

# Fruit of the Spirit

**There are nine fruit of the Spirit. Each fruit of the Spirit links to different Christian values and has 12 days of CW.**  
***With thanks to staff at All Saint's CE Primary School in Newmarket for the wonderful idea!***

**Background Notes:** The fruit of the Spirit are found in the book of Galatians, which is part of the New Testament in the Bible. The letter to the church in Galatia was written by Paul. Christians believe that the Bible says that the moment someone chooses to believe in Jesus Christ they receive the Holy Spirit. The Holy Spirit's help make Christians more like Jesus. One of the main purposes of the Christian life is to progressively allow the Holy Spirit to produce more of His fruit.



**Key Bible verse:** But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Against such things there is no law. (Galatians 5 v 22 and 23)

## Resources

Lion Storyteller Bible by Bob Hartman  
 Hey-O! Stories of the Bible by Saddleback Kids

## Consider...

- Learning the BSL for each fruit of the Spirit.
- Interspersing your CW with a focus on a different festival, theme or learning more about courageous advocacy.

## Fruit of the Spirit Songs

Silly, catchy and useful to help remember the fruits!

<https://www.youtube.com/watch?v=X-hrxEjWxkE>

<https://youtu.be/Rezg4jYFoj0>

<https://youtu.be/xWoWDdeD-ns>

## How can we link the fruit of the Spirit to our school Christian values?

**Love:** Friendship, Trust

**Patience:** Perseverance, Wisdom

**Faithfulness:** Truth, Hope

**Joy:** Thankfulness, Courage

**Kindness:** Generosity, Service

**Gentleness:** Compassion, Humility

**Peace:** Respect

**Goodness:** Creativity, Responsibility

**Self-Control:** Justice, Forgiveness

# LOVE

## LISTEN:

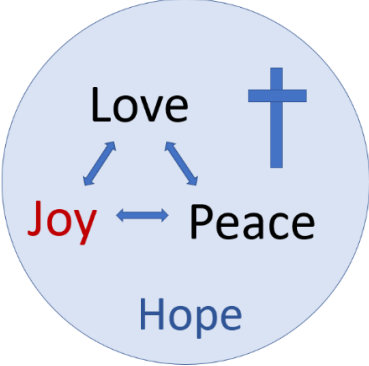
[Reckless Love](#): This worship song uses the analogy of the lost sheep to describe God's love.

[Love Divine, All Loves Excelling](#): The words of this hymn describe the love God has for humankind and how they see Jesus as the ultimate demonstration of this love.

	Key message	Bible	Engage and Response: Christians believe...
1	<b>Fruit of the Spirit: Love</b>	<b>Galatians 5 v 22 and 23</b>  <b>1 John 4:8</b>	What is love? It is more than just a feeling and it's more than just liking something a lot. <a href="#">Watch this video</a> and talk about what it means for Christians. Christians believe that love comes from God. Love is unconditional – what does that mean? Christians know that God will always love them – no matter what they do. Read the Bible verse from 1 John together. I wonder...what it means when it says, "God is love." We will talk over the next few weeks about love and how everyone can grow in it. If you'd like to, pray and ask the Holy Spirit to help you grow in love.
2	<b>Loving everyone</b>	<b>The Good Samaritan: Luke 10.</b> Lion Storyteller Bible p104. Hey-O! p280.	You may have heard of the story of the Good Samaritan before. Did you know it was a story that Jesus told to teach people about love and goodness? <a href="#">Watch this video</a> . The people Jesus was talking to knew they had to love God, but they were surprised when Jesus told them it means they must love and be good to all – just like the Samaritan in the video. This Samaritan man didn't care that the injured man was from a different group of people – he was so kind, so loving and full of goodness. What would you do in this situation? Jesus finished the story by telling the people to "Go and do the same." I wonder...how we can go and do the same.
3	<b>John's letter about love</b>	<b>1 John 3:16-20</b>	John was one of Jesus' disciples. He spent a lot of time with Jesus and saw how much Jesus loved everyone around them. When Jesus died, John wrote letters to people. Do you like writing letters or notes to people? What do you like to write about? <a href="#">Watch this video</a> . In John's letter, he talks about real love. We want to show real love too! That means not just saying that we love people but showing it in our actions too. What can you do today to show people?
4	<b>Loving and serving others</b>	<b>Jesus washes His disciple's feet: John 13:2-5</b>	What are kings usually like? Kings usually want people to serve them. But not Jesus. Despite being a King, he wanted to serve and love others. <a href="#">Watch this video</a> . Washing the disciple's feet was an act of love. Jesus told them to do as he had done for them.

		Hey-O! p335.	He told them to follow the example he set for them, to love and serve each other and to not think of themselves as greater than others. Spend a moment reflecting on this.
<b>5</b>	<b>Love: Giving our all</b>	<b>The widow's offering: Mark 12:41-44</b> Lion Storyteller Bible p134.	For the lady in this story, her husband had sadly died, and she didn't have much money. <a href="#">Watch this video.</a> Consider acting it out to show the differences in the amount of money, and the importance of the widow giving only two small coins. Although she only had a small amount to give, Jesus said she had given more because she had given everything she had to live on. Imagine giving away all your money: what would that be like and how would you feel? Why do you think the lady does this? Some people in the story gave enormous amounts of money but they still had some left. How could we be like the widow? Is it always about giving money? How could we give something else to show love to others?
<b>6</b>	<b>Loving everyone, just like Jesus did.</b>	<b>Zaccheaus: Luke 19:1-10</b> Lion Storyteller Bible p130. Hey-O! p308.	In Jesus' time, tax collectors like Zaccheaus were unpopular. They took bribes and would be greedy at the expense of everyone else. How would you feel if someone kept demanding more and more in taxes? How do you think Jesus felt towards them? <a href="#">Watch this video.</a> When Jesus expressed his desire to dine with Zaccheaus, he was showing him love. It didn't matter what Zaccheaus had done - Jesus accepted him for who he was, regardless of his faults.
<b>7</b>	<b>Love around the world</b>	<b>Christian Aid plan</b>	Session 2 from <a href="https://www.christianaid.org.uk/resources/get-involved/primary-resources-sessions-1-and-2">https://www.christianaid.org.uk/resources/get-involved/primary-resources-sessions-1-and-2</a>
<b>8</b>	<b>Love can involve being brave.</b>	<b>Moses and the Pharaoh's Daughter: Exodus 2:1-10</b> Lion Storyteller Bible p28. Hey-O! p71.	During early Bible times, a king was ruling Egypt, called a Pharaoh. It was not easy for the Israelites to live there because they weren't born in Egypt. In fact, Pharaoh feared the Israelites so he decided that they should all be slaves. They were treated very badly. <a href="#">Watch this video.</a> Moses' mother loved him deeply and knew he was special. After keeping him secret for a while, she put him in a basket and allowed the basket to float down the river. Pharaoh's daughter saw the basket, became curious and asked one of her servants to get it. She saw that it was an Israelite baby and knowing the danger he was in, took pity on Moses and decided to adopt him. The Egyptian princess was aware of her father's orders, yet she bravely went against him to save the boy. She may not have known it at that time, but her act of love eventually saved and helped an entire nation. You might enjoy listening to <a href="#">this rhyming song</a> too.
<b>9</b>	<b>Love your enemies</b>	<b>Matthew 5:43-44</b>	When someone hurts us, it is so tempting to get even with them. If someone kicks you, or says something unkind, what should you do? Should you do the same back to them? Jesus gives people another option. <a href="#">Watch this video.</a> Reflect on Jesus' words. We should go above and beyond for each other and always try to show love. Can you

			try to remember Jesus' message over the rest of the week? You can ask the Holy Spirit to help you, if you'd like to.
<b>10</b>	<b>Putting love into action</b>	<b>Ruth: Ruth 1</b> Lion Storyteller Bible p48. Hey-O! p113	<a href="#">Watch this video.</a> Ruth was full of compassionate and love. Her mother-in-law was lonely and grieving. Ruth knew how important it was to stay with her, even though for Ruth it meant giving up her desire to go back to her own family, her own country, and her own way of life. She followed her heart and gave up everything to stay with her out of love. Sometimes loving someone means we must sacrifice our own desires, just like Ruth did. We can't always do or get what we want, and we have to understand that it might help others more to do something different. Reflect on this for a moment or two.
<b>11</b>	<b>Agape</b> ( <i>pronounced ah-gah-pay</i> )	<b>Matthew 7:12</b>	For Christians, agape lies at the root of all other values. It is different and means more than friendship, in fact it means love, respect, affection and good will combined! It is selfless and means putting others before yourself. It is a Greek word and is often used in the stories Jesus told. In his stories, Jesus made the point that we should extend our love to all people in the world. How could we do that? Watoto is a charity that loves and cares for people in African communities. See if you can find Uganda and South Sudan on a map of the world. Watoto's motto is: Celebrating Christ, Caring for Community. Can you think of some ways they might celebrate Christ in these two countries? Then learn more about Watoto's work by watching <a href="#">this video</a> about Daniel David. Do you agree that Heroes always love?
<b>12</b>	<b>Love your neighbour</b>	<b>Mark 12:31</b>	Read the verse from Mark together and talk about what it means to 'love your neighbour.' The slides <a href="#">here</a> might be helpful. Ask the children to share some examples of times when they have shown love to their neighbour or that their neighbour has shown love to them. Discuss how we could show love to our neighbours this week: How can we show love to people in school, our community and around the world? Is it easy to show love to people around the world? How could we do this? If you'd like to join in, use the EXAMEN prayer to reflect on love. It has five steps, so you might like to count them on your fingers. 1. GIVE THANKS for God's love for you and for people who have shown love to you recently. 2. ASK FOR HELP in thinking about ways you could show love to others today. 3. REFLECT on your day and think about when you have loved your neighbours well. 4. SAY SORRY for the times you know you have not loved others as well as you could have done. 5. DECIDE how you will be a 'good neighbour' tomorrow. You could also use this idea as a whole school or class collective worship: <a href="https://prayerspacesinschools.com/resources/love-your-neighbour/">https://prayerspacesinschools.com/resources/love-your-neighbour/</a>

