



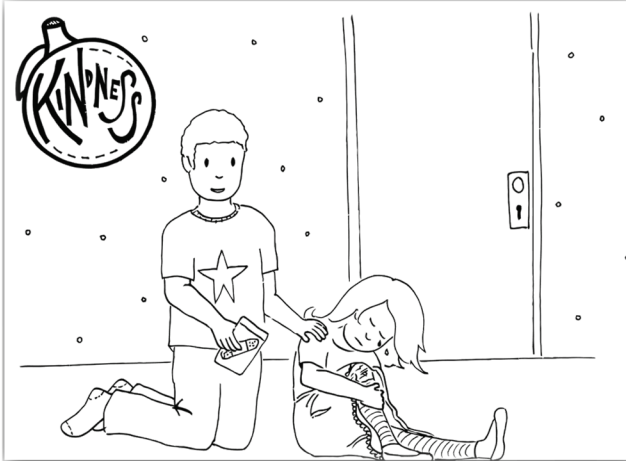
“The Fruit of the Spirit” is a classic scripture passage. It shows how the Holy Spirit applies the Gospel in our character. This 9-part study will help children grow spiritually as they learn from Galatians 5:22-23. This 9-lesson study was written for elementary aged Sunday School, but can be easily adapted for any ministry setting. We have included “more than enough” with each lesson to help you adapt to every teaching situation. Use what you can to teach the main idea, even if your class time does not allow for all activities. Remember that relationships matter – children are always seeking friends. Make your classroom a place where they will build connections with their peers and with Jesus Christ.

We hope you enjoy this free sample lesson and consider buying the full [9-Week Fruit of the Spirit Curriculum](#).

We are praying for you and your ministry. Please reach out if you have any concerns or advice to improve our curriculum. May God continue to bless your service to His kids.

Tony Kummer,
Editor of the Sunday School Store
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Lesson 5: Kindness



This is the fifth Bible lesson in our series based on the Fruit of the Spirit in Galatians 5. Each particular lesson plan explains a specific character quality that God creates in us through His Spirit.

Relevant Scriptures Pertaining to Kindness:

Galatians 5:22-23; Proverbs 3:3; Micah 6:8; Ephesians 4:32; Titus 3:3-5a

Learning Objectives: After this lesson, the children will demonstrate:

1. An understanding that kindness is a fruit of the Holy Spirit.
2. An understanding that kindness is modeled most greatly by our God and is made possible through Christ.

Bible Verse to Memorize: Ephesians 4:32: “Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.” (ESV)

Items Needed:

- Bibles (plus extras for children who forget to bring one), dry erase or chalk board with Galatians 5:22-23 written out, eight pieces of paper with one letter written on each: K, I, N, D, N, E, S, S
- **Necklaces prepared ahead of time** (see instructions at the end of this lesson): cardstock or poster board, yarn or twine, marker, scissors
- Fruit of the Spirit Kindness coloring pages found at www.Ministry-To-Children.com, crayons
- Piece of paper for parents with Ephesians 4:32 printed on them, one for each family; on the back, instruct parents to ask their children what five acts of kindness they are going to do this week



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Bible Lesson

Kindle Curiosity (5 minutes)

- Prior to children arriving, write Galatians 5:22-23 on the board. Then hide each letter of KINDNESS around the room. After all the children arrive, explain to them that there are eight letters hidden around the room that spell the fruit of the Spirit you will be learning about today.
- Now have them search for the letters. After they have found all of the letters, see if they can discover which fruit it is on their own by looking at the verse on the board. Give them clues if they are unable to figure it out. Then have them spell out KINDNESS by looking at the board and arranging the letters in the right order on the floor or tape them to the board underneath the verse.

Can anyone tell me what kindness is? (Allow them to respond.)

Kindness can be shown with our thoughts, our actions, and our words. How many of you are kind all of the time? (Allow time for response.) None of us are kind all of the time! It is very easy to be unkind to our family and our friends because we are sinners. How can we discover more about kindness? (*By reading God's Word!*) Let's go to His Word now!

