and fruit? [Good soil/food, water, sun.]

Say: This is the same with our lives. We need food, water and sunshine; but we also need God's Holy Spirit. When God works with us, He gives us His Holy Spirit which helps us change the way we live our lives. God's Spirit helps us to develop good character. That is the fruit of the Spirit.

Read: Read Galatians 5:22-23.

BIBLE LESSON:

Supplies: Fruit (see end of lesson)

Children's Bible story book

Prepare: Color the fruits to represent the fruit of the Spirit (see end of lesson). Cut around the different fruits, keeping the name with each fruit.

- Say: We have just read what God wants us to be like. Let's say the words which are called the fruit of the Spirit.
- Do: Hold up one, by one, the different fruits. Briefly explain the meaning of each.
- Say: Today we will focus on one of the fruits of the Spirit—gentleness.
- Do: Read the story of Ruth and Naomi from a children's Bible story book. As you read, emphasize how kind and good Ruth was to Naomi. (Ruth stayed with Naomi rather than leaving her all alone. Ruth worked hard so that they would have food to eat.) Boaz was also kind and good to Ruth. (He made sure she got enough grain, he made sure she was safe and let her eat with the other workers. He loved her and married her.)
- Say: Ruth and Naomi and Boaz were all gentle in this story. They were kind and good to others. They illustrated the fruit of gentleness.
- Ask: How can you be gentle in your lives? [Be kind to small children and small animals, help parents, etc.]
- Do: Read Philippians 4:5: "Let your gentleness be known to all men."

LESSON APPLICATION:

- Supplies: Copy of healthy tree and fruits for each child
Crayons
Scissors
- Optional: Cut out fruits in advance if children would have trouble with that.
- Say: Remember the fruits you saw at the beginning of the lesson? Today you are going to decorate a tree with the fruits of the Spirit.
- Do: Have each child take a blank tree and the different fruits. Let them color the fruit and the tree. Have them cut out fruit (if not already cut out). The children should glue the fruits on the tree. Have them place the scripture of Philippians 4:5 on the bottom of the tree.

MUSIC:

The music which can be used for this week and the next three weeks is: "The Fruit of the Spirit" from the audio tape, *Hide Them in Your Heart, Vol. 2* by Steve Green. The publisher is the Sparrow Corporation, P. O. Box 5010, Brentwood, TN 37024-5010. The music is like a march and part of the song includes getting in step with the spirit. Children like this music and it is easy to learn. The main part of the song goes like this:

If we live by the Spirit let us keep in step with the Spirit.

The fruit of the Spirit is love, joy, peace, patience, kindness, goodness.

The fruit of the Spirit is faithfulness, gentleness and self-control.

If we live by the Spirit, let us keep in step, keep in step with the Spirit.

If we live by the Spirit, let us keep in step, keep in step with the Spirit.

MEMORY VERSE:

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

family activity

THE POINT:

Today we discussed the nine different fruits of the Holy Spirit listed in Galatians 5:22-23. Today the children learned about Ruth, Naomi and Boaz and how they showed gentleness.

Ask Me...

- Did Ruth leave Naomi or did she stay with her?
- What did Ruth do so that she and Naomi would have food to eat?

FAMILY TOGETHER TIME:

As a family, act out the story of Ruth and Naomi. Talk about how Ruth and Boaz were the great-grandparents of David. Jesus Christ was a descendant of Ruth and Boaz. You might need to explain what a "descendant" is.

If you have other children in different levels of Sabbath School, you may ask each of them to give an example of how they can demonstrate a fruit of the Spirit in their lives.

Have your child tell about other people who demonstrate gentleness.

You might have a chart for each child and give a star every time they demonstrate the fruit of the Spirit they were taught each week.

MEMORY VERSE:

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