JOY			<b>LISTEN:</b> <a href="#">Give Me Joy in my Heart</a> – The song has a familiar tune, with joyful words. <a href="#">Joy</a> – A very joyful worship song, talking about joy that comes from God.
	Key message	Bible	Engage and Response: Christians believe...
1	Fruit of the Spirit: Joy	Galatians 5 v 22 and 23	<p>What is joy? Start by watching the trailer for Inside Out <a href="#">here</a>. In the video, what does joy look like and why is it a strong emotion? In this film, Joy stays strong no matter what is thrown at her. She is a natural leader of the other four emotions. In real life, the emotion of joy can affect our bodies in a positive way. Joyful people tend to be healthier and appreciate everything around them, such as family and pets. What is the difference between joy and happiness? Happiness is a temporary feeling that we show on the outside through smiling or laughing. It is usually based on our circumstances such as what we are doing or who we are playing with. Joy is a long-lasting feeling that we have on the inside. It's connected to feeling peaceful and content, knowing that we have everything that we need right then. We can be going through a tough time, but still feel joyful. Next, <a href="#">watch this video</a> and talk about what it means for Christians to feel joy. We will talk over the next few weeks about joy and how we can grow in it. Joy can be a strength that helps us through good and bad times. If you'd like to, pray and ask the Holy Spirit to help you grow in joy.</p>
2	Fruit of the Spirit: Joy	Galatians 5 v 22 and 23	<p>Have a look at this picture. What do the words say? What symbol can you see? What do you think the arrows mean? This diagram reminds us that each exist because of each other. Out of love for God and love for others we can experience joy and peace – together these fruit of the Spirit give us hope for the future too. When do you experience joy? Perhaps it's time with your family and friends, a sunny day, a cuddle, achieving something you have persevered with, the love and friendship of a pet. Christians believe that all these things were created by God and that he wants us all to experience joy. How can we share joy with our neighbours? How can you help those in our local community who are experiencing a tough time? Are there local action projects or charities you are supporting as a school or could support? Find</p> 

			out about some in your local area and talk to the children about them. Use the time to inspire courageous advocacy for local issues of injustice. How can we make sure everyone around us knows love, joy, peace and has hope for the future?
<b>3</b>	<b>Joy in heaven</b>	<b>The lost coin: Luke 15: 8 -10.</b> Lion Storyteller Bible p118.	Jesus told many stories, known as parables. He liked people to think about the hidden meanings in the stories. In this story, there was a woman who had ten silver coins. She was a poor woman, and the coins were important and precious to her. One day, the woman counted her coins and realised one had been lost. Frantically, the woman searched her whole house until she found it. The woman was so excited and full of joy about finding her lost coin, she went out to get her friends and invited them to her house for a big party. She had a long, joyous celebration with her friends. <a href="#">Watch this video.</a> I wonder...what do you think the meaning is? The woman represents God and the coin is humankind. Jesus relates the joy of the woman to joy in heaven when someone turns back to God and repents. What does repent mean?
<b>4</b>	<b>Spreading Good News</b>	<b>Acts 13:49</b> Lion Storyteller Bible p150. Hey-O! p372	Today, we will learn about Paul. This is the same Paul who wrote about the fruit of the Spirit! <a href="#">Watch this video.</a> This video talks about Paul's life. He used to be called Saul and used to hunt down God's people – not a loving thing to do. What happened to him? Read the verse from Acts: "And the word of the Lord was spreading throughout the whole region. And the disciples were filled with joy and with the Holy Spirit." Christians believe that joy spreads by sharing the good news of Jesus' love. It's not enough to be filled with joy and keep it to ourselves. God asked Paul to spread the good news of Jesus' love. He travelled and helped people all over to make sure they understood about God's love and the joy that is found in Jesus. Today, the Bible Society help to spread joy around the world by translating The Bible into different languages. They say, "Thank you for sharing God's word and for making it heard in other languages for the first time. When 30 people in the UK twinned their Bibles with the <a href="#">Bissa Bible</a> , this new translation was propelled to completion and has begun changing lives in Burkina Faso". Where is Burkina Faso? See if you can find it on a map. What does twinning a Bible mean? How might being able to understand The Bible in their own language change lives in Burkina Faso? A pastor there said, "Our joy is great today because, from now on, we are going to preach and read the Bible directly in Bissa without interpretation." Those days of celebration are still to come for members of Costa Rica's Ngäbe community, who have never had the Bible in their language. Christians can bring much joy to communities by twinning their Bibles.
<b>5</b>	<b>Joy in difficult circumstances</b>	<b>Paul: Acts 16:16-36</b>	Let's learn about Paul again. We know that he wrote about the fruit of the Spirit and that he wanted people to ask the Holy Spirit to help them grow in joy. But did he experience joy himself? Yes, he did, even when he was in prison! <a href="#">Watch this video.</a> This video talks about Paul being in prison with his friend Silas. Paul wrote a lot of his letters whilst he was in

		Lion Storyteller Bible p154. Hey-O! p377	prison, saying that he "will continue to rejoice" (Philippians 1:18). What do you notice about the word rejoice? Wow, that must have been hard for Paul! What do you think he did to help him grow in joy?
<b>6</b>	<b>Joy in creation</b>	<b>Psalms 92:4</b>	What gives you joy in the natural world? What do you like looking at, listening to, touching, feeling, smelling, and tasting? Consider looking at some photographs of your local area. In the Bible, it says, "For you, O Lord, have made me glad by your work; at the works of your hands, I sing for joy." Christians believe that when they reflect on the works of God's hands, they should sing for joy. It can give us great joy when we look out for hidden blessings in the natural world. If you'd like to join in, use the EXAMEN prayer to reflect on joy. 1. GIVE THANKS for all the beautiful things in the world. 2. ASK FOR HELP in thinking about ways you can help to look after the world so it can continue to bring joy to you and others. 3. REFLECT on your favourite thing about being outside. 4. SAY SORRY for the times you may have not treated nature in the correct way. 5. DECIDE on how you can encourage others to experience joy when they are outside.
<b>7</b>	<b>Joyful in worship</b>	<b>IMB Revelation 7:9-10</b>	Listen to the different styles and sounds of worship around the world: <a href="https://www.imb.org/2019/12/10/christian-worship-around-world/">https://www.imb.org/2019/12/10/christian-worship-around-world/</a> As you listen, think about how joyful they sound. Why are Christians around the world able to sing so joyfully? In the passage from Revelation, John (the writer) is describing a picture he has of a huge group of people joyfully worshipping God. It says they are from every nation, tribe, people, and language. Sing your favourite worship song and experience the joy in worship too!
<b>8</b>	<b>Joy: God is an artist!</b>	<b>SPCK plan</b>	Follow this plan: <a href="https://www.assemblies.org.uk/pri/4224/god-is-an-artist">https://www.assemblies.org.uk/pri/4224/god-is-an-artist</a>
<b>9</b>	<b>The joy of the Lord is our strength.</b>	<b>Nehemiah 8:10</b> Lion Storyteller Bible p80. Hey-O! p196.	<a href="#">Watch this video.</a> After supervising the rebuilding of the wall of Jerusalem, Nehemiah wanted the people to listen to God's Word. They wept because they realized they had disobeyed God. But Nehemiah helped to turn their hearts to rejoicing. He explained that the joy of the Lord is our strength. I wonder...what do you think this meant to Nehemiah? What do you think it means to Christians?
<b>10</b>	<b>Rejoice with God</b>	<b>Sarah laughs: Genesis 18:1-15</b>	God brings joy through unexpected blessings and circumstances. In this story, Sarah found joy in the long-awaited blessing of her son. She named him Isaac, which means "laughter." <a href="#">Watch this video.</a> Of course, Sarah felt happy after finally receiving the child she longed for, but her deep joy came in recognizing that God's timing was best. Sarah probably thought she would never have a child. But God brought her this blessing when she least expected it, and she was ready to receive the blessing with joy.

<b>11</b>	<b>Weeping turns to joy</b>	<b>Psalm 30:5</b>	Sometimes we can feel sad, and we may start to cry or weep. This can be for all sorts of different reasons. The Bible encourages us not to dwell or worry when we feel like this because joy will soon come. Read the Bible verse from Psalms together. Listen to this song whilst you watch the beautiful photographs on <a href="#">the video</a> . Use the time to reflect and to pray, if you wish to.
<b>12</b>	<b>Weeping turns to joy</b>	<b>Psalm 30:5</b>	Can you remember the Psalm we talked about last time and the song we heard? Listen to the story of Joni Eareckson Tada <a href="#">here</a> . Joni had an accident in a swimming pool and became paralysed from the neck down. This means that she cannot move her arms or legs. When it first happened, she felt incredibly sad but then began to embrace life and experienced much joy! Many Christians believe that she is a true inspiration because she has helped so many other people so that they can experience joy too. If you'd like to, you can pray for people who Joni helps through her charity called Joni and friends. Pray that they can embrace life.