God Revealed (15 minutes)

- Begin by reading together Galatians 5:22-23.

The Bible tells us in this passage that kindness is a fruit of the Spirit. If we are saved, the Holy Spirit is living inside of us, and we can be people who overflow with kindness! This does not mean that we will be kind all the time. But as we come to know God more and more, we change. Kindness becomes part of who we are. With the Spirit living inside of us, He gives us the power to be kind! This is only possible if you have believed and trusted in Christ for your salvation.

- Read Titus 3:3-5a.

This verse helps us to discover one of the most important things about kindness – God is our example! He is a God of great kindness, and one of the main ways we see His kindness is through His forgiveness. What picture can we draw to help us remember where kindness comes from? (*The cross.*)

- Read Ephesians 4:32.



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This verse commands us to be kind! It tells us to be kind as God is kind to us through His forgiveness! What could we draw a picture of to help remind us to be kind to one another? (*Hands for doing kind works.*)

- Read Proverbs 3:3.

We are supposed to bind kindness around our necks and write it on our hearts! This means kindness is supposed to be part of who we are! It is with us wherever we go. What can we draw to help us remember this verse? (*A heart.*)

- Read Micah 6:8.

We are not supposed to be kind just because we are commanded to, but we are to love kindness, to think of it with joy! We are to *want* to be kind! What could we draw to help us remember this verse? (*A brain for knowing that we should want to be kind.*)

What do we learn about kindness based on these verses? (Allow them to give their thoughts.) Kindness is what we do, what we say, and what we think. We are to be kind, to love kindness, and to learn kindness from our only perfect example, our God!

Personal Pursuit (10 minutes)

We are going to come up with five kind things we can do this week! They can be things to do at home, at school, or at church. (As the children come up with real ideas they can do this week, write them on the board. Encourage them to think of things they can do in secret, so that only they and God know. This is the ultimate display of humble kindness, when we do not seek a reward for it.)

- Use the fruit of the Spirit coloring page for kindness found at www.ministry-to-children.com. Act out the scene depicted in the picture, or the acts you discussed as a group. Emphasize that as God produces kindness in our hearts, we begin to see other people as more important than ourselves. Remind them of Christ, who humbled Himself, coming down from the throne, making Himself a weak human in order to save all of mankind. We are to emulate Him!

When we are struggling to be kind to another person, we should remember God's great kindness toward us. As sinners, we have offended God. The Bible says that we have even hated Him. So, God had every right to be angry with us, but instead He showed just how great His kindness is by saving us! When you really want to respond to someone with unkindness, think of how God could have punished you for your sin. But instead, in His kindness, He offers everyone here complete forgiveness! Every day we still sin against God, and He continues to be kind to us. Let's show the kindness to others that God has shown to us! This is



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possible only if we abide in Him, if we get to know Him more and more through praying, learning His Word, and following Him.

Daily Knowing (7-10 minutes)

I want us to memorize together Ephesians 4:32, “Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.” (ESV) (Use hand motions to help them memorize or write it on the board, erasing one word at a time until everyone is able to say it together without seeing it.)

Closing Activities (5-10 minutes)

