

# SABBATH SCHOOL

## Preteen Sabbath Instruction Program — Teacher's Outline

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Level 2 • Unit 9 • Week 2

### KINDNESS

**OBJECTIVE:**

To help the children understand kindness, a fruit of the Spirit, by telling the story of Jesus feeding the 4,000.

**ATTENTION GETTER:**

**Do:** Before the class begins, make a tree about 12 by 18 inches from green poster board. Darken the trunk of the tree with a marker. Cut out nine red paper apples and place them on the tree. At the beginning of the lesson hold up the tree and ask the children what type of tree it is.

**Say:** You know what type of tree this is because of its fruits. We, too, show others what kind of people we are by the things that we do. We bear fruits just as this tree does. Our good fruits are enjoyable to others. God helps us to bear the good fruits of the Spirit. We have already talked about one of these fruits in the last lesson.

**Ask:** Does any one remember what that fruit is?

**Say:** Yes, it's gentleness. Let us sing our song from last week's lesson to help us remember the fruits of the Spirit.

**Do:** Sing the following words to the tune of "Reuben, Reuben, I've Been Thinking" or "Oh My Darling, Clementine."

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

Say: Next let's discuss the fruit of the Spirit which is called kindness. This fruit and the fruits you have just sung about are listed in Galatians 5:22-23.

When Jesus was here on earth He did many acts of kindness. Today we will hear about one of these acts found in Matthew 15:32-38. Listen carefully so that at the end of the story you can explain to me what kindness is.

### **BIBLE LESSON:**

Say: Jesus had been preaching to the people and healing many of the sick. Everywhere He went, large crowds followed him. He was in the wilderness when He said to His disciples, "I feel so sorry for this multitude, because they have followed me for three days and have nothing to eat. I do not want to send them away hungry as they may faint on the way."

His disciples responded, "Where could we get enough bread in the wilderness to feed such a huge crowd?" Jesus then asked them how many loaves they had.

Ask: How many loaves do you think they had? Did they have enough to feed everyone?

Say: The disciples replied that they only had seven loaves of bread and a few fish. Jesus then commanded the people to sit on the ground. He took the loaves and the fish and gave the blessing. Next, He divided the bread and the fish into pieces and gave them to His disciples. The disciples gave the people the food to eat and they ate until they were filled.

Ask: How many people do you think were there in the crowd?

Say: There were 4,000. And can you believe that there was food left over!

Ask: How much food do you think was left over?

Say: There were seven baskets full of leftovers.

Ask: Now who can tell me what kindness is? [Kindness is sharing, giving to others, helping others, showing that you care for others, being willing to serve others and having compassion for others.]

How did you know that Jesus was a kind person?

Say: We knew He was kind because of how He acted. He showed the fruit of kindness by showing His concern for and providing for hungry people.

**LESSON APPLICATION:**

Do: Before class make various pieces of fruit out of construction paper and write a fruit of the Spirit on each paper fruit. Place double-sided tape on the back of the paper fruit.

Say: Let's name the fruits of the Spirit one by one.

Do: As they call out a fruit, give the paper fruit to a child and have them place the fruit on the tree used in the Attention Getter. They should place the fruits over the apples on the tree.

**MUSIC:**

Sing the Chorus of "His Mercy Never Fails," page 46 in the United Church of God hymnal.

Give thanks to God for He is good.  
He who alone doeth great works.  
His kindness shall always endure.  
His mercy never fails.

**MEMORY VERSE:**

Psalms 117:2a "For His merciful kindness is great toward us..."

# *family activity*

## **THE POINT:**

Understanding what kindness is and how Jesus showed kindness.

## **ASK ME...**

- What is kindness?
- How did Jesus show kindness to a hungry crowd?
- What are the fruits of the Spirit?
- Ask me to sing the song about the fruits of the Spirit. (Words below to the tune of "Reuben, Reuben, I've Been Thinking" or "Oh, My Darling Clementine.")

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

## **FAMILY TOGETHER TIME:**

Brainstorm together about ways that your family can do kind deeds for others. Ideas might include the following:

- Mow a lawn for an elderly lady or gentleman.
- Take flowers to someone who is going through a difficult time.
- Send a note of thanks to someone who serves at church.
- Send get well cards to people who are sick or injured.
- Volunteer to help put away chairs or do other clean-up after services.

## **MEMORY VERSE:**

Psalms 117:2a "For His merciful kindness is great toward us...."