# PEACE

## LISTEN:

[Peace](#) – This song talks about Peace being a promise from God that He keeps.  
[Be Still for the Presence of the Lord is Here](#) – This hymn talks about being still and peaceful in God's presence.

	Key message	Bible	Engage and Response: Christians believe...
1	<b>Fruit of the Spirit: Peace</b>	<b>Galatians 5 v 22 and 23</b>	What is peace? Sometimes people describe peace as the absence of war. The Hebrew word for peace is 'shalom' and it has a deeper meaning. Shalom includes ideas of healing and health, wholeness, and well-being. It means harmony, stability, and security within a community. It refers to relationships based on truth, where people flourish because they are nurtured. To be peaceful, and to experience shalom, it means we are full of peace! Look at a picture of a dove and talk about it being a symbol of peace. <a href="#">Watch this video.</a> We can pray to grow in peace. Perhaps that's something you'd like to do? If you'd like to join in, use the EXAMEN prayer to reflect on peace. 1. GIVE THANKS for all the times you have felt peaceful. 2. ASK FOR HELP in growing in peace. 3. REFLECT on what peace means and say the word Shalom in your head. 4. SAY SORRY for God for anything on your mind. 5. DECIDE on how you can take moments of peace each day.
2	<b>Jesus brings peace</b>	<b>Prince of Peace: Isaiah 9:6 Jesus brings peace to the storm: Luke 8:22-25</b> Lion Storyteller Bible p98. Hey-O! p256.	Have a look at Isaiah 9:6 together. Isaiah was a prophet who wrote about things that were going to happen in the future. He wasn't just guessing – he knew because God had told him. In this passage, he is talking about Jesus. What does he call him? Jesus was called the prince of peace because his father God was the true king of peace. In today's story, Jesus was on a boat with his disciples. There was a huge storm, but Jesus knew what to do. He used God's power to bring peace. <a href="#">Watch this video.</a> Sometimes in life, we feel as if we are on a little boat out in the middle of a great storm. What does that mean? For Christians, it is important to remember Jesus can calm the storms of our life, just as he once calmed the Sea of Galilee. We can pray, if we'd like to, for God to help us know his peace and for others to know God's peace too.

<b>3</b>	<b>Jesus brings peace</b>	<b>Jesus heals a sick woman: Luke 8:40-56</b> Lion Storyteller Bible p100 (first part) Hey-O! p261-265	Last time, we learnt that Jesus is the prince of peace who can calm nature. In this story, he brings peace by using God's power to heal people. <a href="#">Watch this video.</a> The lady was very unwell, but she had a strong faith. She knew that if she touched Jesus' robe that she would be healed. Jesus felt someone touch him because he felt God's power go out from him. He wanted to say to the woman those important words: "Go in peace." What do you think this means? We can tell each other to 'go in peace too.'
<b>4</b>	<b>Blessed are the peacemakers</b>	<b>The sermon on the mount Matthew 5-7</b>	The sermon on the mount is all about the message Jesus gave to people. In his sermon, Jesus said that he wanted people to be 'peacemakers' – what do you think this means? <a href="#">Watch this video.</a> The passage in the Bible says, "Blessed are the peacemakers for they will be called children of God." We can all be peacemakers – think about how you could do this today. What does it mean if the peacemakers are blessed?
<b>5</b>	<b>Desmond is a peacemaker: Forgiveness brings peace</b>	<b>Desmond and the Very Mean Word</b> – use the book or search online for a video of someone reading it.	Today's story isn't from the Bible, but it is a true story about a man named Archbishop Desmond Tutu. It is a story from when he was growing up and it talks about a time when he was a peacemaker, even when he had strong feelings telling him not to be. He knew he had to forgive the boy. As Desmond Tutu grew up, he continued to be a peacemaker and helped to bring peace between different groups of people in South Africa. Jesus says that people like Desmond are "blessed" and a "child of God" because they are peacemakers.
<b>6</b>	<b>Esau is a peacemaker: Forgiveness brings peace</b>	<b>Jacob and Esau: Genesis 25, 33</b> Lion Storyteller Bible p18. Hey-O! p44.	Peace comes through forgiving others and repenting. Can you remember what repenting means? <a href="#">Watch this video.</a> When Jacob was ready to return, he was extremely nervous. How could he be at peace with his brother, when he had done so many wrong things? Would they be able to live peacefully? When they met, what did Esau do? This is a beautiful example of peace between two brothers after years of being angry and apart!
<b>7</b>	<b>Abigail is a peacemaker: Don't fight, be kind instead!</b>	<b>Abigail the peacemaker: 1 Samuel 25:2- 35</b>	During the time King David was running from King Saul, he sent some of his men to ask a landowner named Nabal to share some food and supplies. Nabal was mean and said no and insulted David, who told his men to get ready to fight. But Nabal's wife Abigail was wise and kind! <a href="#">Watch this video.</a> She took David supplies and food and encouraged him not to attack Nabal in revenge, she encouraged him to be peaceful. David thanked her for stopping the attack and keeping the peace! Sometimes it can be good to have help from others...I wonder...do you need someone in your life to bring peace or be a peacemaker?
<b>8</b>	<b>Peace around the world</b>	<b>CAFOD resources</b>	Use these resources to learn and reflect on peace in El Salvador. <a href="https://cafod.org.uk/education/primary-teaching-resources/peace-liturgy">https://cafod.org.uk/education/primary-teaching-resources/peace-liturgy</a>

<b>9</b>	<b>Peace that passes all understanding</b>	<b>Philippians 4:7</b>	Read the Bible verse together. This is from another book written by Paul. Christians, like Paul, believe that God's peace "surpasses all understanding" – talk about what this means. You might also hear that it "passes all understanding" or "transcends all understanding." Paul also says that God's peace will "guard your hearts and your minds" – how can it do that? Listen to <a href="#">this song</a> . Would you like to pray that God's peace will guard your heart and mind? Is there anyone else you'd like to pray that for?
<b>10</b>	<b>Peace in our school</b>	<b>Romans 12:17-18</b>	As soon as we say the word 'peace,' what does it make you think of? I wonder...what picture you get pop up into your head? What situations today can you think of where people need to find peace? Perhaps you have heard about situations in the world where there needs to be more peace. If appropriate, discuss them together. What do you think a school that's full of peace would be like? What can you do to make this school a more peaceful place? Read the Romans verses together: 'Try to earn the respect of others and do your best to live at peace with everyone.' I wonder...do you currently live at peace with everyone? if you'd like to, you can pray or think about how everyone in your class and school can live at peace together. Listen to <a href="#">this song</a> and/or to <a href="#">this song</a> .
<b>11</b>	<b>Jesus is peaceful... even when he is being arrested!</b>	<b>The arrest of Jesus: Matthew 26:47-56</b> Lion Storyteller Bible p138.	In his last days. Jesus was arrested. The guards were rough with him and hurt him so he could have chosen to be violent back. Read the story in the Lion Storyteller Bible. Jesus tells us that violence only breeds more violence and instead he chooses the way of peace. Being a peacemaker means to follow the example of Jesus. To seek out peace, do what you can to not return violence with violence, or hurt with hurt. In the middle of the situation, you can choose to pray about it in your heart, if you'd like to and trust that God will help you to be peaceful, just like Jesus was.
<b>12</b>	<b>God's peace</b>	<b>John 14:27</b> <b>Psalms 46:10</b>	Jesus said the following to his people, and Christians believe that it is still true today. Read the words from the book of John together. "I leave you peace. My peace I give you. I do not give it to you as the world does. So don't let your hearts be troubled. Don't be afraid." Talk about what they mean. Does your heart ever feel troubled or are you afraid? What could you do when you feel like this? Christians have God's peace available to them, a peace that is greater than anything the world offers. Jesus promises to leave God's peace with his people, so they don't need to be afraid or worried. Read the verse from Psalms too. You could spend time drawing a dove, which is a symbol of peace, and writing a prayer or thought about peace inside it. You could listen to <a href="#">this song</a> from the Watoto choir and reflect on the lyrics.

# PATIENCE

## LISTEN:

[Be Still my Soul](#) - This worship song is based on Psalm 46:10 - Be still, and know that I am God.

[Wait on You](#) – this worship song talks about waiting on God.