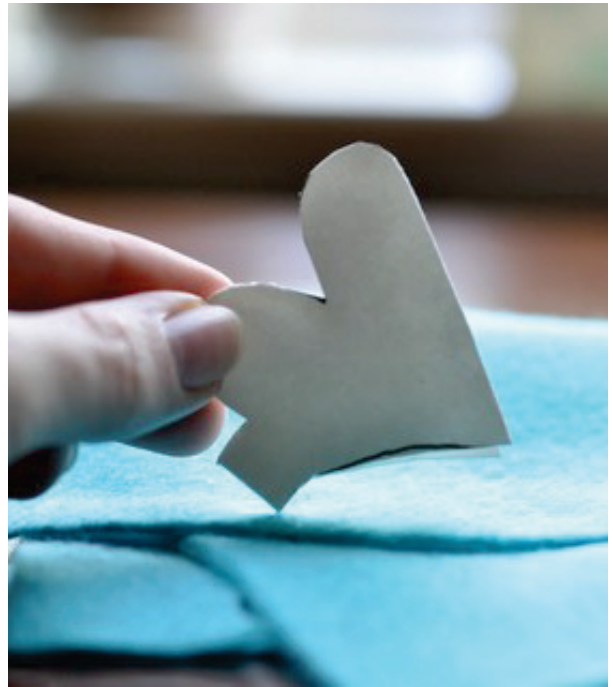
- Now spend time in prayer together. Remember the specific situations your children are going through. Invite them to share their needs and praises. Praise God for the fruit of the Holy Spirit, the kindness we are able to have because He lives within us.
- Encourage parents to work on this week’s verse with their children. Send home the paper with the verse printed on it with instructions to ask the children about the five acts of kindness they will do this week.

Craft: Make Kindness Necklaces

This idea is based on Proverbs 3:3. Draw a heart on a piece of cardstock or poster board like the example below. You can make them as big as you want! Write Proverbs 3:3 and Kindness on the inside. Punch a hole and loop through a length of twine or yarn. Tie a knot to make a necklace. If there’s time, let your children decorate their necklaces at Sunday school or they can do it at home.



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Kindness: Examples for Group Discussion

Definition: Kindness is an attitude that puts others at ease. It is being nice to others and encouraging and uplifting them.

Uplifting others through encouraging words and actions.

Bio: Rahab, as an inhabitant of Jericho, by no means should have helped the Israelite spies. She showed them kindness in hiding them and thus saving their lives. This certainly put the spies at ease! (Joshua 2)

Bible verse: "Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you." Ephesians 4:32

Jesus: Everywhere he went, Jesus was putting those who needed him at ease. He showed sinners kindness. There are many examples of this in Scripture. My favorite is the story of the woman anointing Jesus' feet with her tears. (Luke 7:36-50) The Pharisee wanted to rebuke her, wanted to use cruel words, but Jesus simply forgave her of her sins. He was kind to her in the way he reacted to her.

