

# **Group Time Guide**

Supplies Needed: "Gentle or Not?" cards

#### 1. Introductions

**Circle Up:** Have Kid-Os sit down in a circle as quickly as they can and give you a "thumbs up" when they are ready to listen. Encourage each Kid-O to say their name.

#### 2. Discussion Questions

- How was Abigail gentle in our Bible Adventure story? (Instead of fighting with David, Abigail chose to stay calm and be kind.)
- What are some ways you can be gentle with others? (Using a calm and quiet voice, giving a hug instead of pushing, using kind words instead of mean words, etc.)

## 3. Activity

**Say This:** We're going to play a game called "Gentle or Not?" I'll hold up a picture. I want you to put your thumb up if you see someone being gentle and your thumb down if they are not being gentle.

**Do This**: Play the game.

**The Point**: Gentleness is a fruit of the Spirit. God can help us be gentle in our words and our actions.

### 4. Big Idea, Memory Verse, and Prayer

**Do This**: Practice the Big Idea and Memory Verse with the kids.

**Memory Verse**: Galatians 5:22-23 – "But the fruit the Holy Spirit produces is love, joy, and peace. It is being patient, kind, and good. It is being faithful and gentle and having self-control."

Big Idea: I can be gentle.

**Do This**: Encourage kids to talk about what they learned with their grown-ups.

**Do This**: Pray! "Dear God, we love you. Thank you for loving us. Help us to be gentle.

Amen."