	Key message	Bible	Engage and Response: Christians believe...
1	Fruit of the Spirit: Patience	Galatians 5 v 22 and 23	Have you ever been told to be patient? What did you need to be patient for? Share some examples of times when it might be good to wait. <a href="#">Watch this video</a> . Christians believe that patience means you believe that God is still good, even when things take time, and you have to wait. Endurance is the ability to continue with an unpleasant or difficult situation, experience, or activity over a long period of time. We will talk over the next few weeks about patience and how we can grow in it. Developing patience is a strength. If you'd like to, pray and ask the Holy Spirit to help you grow in patience.
2	Waiting patiently	Romans 8:25	<a href="#">Watch this video</a> of the Marshmallow test. What would you do? How do you think the children felt in the video? Sometimes when we wait the time goes so slowly! I wonder...what do you think is of greater value to God: to have a quick win of something tasty or fun or to be patient, knowing that there may be a greater reward if we wait? Christians believe that they can know more about God as they wait, and that is a huge reward for them. Read the verse in Romans together: "But if we hope for what we do not yet have, we wait for it patiently." I wonder...what might the writer be hoping for? What might Christians be hoping for? What might you be hoping for?
3	Growing in patience	2 Corinthians 6:4	Jesus frequently encouraged his disciples to 'endure patiently' the difficulties and obstacles they would face by following him. Paul does the same in his letter to the Corinthians. Read the verse together. Sometimes people deliberately look for situations where they have to be patient, to help them to endure it and grow in it. We can pray to grow in patience. If you'd like to join in, use the EXAMEN prayer. 1. GIVE THANKS for all the times you have been patient. 2. ASK FOR HELP in growing in patience. 3. REFLECT on times when you have needed to be patient and it has been

			hard. 4. SAY SORRY for the times you have rushed to do something. 5. DECIDE on one thing you are currently waiting for and choose to be patient in it.
<b>4</b>	<b>A father who waits patiently</b>	<b>The Prodigal Son: Luke 15:11-32</b> Lion Storyteller Bible p120. Hey-O! p296.	How would you feel if you lost something precious? In this story, the man's son decides to leave and take his inheritance. <a href="#">Watch this video.</a> The father may have been hurting but he waited patiently for his son to return. This story is one of Jesus' parables which means that Jesus told it because it had a hidden meaning. I wonder...who the father represents in the story? (God)...who the son represents in the story? (us) God waits patiently for us to return to him. We can choose to return to God at any time. Christians believe that they just need to say sorry to God and turn back, a bit like the son did. God is always patient.
<b>5</b>	<b>A lady who prays patiently</b>	<b>Persistent widow: Like 18:1-8</b>	Today's Bible story is another parable from Jesus. Can you work out the hidden meaning? <a href="#">Watch this video.</a> What does the lady in the story keep on doing? Have you ever had a time when you asked someone something, and they wouldn't listen to you or wouldn't do what you asked? I wonder... how the lady in this story felt about having to go back repeatedly? Jesus wants people to be more like her – what should Christians keep on doing? Sometimes people might pray for something in particular – for a friend to be well or for a war to stop. It may not happen immediately, and it'd be very easy to give up and to stop praying. It is so important to stay patient. He told this story to encourage his followers to keep trying. In fact, he said this is how they should pray to God – over and over again, without giving up.
<b>6</b>	<b>Joshua and the Israelites are patient</b>	<b>Joshua 5</b> Lion Storyteller Bible p38. Hey-O! p100.	Joshua led a group of people called the Israelites, who were God's chosen people in the time on earth before Jesus came. Joshua became the leader of the Israelites after Moses had died. <a href="#">Watch this video.</a> Jericho was shut to stop the Israelites entering it. God told Joshua to lead the Israelites and to walk around the city walls for six days then on the seventh day they had to walk around seven times. I wonder... how they felt whilst walking? Six days seems like a long time to wait! They kept trusting in God and stayed patient.
<b>7</b>	<b>Abraham waits patiently</b>	<b>Abraham: Genesis 12- 18:10</b> Lion Storyteller Bible p16. Hey-O! p36.	The story of Abraham tells us what it is like to wait patiently for something for many years, and what can happen when we are impatient. God promises Abraham that he will become a father of many nations. <a href="#">Watch this video.</a> God told him to look at the heavens and count the stars. Have you ever tried to count the stars? There are so many! God told Abraham that he will have as many children as there are stars in the sky. Over the years this promise is repeated. Eventually, they are gifted with a son of their own. The New Testament book of Hebrews (6:15) says of their patient wait, "And so, after he had patiently endured, he obtained the promise." The story reminds us that if we wait patiently and trust in God, we will get all that is promised to us.



8	Job waits patiently	Job	The story of Job is probably one of the best stories of patience in the Bible. Job was a righteous man which means he does the right thing. Then he lost all his money and his family. However, Job did not blame God. He accepted that God had a plan and would be patient for God to reveal His plan. <a href="#">Watch this video.</a> Job's friends came to talk to him. They tried to find out what great sin Job had committed to deserve the punishment he received. Job though, had done nothing wrong, nothing to anger God. He only ever did what God expected of him. Job knew that sometimes bad things happen to good people. Job knew that God had a plan, he was willing to accept what God allowed in his life and wait patiently for God to reveal the reasons why this was happening to him. In the end God rewarded Job's patience, faith, and trust with twice as much as he had in the beginning (Job 42:10).
9	Waiting for Jesus, trusting in God's promise	Simeon and Anna: Luke 2: 22-40	After the birth of Jesus, Mary and Joseph take Jesus to the temple. <a href="#">Watch this video.</a> At the temple was a man called Simeon; the Holy Spirit had revealed to Simeon that he would not die before he had seen the promised Messiah, Jesus. As a result of this promise Simeon had patiently waited at the temple for this to happen. Imagine just waiting at a temple, not knowing where or when this promise would come true. For Christians, patience is often linked to trusting in God and waiting on God's promises. On seeing the baby Jesus Simeon praised God, declaring that 'as you have promised, you may now dismiss your servant in peace. For my eyes have seen your salvation.' His patience was rewarded by meeting Jesus. Similarly, Anna, who was an old lady, never left the temple. She worshipped day and night, fasting and praying. She too was waiting for the Messiah. On seeing Jesus, she gave thanks and spoke about him to everyone who was waiting. This story reminds us that there are things worth waiting patiently for. Simeon and Anna had waited for years to see the Messiah. Through waiting patiently, trusting in God, they were rewarded.
10	Noah waits patiently	Noah: Genesis 8:6-13 Lion Storyteller Bible p12.	<a href="#">Watch this video.</a> At the beginning of the story, God had told Noah to build a great big Ark. He had to take all his family and two of every kind of animal to save them from the coming flood. Noah had carefully followed God's plan and had to be patient with the timing of God's plan. He had confidence that God was with him, but he couldn't see how the plan would work out. What helped Noah to be patient? If you had been in the ark, what would have made you impatient, and what would you have done about it? I wonder... if you have to <b>feel</b> patient, or if you can <b>choose</b> to be patient? I wonder... how you would coop– not cooped up in an ark, but in a car on a long journey?

<b>11</b>	<b>Choosing to be patient: Nelson Mandela</b>	<b>BBC</b>	Find out about Nelson Mandela. He was a man who had to be very patient. He spent 27 years in prison. He knew that to bring about change, it would take time. <a href="https://www.bbc.co.uk/bitesize/articles/zj3p8xs">https://www.bbc.co.uk/bitesize/articles/zj3p8xs</a>
<b>12</b>	<b>Clothe yourself with patience</b>	<b>Colossians 3:12</b>  <b>Psalm 40:1</b>	Paul wrote these words to one of the very first churches: "Clothe yourselves with compassion, kindness, humility, gentleness and patience." What does it mean to clothe yourself? Maybe patience isn't always something that we have to feel inside first – maybe it's something we can choose to put on, a bit like a jumper? If patience was an item of clothing, I wonder... what it might look like? Read the verse from the Psalm together: "I waited patiently for the Lord; he turned to me and heard my cry." Could you encourage anyone else with this verse this week? Would it help them to know that God hears them?

# KINDNESS

## LISTEN:

[We Will Go](#) - This catchy Christian song is about going out to the ends of the earth and serving God in everything we do.

[Kindness](#) - A chance to reflect on the power of kindness to change the world.

	Key message	Bible	Engage and Response: Christians believe...
1	Fruit of the Spirit: Kindness	Galatians 5 v 22 and 23	What is kindness? Can it grow in us? <a href="#">Watch this video</a> . When the Bible talks about kindness, it says it is shown through your actions and what you do for others. It's not always easy, but we can show kindness to others, even when we don't want to, or we think someone doesn't deserve it. When kindness grows inside you, you start to put other people first. Is it something you'd like more of?
2	Kindness means... ...treating others as you want to be treated	Luke 6:31	Can you think of a time when someone was really kind to you? Was it something they did or said? How did this act of kindness make you feel? Can you think of a time when you were really kind to someone? What was the look on their face when they realised what you had done for them? I wonder... how this made you feel? Jesus said that people should, "Treat others as you want to be treated." How do you like to be treated? Think about all the kind things people do for you, from the moment you wake up! How could you treat people the same way? <a href="#">Watch this video</a> . One of the lyrics says, "I will be your hands and feet." I wonder... what you think this means. Do you think that people can be God's hands and feet, spreading kindness and love to others? We will learn that being kind isn't always easy, but it is always possible.
3	Kindness and Compassion	Colossians 3:12-14  Thessalonians 5:15	Both Bible verses are from books in the Bible written by Paul. He used to write letter to churches to help them and give them some advice from God. Share the Bible verse from Colossians: "Be kind and compassionate to one another, forgive each other, just as Christ God forgave you." What does compassionate mean? Explain the meaning together and how it links to kindness. Then look at the verse from Thessalonians: "Make sure that nobody pays back wrong for wrong, but always try to be kind to each other." What does it mean to pay back wrong for wrong? Have you ever done that? The Bible tells Christians to always try to be kind to each other. When someone is kind to you, it can make them feel loved. It is also contagious!