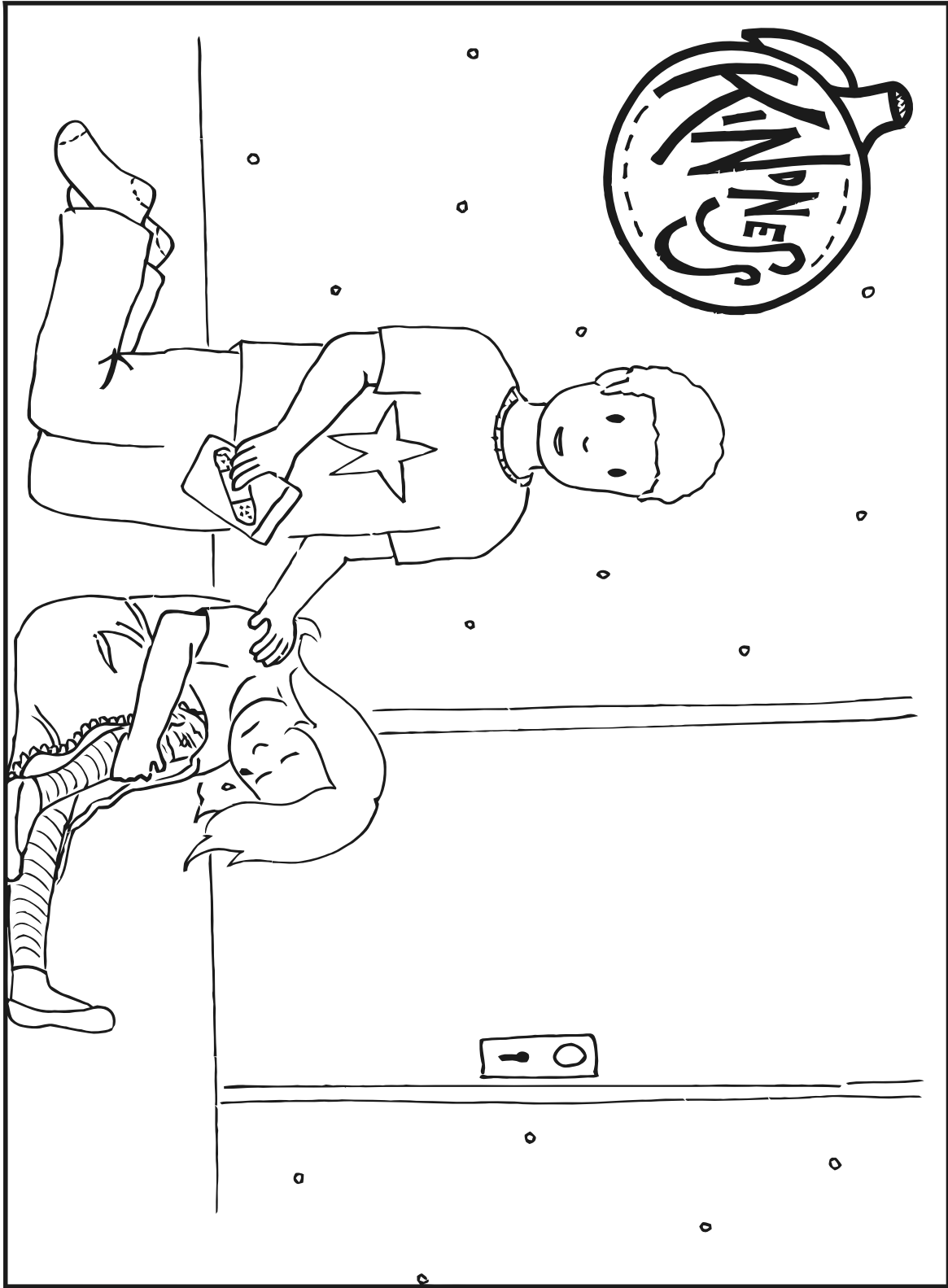
Real life: Teri always shows me kindness when we meet. She always takes the time to ask how I am doing and she listens to what I have to say. She encourages me when I need it and helps me solve my problems and overcome my sins by accepting me and uplifting me.

Application: Kids come up with a practical way they can show kindness. (EG, sit with the new kid in the lunch room.)



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Mandy Grace '11



Ministry-to-children.com



“But the fruit of the Spirit
is love, joy, peace,
patience, kindness,
goodness, faithfulness,
gentleness, self-control;
against such things there
is no law.”

Galatians 5:22-23 (NASB)



KINDNESS

“Be kind to one another,
tenderhearted, forgiving
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Ephesians 4:32 (ESV)



Kindness

Galatians 5:22-23 (NASB)

But the fruit of the Spirit is love, _____, peace,
_____, _____, goodness, faithfulness,
_____, self-control; against such things there is
no law.

Proverbs 3:3 (NASB)

Do not let _____ and truth leave you; Bind them
around your neck, Write them on the tablet of your heart.

Micah 6:8 (NASB)

He has told you, O man, what is good; And what does the Lord
require of you but to do justice, to love _____, And
to walk humbly with your God.

Ephesians 4:32 (NASB)

Be _____ to one another, tender-hearted, forgiving each
other, just as God in Christ also has forgiven you.

****Homework****

Do at least 10 things to show kindness this week. Remember, they can
be done in secret, too! Kindness can be shown to anyone: brother,
sister, Mom, Dad, Grandma, Grandpa, church member, neighbor, friend...
Write down your list of ways that you showed kindness and bring it in
to class next week.

Kindness

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