			What does that mean? How can the kindness you spread be contagious? <a href="#">Watch this video</a> and reflect on it.
<b>4</b>	<b>Growing in kindness</b>	<b>Archbishop Desmond Tutu</b>	<a href="#">Watch this video.</a> Christians believe that they can ask the Holy Spirit to help them grow in kindness. Is that something you would like to grow in? Show a photograph of Archbishop Desmond Tutu. He said, "We grow in kindness when our kindness is tested." Do you agree or disagree? What do you think Desmond Tutu means when he said that kindness grows when it is tested? Have you experienced your kindness being tested or being rejected? If you'd like to join in, use the EXAMEN prayer to reflect on kindness. 1. GIVE THANKS for people who have shown kindness to you recently. 2. ASK FOR HELP in thinking about ways you could show kindness to others this week. 3. REFLECT on moments of kindness you have seen or felt today. 4. SAY SORRY for the times you may have been unkind. 5. DECIDE if you would like to grow in kindness, even if it means your kindness is tested.
<b>5</b>	<b>Being generous</b>	<b>Matthew 25:35-40</b>	God is generous and he wants us to be like him. Jesus gave up everything for us. <a href="#">Watch this video.</a> The Bible says there are four kind things we can do to help people: give thirsty people water, give hungry people food, we can visit people who are lonely and pray for people who are sick. When we share joyfully with others, and extend kindness to them, Christians believe that they are showing they are like Jesus.
<b>6</b>	<b>Kindness can bless others</b>	<b>Feeding the 5,000: John 6:9</b> Lion Storyteller Bible p102. Hey-O! p270.	Can you think of a story in the Bible where one boy showed amazing kindness and gave away all his food to help others? <a href="#">Watch this video.</a> God's generosity leaves no one out. The young boy had enough faith to give his own lunch away! He was risking his own provision, his own comfort, in the hope of helping others. I wonder...would you do the same? I wonder...how the boy felt? One boy's kindness set in motion the amazing miracle of Jesus feeding the 5,000. God blessed the boy for his kindness and his kindness meant others were blessed too.
<b>7</b>	<b>Showing kindness even when you have been treated badly</b>	<b>Joseph and his brothers: Genesis 45</b> Lion Storyteller Bible p26.	Joseph always tried to do what God asked him to and, even if difficult circumstances, he was always kind and helped others. Did you know that Joseph was sold into slavery by his brothers because they were jealous of him? That led him on a long journey to Egypt which eventually meant he ended up in prison, for something he did not do. Even so, Joseph was still kind to his brothers when he saw them again! <a href="#">Watch this video.</a> Think about the strength it took for Joseph to not only forgive his brothers, but to welcome them and give them amazing gifts. Joseph is a great example of a kind man – he gave generously even when it made no sense for him to do so. What can we learn from this story?
<b>8</b>	<b>Give kindness freely!</b>	<b>David's kindness: 2 Samuel 9</b>	When David grew up, he became a King. King David remembered his good friend Jonathan. He found out that before Jonathan died, he had had a son named

			Mephibosheth. <a href="#">Watch this video.</a> David had Mephibosheth brought before him. He gave Mephibosheth all his land. He also gave him servants and told him that he would always take care of him. He treated him like a son. David did not wait until Mephibosheth asked for help. He gave kindness freely and honoured his friend Jonathan. I wonder...what can we learn from this story?
<b>9</b>	<b>Kindness and friendship</b>	<b>Kindness of friends: Luke 5:17-39</b> Lion Storyteller Bible p94. Hey-O! p240.	In this story, there is a man who was desperate to be able to walk. Jesus was teaching in a room and healing people. This man's friends knew how important it was for their friend to meet Jesus. If he could just meet Jesus, they trusted he would be healed too. But the room Jesus was in was understandably very busy. What should they do? <a href="#">Watch this video.</a> What did the friends do? They kindly lifted him up onto the roof and lowered him in so that he could meet Jesus. Reflect on how hard this must have been for them, but how important it was for them to do it. This is a story of friendship, kindness, and love. What happens to the man in the story? It is also a story of forgiveness and a story of a miracle. What is a miracle? A miracle is when something wonderful happens, that doesn't seem possible. Christians believe that miracles were possible in Jesus' time, and are possible nowadays, with God's power.
<b>10</b>	<b>Being kind and giving cheerfully</b>	<b>Acts 20.35</b> <b>2 Corinthians 8:13</b>	Read the Bible passage from Acts – "It is more blessed to give than to receive." What do you think this means? When we can't wait to give to others; that is a sign of generosity and kindness. The Bible reminds Christians that it is more rewarding to give than to receive and says that they should give cheerfully. <a href="#">Watch this video.</a> What did you learn about? Do you agree that giving can be a blessing to the giver and to the receiver?
<b>11</b>	<b>Little things: small acts of kindness</b>	<b>Mother Theresa</b>	Look at the example of Mother Theresa and follow this plan: <a href="https://www.assemblies.org.uk/pri/2531/little-things">https://www.assemblies.org.uk/pri/2531/little-things</a>
<b>12</b>	<b>Showing love by being kind</b>	<b>Tabitha (also named Dorcas): Acts 9</b> Lion Storyteller Bible p152.	People often remember kind deeds. The people of Joppa knew that Tabitha loved them and unselfishly gave them whatever she could. She lived to love and serve others. This was Tabitha's way of sharing her love for Jesus. When Tabitha got sick and passed away, she was missed because of all the ways she had served those in need. Have you cared for someone or a pet who has been unwell? What did you do to help them? <a href="#">Watch this video.</a> God brought Tabitha back to life when Peter prayed for her. How did he do this? It is another story in the Bible that talks about a miracle. Many people believed in Jesus because of this miracle.

# GOODNESS

## LISTEN:

[Goodness of God](#) – a modern song that speaks of God's goodness.  
[Amazing Grace](#) – A traditional hymn that talks about God's grace and goodness.

	Key message	Bible	Engage and Response: Christians believe...
1	<b>Fruit of the Spirit: Goodness</b>	<b>Galatians 5 v 22 and 23</b>	What do you think goodness means? It's more than just 'being good.' <a href="#">Watch this video.</a> Goodness means doing what is right, even when it is difficult. The Bible says that God is good so for Christians growing in goodness means becoming more like God. We will talk over the next few weeks about goodness and how we can grow in it and how we can show it to others. If you'd like to, pray and ask the Holy Spirit to help you grow in goodness.
2	<b>Why should I be good?</b>	<b>BBC</b>	Follow this BBC assembly plan to help children answer the question: why should I be good? <a href="https://www.bbc.co.uk/teach/school-radio/articles/zd778hv">https://www.bbc.co.uk/teach/school-radio/articles/zd778hv</a>
3	<b>God's goodness – the world</b>	<b>Creation: Genesis 2:4-20</b>	Christians believe that God's goodness can be seen in the wonderful world he has created. <a href="#">Watch this video.</a> Talk about all the wonderful animals and plants in our world. Christians say that God is the one who provides for us, and we should show we are thankful by taking care of what God has given. He has given us the world to enjoy, and there is so much in it for us to enjoy! Listen to <a href="#">Louis Armstrong's What a Wonderful World</a> and reflect on all that he sings about.
4	<b>Surely goodness will follow me?</b>	<b>Psalms 31:19 Psalm 23:6</b>	Read the two verses from Psalms (suggest using Easy-to-read version on Bible Gateway). What do you think it means when The Bible says that goodness will follow me all the days of my life? I wonder... if you would like goodness to follow you all the days of your life. What does that look like to you? Remember how we explained goodness: it's doing the right thing, even when it's difficult. We won't always get it right first time, but that's okay – it takes time to grow goodness! If you'd like to join to, use the EXAMEN prayer to reflect on goodness. 1. GIVE THANKS for God's goodness in the world. 2. ASK FOR HELP in thinking about ways you could grow goodness in your life. 3. REFLECT on this Bible verses. 4. SAY SORRY for the times you have made wrong choices. 5. DECIDE if you would like goodness to 'follow you.'



<b>5</b>	<b>Showing goodness to each other: A parable from Jesus</b>	<b>The Parable of the Two Sons: Matthew 21:28-46</b> Hey-O! p324	Today's story is told by Jesus, and it is one of His parables, a story with a hidden meaning. Jesus told a story of two sons who were asked by their father to go and work in his vineyard. I wonder.....what would you do if you were one of the sons in this story? Does it depend on who is asking? <a href="#">Watch this video.</a> One son said, "I will not." But he later changed his mind and went to work. The other son said, "I will, sir," but he never showed up to work. They both changed their minds! The son who said "no," but later decided to obey was more pleasing in the sight of the father than the one who said he would go but did not. What do you think the message in the story is and how does this link to goodness?
<b>6</b>	<b>Showing goodness to each other: A parable from Jesus</b>	<b>Parable of the faithful and wise servant: Matthew 24:42-51</b>	This is another parable from Jesus. In this story, Jesus told his disciples about two servants. He said that one servant acted wisely and faithfully, doing his job properly, even when his master was away. I wonder... what you do differently when no-one is looking? Jesus explained that this servant would be rewarded with increased responsibility. The other servant in the story behaved very differently while the master was away. He chose to mistreat others and, instead of working like he should, he chose to relax, eat, and drink. Jesus warned that there would be punishment for the lazy servant when the master returned. <a href="#">Watch this video.</a> The video tells the story and explains what Christians can learn from the story. I wonder... how does this link to our definition of goodness?
<b>7</b>	<b>Showing goodness to each other: David</b>	<b>David: 1 Samuel 24</b> Lion Storyteller Bible p52, p54. Hey-O! p129, 134	<a href="#">Watch this video.</a> How were David and Saul different? What kind of King was Saul? Saul ends up planning a terrible plan because he was jealous and scared. He didn't know that David was good. Despite what everyone was telling him, David knew the right thing to do in the situation. He knew it was not right to hurt Saul, even though Saul had not treated him well. What was Saul's reaction to this? What does he say to David? What can you learn from this story?
<b>8</b>	<b>Showing goodness to each other: Barnabas</b>	<b>Barnabas</b>	Do you have any nicknames? What would you like to be called? In today's story, we learn about Barnabas. Barnabas was friends with Paul, who wrote about the fruit of the Spirit. <a href="#">Watch this video.</a> Barnabas saw the best in everyone, and he knew Paul had changed. Barnabas had a nickname; he was known as the "son of encouragement." What does this mean? I wonder... if that's a nickname you'd like to be known by? Think about how you feel when someone encourages you. Can you remember a time when this has happened to you recently? Are you the sort of person who always encourages others? Would you encourage someone else, even when they overtake you in a race or score a goal against you in football? Barnabas was the sort of guy who would – he encouraged everyone in whatever they were doing. He exemplified goodness through his support of others.

<b>9</b>	<b>God looks at our hearts</b>	<b>1 Samuel 16:7</b>	Use this idea as a whole school or class collective worship: <a href="https://prayerspacesinschools.com/resources/inside-out-boxes/">https://prayerspacesinschools.com/resources/inside-out-boxes/</a> Sometimes we judge people in the same way we might judge these boxes – we look at the outside, but The Bible says that God looks at people’s hearts and we should do the same. Read the Bible verse from 1 Samuel together. This Bible links to the story we heard about David. I wonder... what it means to look at someone’s heart? Refer to the inside out boxes activity. Goodness comes from within and understanding this can be a step on our journey of growing in goodness.
<b>10</b>	<b>Following God inspires goodness</b>	<b>King Hezekiah: 2 Chronicles 30:9</b> Lion Storyteller Bible p68.	In the Bible, for a time, there seemed to be a long line of kings who did not choose goodness and instead chose to do wicked things. King Hezekiah stands out as one of the only kings who wanted to grow in goodness! He showed goodness through his actions and decrees, and his goodness was rooted in his love for God. <a href="#">Watch this video.</a> In 2 Chronicles 29, Hezekiah became king and reopened the Lord’s temple, cleansed it, and commanded people to worship God again. The Bible says, “He did what was right in the eyes of the Lord.” Out of his love for God, Hezekiah made choices that led all the Israelites to worship God again. His good actions were a result of his heart, a heart that was full of goodness.
<b>11</b>	<b>God’s goodness: He’s got the whole world in His hands</b>	<b>Video</b>	<a href="#">Listen to this song</a> , sung by Christians from countries around the world. What are they singing about? What do they say about God? It is a mix of different Christian worship songs, and they are all singing about God’s goodness! Can you hear the different languages sung occasionally too? If you have time, listen again, and reflect on the words. You might like to pray, reflect quietly, or join in with the singing too. How can we help other people all around the world? What does it mean to be a global neighbour? Here’s a <a href="#">song</a> to sing along to and reflect on what the lyrics mean to us. Are we inspired to help our global neighbours?
<b>12</b>	<b>Thank the Lord for His goodness.</b>	<b>Psalms 107:1</b>	Read the verse from the Psalm together. Christians believe that they should continually thank the Lord because he is good and because His love continues forever. Christians try to do this throughout the day: whenever they think of something good, they remember it is from God and they thank him. They might thank him by saying a prayer out loud, by saying a prayer in their head or by worshipping him by singing or dancing. Listen to <a href="#">this song</a> and you may wish to choose to do one or more of those things whilst you are listening to it.

# FAITHFULNESS

## LISTEN:

[Faithful](#) – A song that encourages people to reflect on God’s faithfulness.  
[Great is thy Faithfulness](#) – A traditional hymn that declares God is always faithful.

	Key message	Bible	Engage and Response: Christians believe...
1	Fruit of the Spirit: Faithfulness	Galatians 5 v 22 and 23	What do you think faithfulness means? <a href="#">Watch this video.</a> Faithfulness links to trust, loyalty and being constant. For Christians, faithfulness means trusting God and relying on him to take care of them. The Bible says that God is good so for Christians they know they can trust God. Some days that’s easy, but faithfulness can be encouraged every day. We will talk over the next few weeks about people in the Bible who were faithful and trusted in God. If you’d like to, pray and ask the Holy Spirit to help you grow in faithfulness. Listen to one of the songs above, if you have time.
2	Faithfulness: walking beside us	Footprints poem	<a href="#">Watch this video</a> or listen/read the poem Footprints in the Sand. This poem is about a special dream. This dream helped one man to understand more about his relationship with God. What do you think it means when Jesus says that he is carrying the man? How might that help him? How does this footprints poem show God’s faithfulness? How does it feel to think that someone is walking beside us each day? Who walks beside you in your life?
3	Faithfulness: God remains faithful	2 Timothy 2:13	Do you have any pets, or do you know someone who has a pet? Does anyone here have a dog? Sometimes dogs might be described as a “faithful friend.” Why do you think they are called that? Is your dog a faithful friend? What makes them faithful? For Christians, they believe that God will always be faithful. He isn’t faithful because of what we do. God is faithful because that’s what He is. Read the Bible verse from 2 Timothy together. Faithlessness is the opposite of faithfulness. Even if we are lacking faith in him, God remains faithful to us. When we show faithfulness to others, we are treating others the way God treats us. Listen to <a href="#">this song</a> .

<b>4</b>	<b>Faithfulness leads to right and just actions.</b>	<b>Esther 4</b> Lion Storyteller Bible p78. Hey-O! p189.	Esther was a Queen and was married to King Xerxes. The King and Haman (his evil associate) planned to kill all of God's people. Esther had a choice: she could stand up for what was right and risk her life to protect God's people, or she could ignore their plight and stay safe. Sometimes it is really hard to do the right thing! <a href="#">Watch this video.</a> Esther did the good and right thing: she told the king, he listened to her, and the people were saved. Esther's goodness and faithfulness to God and the people led her to do the right thing, and God saved his people through her actions.
<b>5</b>	<b>God is Faithful to Us</b>	<b>The Lost Sheep: Luke 15:1-7</b> Lion Storyteller Bible p116. Hey-O! p293.	Read the story from one of the Bibles or <a href="#">watch this video.</a> This is a story that Jesus told. Who do you think the Shepherd is? Who are the sheep? It is a story of God's faithfulness to His people. Even if one person or sheep goes astray, he will go and look for them, because He loves them and because he is faithful.
<b>6</b>	<b>Friendship and Faithfulness: David and Jonathan</b>	<b>David and Jonathan: 1 Samuel 18:1-5</b>	Think quietly in your head about your friends. In the story today, we will hear about two best friends in the Bible called David and Jonathan. Their loyalty and faithfulness to each other can be an inspiration to us. We have heard about King David before. <a href="#">Watch this video.</a> Because he is faithful, Jonathan act to protect David from his own father. Being a faithful friend is very important. It means that you are there for each other, even in tough times. Have you ever been a faithful friend? Has someone been a faithful friend to you? I wonder...how could you encourage faithful friendship in your school? How can you make sure that everyone has a friend in your school? What practical things could you do to help build strong and faithful friendships?
<b>7</b>	<b>Faithfulness to God: Daniel</b>	<b>Daniel and the Lion's Den: Daniel 6</b> Lion Storyteller Bible p76. Hey-O! p182	Which animal do you think is the most dangerous? I wonder...what it would be like to be in a den of lions? What would you do? <a href="#">Watch this video.</a> The king was extremely upset about having Daniel punished and he tried to let Daniel go free, but the men insisted that anyone who broke the law was thrown into the den of lions. As Daniel was thrown to the lions the king called out, "May your God, whom you serve continually, deliver you!" (Daniel 6:16). The king knew that Daniel served his God as faithfully as he had served him. So, the king hoped that Daniel's God would be able to save him. Who is Daniel's God? It is the Christian God, seen through Jesus and the Holy Spirit. Being a reliable and trustworthy worker means serving God and those in authority over you faithfully, honestly, and wholeheartedly, just like Daniel did.

<b>8</b>	<b>Faithfulness to God: Roman Centurion</b>	<b>The Faith of a Roman Centurion: Matthew 8:5-13</b> Hey-O! p248.	In Bible times, the Romans had a lot of power. Roman Centurions, also known as officers or commanders, were usually strong, mighty, and proud. In this story, the Centurion's servant was very unwell. Jesus offers to visit him to heal him, but the Centurion felt that he wasn't good enough for that to happen. Often a servant's faith, life and even health was very dependent on their ruler, in this case the Centurion. But the Centurion has faith that Jesus will heal, and that Jesus' word was enough! <a href="#">Watch this video</a> . What does Jesus say about his faith? How does that faith impact on their servant? What does this teach you about faithfulness?
<b>9</b>	<b>Staying faithful: Only worshipping God</b>	<b>Shadrach, Meshach, and Abednego: Daniel 3</b> Lion Storyteller Bible p74. Hey-O! p176.	<a href="#">Watch this video</a> . The three men in the story wanted to be faithful to God and to not worship the gold statue. But the punishment seemed severe. What would you do? Is it always easy to be faithful and to disagree with people? I wonder... how these three men felt disobeying a King? They all trusted in God's faithfulness and power. They knew that God would rescue them and that meant that everyone saw God's power. Spend time reflecting on the story and, if you'd like to, ask that God will help you to stay faithful and to do what is right by him.
<b>10</b>	<b>Staying faithful and trusting in God</b>	<b>Moses: Exodus 2:11-15</b> Lion Storyteller Bible p32. Hey-O! p75.	You may have heard of Moses before. <a href="#">Watch this video</a> . I wonder...how does this link to faithfulness? What does Moses do? What does God do? Moses grew in faithfulness throughout his life, and he knew how important it was to listen to God. Even when something seems completely impossible, if it's the right thing then God will help you to find a way.
<b>11</b>	<b>Staying faithful and trusting in God</b>	<b>Josiah: 2 Kings 22-23:25</b> Hey-O! p153.	Josiah became King when he was eight years old. I wonder...how you would feel about that? What if the King of England was only eight years old? What would be good about having an eight-year-old as King and what would not be good? Josiah was known as a wise King, even though he was young, because he chose to follow God and to stay faithful to Him. <a href="#">Watch this video</a> . Josiah led Israel very well and helped everyone else to be faithful and fully committed to God. How can you be like Josiah and lead others to do the right thing?
<b>12</b>	<b>Staying faithful and trusting in God</b>	<b>Jehoshaphat: 2 Chronicles 20:1-34</b> Hey-O! p146.	A bit like Josiah, Jehoshaphat was known for being a good King who did what God has said to do. <a href="#">Watch this video</a> . Even when three armies were coming towards them, Jehoshaphat knew that he needed to pray. If you'd like to join to, use the EXAMEN prayer to reflect on faithfulness. 1. GIVE THANKS for God's faithfulness that we have heard about in the Bible. 2. ASK FOR HELP to learn more about faithfulness. 3. REFLECT on the story of Jehoshaphat. 4. SAY SORRY for the times you have made the easiest choices, which might not have been the correct choice. 5. DECIDE if you would like to grow in faithfulness.


# GENTLENESS

## LISTEN:

[The Blessing](#) – along with children around the world, sing God's blessing over each other.

[The Gentleness Song](#) - God's gentle so we can be gentle with each other.

	Key message	Bible	Engage and Response: Christians believe...
1	<b>Fruit of the Spirit: Gentleness</b>	<b>Galatians 5 v 22 and 23</b>	What do you think gentleness means? Has anyone ever told you to be gentle? Why might this be? It might be when you're holding a new baby, or an object that could easily be broken. <a href="#">Watch this video.</a> The Bible says that gentleness is about how we treat others. We need to be gentle with our words, thoughts, and actions. It might be easy to be gentle with people we like, but can we be gentle with everyone, even if we think they've done something wrong? We will learn over the next few weeks about how gentle Jesus was with the people he met. As a school, or in your classes, you could create a gentle word jar for your reflection area, adding pompoms for every gentle word spoken. You could also add a gentleness blanket – a piece of soft fabric for gentle words to be written on or pinned to.
2	<b>The Holy Spirit</b>	<b>The Holy Spirit comes at Pentecost: Acts 2</b> Lion Storyteller Bible p146. Hey-O! p359.	We have learnt a lot about different fruit of the Spirit. Which ones can you remember? Christians believe that all the fruit come from the Holy Spirit, who is God and was sent by God. After Jesus rose again into heaven, his disciples waited for the helper he had promised to arrive. <a href="#">Watch this video.</a> What happened to the disciples when they were filled with the Spirit? What appeared on their heads and what happened to the words they were saying? Thousands of people that day received the Holy Spirit because they said sorry and were baptised. After that, Peter went out and healed lots of people – not using his own power but using God's power, through the Holy Spirit.
3	<b>Gentleness with the Cheeky Pandas</b>	<b>Cheeky Pandas</b>	Gentleness is not just about what we do but also about what we say. <a href="#">Watch this story</a> about gentleness (with BSL signs) and listen to the song. Reflect afterwards on what the story teaches.

4	<b>Gentleness...power under control</b>	<b>Isaiah 40:11</b>	<div data-bbox="1014 197 1545 587">  </div> <p data-bbox="1556 197 2132 587">Have a look at this picture together. What do you see? Can you predict what we are going to talk about today? What questions does this picture make you ask? This lioness is being very gentle with her cub. Gentleness could be explained as having your power under control. You can be gentle but still be really strong, like the lioness. It's about how you choose to use your strength and about putting others first. Read the verse in Isaiah together.</p> <p data-bbox="1014 595 2132 627">This describes God's gentleness as a shepherd who cares gently for his sheep.</p>
5	<b>A gentle shepherd</b>	<b>The Lord's my Shepherd: Psalm 23</b>	<p data-bbox="1014 627 2132 1090">Today we are going to look again at gentleness by looking at the message in one of the Psalms. Read Psalm 23. Talk about a shepherd's job. How much resilience and strength do we think a shepherd needs? Do they rest at night? Christians believe that this famous psalm tells us that God takes care of us. He looks after us and gives us everything that we need. God is our loving Shepherd, and he leads us gently just like a shepherd does with a lamb, taking them to soft green grass in a meadow where there is a little stream. Just like sheep can trust their shepherds, Christians completely trust God. Ask the children how Psalm 23 helps us to understand Jesus' gentleness. Do they need to look out for attackers? What do we think the shepherd would do if his sheep were attacked? Would he run away? Describing God as gentle does not mean that He is not powerful. We must not mistake gentleness for weakness. How do you think God takes care of us? How is God gentle with us? Does anyone feel that they have experienced the gentleness of God?</p>
6	<b>Gentleness: Jesus</b>	<b>Jesus' triumphant entry: Matthew 21</b> Lion Storyteller Bible, p132.	<p data-bbox="1014 1090 2132 1369">Jesus is God's King. When on a parade around London, how does King Charles III travel? Usually, he sits in a chariot, and they use lots of horses to pull it along. Search online for a photograph or video to show this. Read the story of Jesus entering Jerusalem in a Bible. This is also the story for Palm Sunday. What does Jesus choose to ride in on? What does this teach us about Jesus and how does it link to gentleness?</p>
7	<b>Gentleness: Jesus (even in a raging storm)</b>	<b>Jesus walks on water: Matthew 14:22-33</b>	<p data-bbox="1014 1369 2132 1479">Jesus disciples were in a boat across the lake. When the waters are still, they can be so gentle and calm. This wasn't the case for the disciples. The strong wind made them feel fearful. <u>Watch this video.</u> When the disciples saw Jesus walking on water,</p>

		Hey-O! p275	they were still terrified because they didn't realise it was Jesus! Jesus tells them to "take courage" and Peter joins him. Even in the strong waves, and when Peter's fear increased, Jesus was gentle and calm. Jesus asks him to have more faith. I wonder...for these disciples...did having faith in God mean they felt gentler and calmer and had less fear? Is it the same for Christians?
<b>8</b>	<b>Gentleness: Jesus (even when it's urgent).</b>	<b>Jesus raises Lazarus from the dead: John 11:1-44</b> Hey-O! p311.	Today's story is a little different. We've heard before that when Jesus healed someone, he did it very quickly and they got better instantly. In today's story, we hear about a man called Lazarus who was very unwell. His sisters sent a message to Jesus, but Jesus decided to wait...for two whole days! Jesus was very gentle and calm. <a href="#">Watch this video.</a> Lazarus had died, why did Jesus say it had happened? To be gentle is to recognise that God's ways and God's thoughts are high above our own. Jesus knew that God's will had to be done. After raising Lazarus from the dead, he prayed, "Father thank you for hearing me. I say this for the benefit of the people here. So they will believe you sent me." Jesus' gentleness demonstrates God's gentleness too.
<b>9</b>	<b>A gentle tongue</b>	<b>Proverbs 15:4</b>	Together, read the first sentence from this verse in Proverbs. What do you think it means to have a gentle tongue? How could that be a tree of life? I wonder...what picture you get in your head when you hear this verse from the Bible. If you'd like to join, use the EXAMEN prayer to reflect on gentleness. 1. GIVE THANKS for times you have seen gentleness in others. 2. ASK FOR HELP in ways you could have a gentle tongue. 3. REFLECT on times when you know that you have not been as gentle as you could have been. 4. SAY SORRY for these times. 5. DECIDE if you would like to grow in gentleness and what you could do to help yourself to grow in it.
<b>10</b>	<b>Gentleness: David</b>	<b>David and Goliath: 1 Samuel 17:1-50.</b> Lion Storyteller Bible p76. Hey-O! p134.	Imagine a giant were to talk into this room. What would you do? Would you be able to fight them? The giant in this story, called Goliath, wanted to fight God's people, and was looking for a challenger. David was the complete opposite to Goliath – he was just a small shepherd boy. He was not big or scary, but he was not weak either. Gentleness + Faith in God = power and strength. <a href="#">Watch this video.</a> David can beat Goliath because He trusted in God, he had faith in God and because He knew that God would be faithful to him. You do not need strength to win every fight, like Goliath. You just need to trust in God, like David did.
<b>11</b>	<b>Being gentle with our shared planet</b>	<b>Christian Aid plan</b>	Follow this plan: <a href="https://www.christianaid.org.uk/resources/get-involved/shared-planet-school-assembly">https://www.christianaid.org.uk/resources/get-involved/shared-planet-school-assembly</a> Learn about Brazil and the idea of shared responsibility. We can treat others well by treating our earth well and understanding that it is up to all of us. The problem for Quilombola communities is that some people want to take their land, because lots of money can be made from it. How would you feel if

			<p>somebody came to your home and started digging up the tree in your garden to sell the apples on it? It's not very fair, is it? What is extra tricky is that until quite recently, the Quilombola people didn't have the legal papers to say they owned the land they have lived on for years, which made it very difficult for them to stop people trespassing on their land and destroying the rainforest. I wonder...how you think this all link to gentleness?</p>
<b>12</b>	<b>Gentleness: Philip</b>	<p><b>Philip: Acts 8:26-40</b> Hey-O! p368.</p>	<p>Philip was one of the apostles. I wonder...if you know what an apostle is? Apostle means someone who is "sent out," and that was true for Philip. Philip was alive in the time after Jesus had risen to heaven, so what do you think he was sent out to do? In this story, Philip is so full of gentleness as he gently explains a part of the Bible to a man who needs help understanding it. This man is from Ethiopia – find the country on the map. <a href="#">Watch this video.</a> Sometimes it can be frustrating when someone doesn't understand what we mean. How could you show gentleness to them instead?</p>

# SELF-CONTROL

## LISTEN:

[In Christ Alone](#) – a worship song that affirms that all we need is found in Jesus Christ.

[King of Me](#) – A song declaring that God is King of everything.

	Key message	Bible	Engage and Response: Christians believe...
1	<b>Fruit of the Spirit: Self-Control</b>	<b>Galatians 5 v 22 and 23</b>  <b>Timothy 1:7</b>	What do you think self-control means? It can be about watching what you say and thinking before you act, but is it more than that? <a href="#">Watch this video.</a> For Christians, it is about trusting God to help them know what's good for them, and saying no to things that aren't. It is something we can all grow in. Read the Bible verse from 1 Timothy together. It says that God gives us a Spirit of power, love and self-control. If you would like to, pray and ask to receive a Spirit of power, love and self-control.
2	<b>Fruit of the Spirit: Self-Control</b>	<b>Cheeky Pandas video</b>	<a href="#">Watch this video.</a> In this video, we see the Cheeky Pandas learn about self-control, are invited to pray with the pandas, and sing a song about self-control.
3	<b>Slow to speak, slow to become angry</b>	<b>James 1:19</b>	James was one of Jesus' brothers. Read this Bible verse, written by James, together: "My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry." Look at each of the three instructions and wonder about each: I wonder... what it means to be quick to listen? Slow to speak? Slow to become angry? Is it easy to do those things? Can we always do it? If we are slow to speak, it means we have a chance to think first about what we are about to say. Why might that be important? How does this all link to self-control?
4	<b>Do rules help us to stay in control?</b>	<b>The Ten Commandments: Exodus 1:21</b> Hey-O! p86.	I wonder...if having rules helps us to stay in control. Discuss different rules you have at school or at home. How do these help? Which rules are easy to keep, and which ones are hard? Are there some rules which we don't talk much about, but we know we must keep? In the time before Jesus, God felt that His people needed some guidance over how to honour Him. He gave Moses some rules, called the Ten Commandments. <a href="#">Watch this video.</a> I wonder...did these ten rules help God's people to grow in self-control?
5	<b>Self-control: What does Jesus do?</b>	<b>The temptation of Jesus: Matthew 4:1- 11</b>	We can link self-control with not giving in to temptation. Have you ever felt tempted to do something? Did you give in to temptation or stay strong? There are always reasons to give up on the goals we set ourselves - reasons to be tempted not to stay on task. It happened to Jesus, too. There was a time when Jesus was being tempted and it lasted for 40 days

			and 40 nights. As he had God's power, he was encouraged to use this power incorrectly. What do you think Jesus did when he was tempted? <a href="#">Watch this video</a> and discuss it together. What does it teach you about self-control? If we feel strongly tempted to do something, Jesus understands because He was too! We can choose to pray for help when we are feeling tempted, and we can pray for help to not be in those situations in the first place. If you'd like to pray, you could thank God for the story about Jesus in the desert and for help with these things.
<b>6</b>	<b>Lead us not into temptation</b>	<b>Lord's Prayer: Matthew 6:9-13</b> Hey-O! p246.	Whilst talking to a large group of people on a mountain, Jesus taught them many things. We call this speech, 'The Sermon on the Mount' and as part of that sermon, Jesus taught his followers how to pray. He tells them what to say. We call it The Lord's Prayer. Say it together. Next, <a href="#">watch this video</a> and listen to the song together. Watch out for anything in the prayer that could link to self-control. I wonder... if you noticed the part in the Lord's prayer that says, "Lead us not into temptation"? What do you think this means? Why do we need to pray for this? Think about last time when we learnt about Jesus' temptation in the desert.
<b>7</b>	<b>Paul's letter</b>	<b>Paul:</b> 1 Corinthians 9:24-27	Is it true that in a race everyone runs, but only one gets the prize? What does it feel like when you're in a running race, striving to get the prize? Today, we're going to hear from Paul again. In one of his letters, he wrote to a church in Corinth. <a href="#">Watch this video</a> to find out what Paul said in his letter about self-control and then read the short passage in 1 Corinthians. Paul talks about running a race or a boxer beating the air. I wonder... what he means? He is saying it is important to stay focused, to have self-discipline and to not do something without thinking about it.
<b>8</b>	<b>It's tempting to go the other way!</b>	<b>Jonah</b> Lion Storyteller Bible p66. Hey-O! p158.	Jonah was a prophet, so he often heard from God. <a href="#">Watch this video</a> and/or <a href="#">listen to this song</a> . Rather than do something difficult, Jonah ran away. I wonder...why he felt he had to run away? Do you think he might have feared the people in Ninevah? Jonah thought that by running away it would mean he didn't have to do what God asked. Jonah didn't have the self-control to stay still and to listen to God. When he realised his mistake, Jonah prayed and asked God for His forgiveness. God forgave Him. I wonder...if he also prayed for more self-control next time? When we don't have the self-control to stay faithful to God, we can turn back and ask for forgiveness, just like Jonah. It's never too late.
<b>9</b>	<b>Keeping self-control throughout</b>	<b>Hannah: 1 Samuel 3</b> Hey-O! p120.	In this story, Hannah was feeling really upset so she told God everything that she was feeling. Christians believe that it is good to do this: God is always faithful, and it is good to talk to Him about everything. Eli, the Priest, heard Hannah and blessed her. He asked that the God of Israel give her what she has asked for. She had asked for a son. What do you think happens to Hannah? <a href="#">Watch this video</a> about Hannah's story. Hannah was faithful to God, and she kept her promise. She didn't get angry with God, or anyone else. She didn't

			lose her self-control. It might have been easy to think that God wasn't listening, and to stop praying. But she persevered and kept trusting God. God was faithful back and gave her the son she desired. Can you think of any other stories from the Bible where a lady prayed for a son? (Sarah, married to Abraham, prayed for son Isaac). I wonder...sometimes it is so easy to get cross when we don't get what we want straight away. Have you ever done that? Is there another way to respond?
<b>10</b>	<b>Asking God for self-control</b>	<b>Proverbs 16:32</b>	Read the Bible verse from Proverbs together – what does it mean? The book of Proverbs has lots of advice and wisdom in it. <a href="#">Listen to this song</a> . Why might Christians sing this song? They believe that God's Spirit can fill them and help them to have more self-control. If you'd like to join to, use the EXAMEN prayer to reflect on self-control. 1. GIVE THANKS for times you have been able to keep your self-control. 2. ASK FOR HELP in difficult situations when it may be hard to resist something. 3. REFLECT on times in your life where more self-control has been needed. 4. SAY SORRY for these times. 5. DECIDE what you could do to help others to grow in self-control.
<b>11</b>	<b>Self-control when we're excited!</b>	<b>The Thankful Man: Luke 17:11-19</b> Lion Storyteller Bible p124. Hey-O! p303.	We've talked before about keeping self-control when we feel strong emotions like anger or frustration. But what about when we feel excited? Think about the last time you felt really excited! What had happened? Would we always know or remember what the wise thing to do is when we feel like this? In this story, Jesus heals ten men who were unwell with a skin disease called leprosy. How do you think they felt when they realised they were healed? What do you think they did and what should they have done? <a href="#">Watch this video</a> . What can we learn from this story about self-control?
<b>12</b>	<b>A truce</b>	<b>BBC</b>	<a href="https://www.bbc.co.uk/teach/school-radio/articles/zhjpm39">https://www.bbc.co.uk/teach/school-radio/articles/zhjpm39</a> I wonder...if you know, what a ceasefire is? You might have also heard of a truce. In 1914, during the first World War, soldiers from the two sides decided to call a truce. Why do you think they did this? What do you think they did instead of fighting? Which fruit of the Spirit are being demonstrated? Are there any truces you need to have in your life? Spend some time reflecting, is there anyone you feel cross with at the moment? Is there anyone you have fallen out with? Reflect on what you could do to help restore the relationship with them. It might not be easy, and it might need lots of self-control. Remember to say sorry, even if you don't think you've done anything wrong, and to forgive them. If you'd like to pray for God to help you, then you can.