

Fruit of the Spirit: KINDNESS

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

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? Watch this video . 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? Watch this video . 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? Watch this video and reflect on it.
4	Growing in kindness	Archbishop Desmond Tutu	Watch this video. 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.
5	Being generous	Matthew 25:35-40	God is generous and he wants us to be like him. Jesus gave up everything for us. Watch this video. 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.
6	Kindness can bless others	Feeding the 5,000: John 6:9 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? Watch this video. 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.
7	Showing kindness even when you have been treated badly	Joseph and his brothers: Genesis 45 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! Watch this video. 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?
8	Give kindness freely!	David's kindness: 2 Samuel 9	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. Watch this video. 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?
9	Kindness and friendship	Kindness of friends: Luke 5:17-39 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? Watch this video. 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.
10	Being kind and giving cheerfully	Acts 20.35 2 Corinthians 8:13	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. Watch this video. What did you learn about? Do you agree that giving can be a blessing to the giver and to the receiver?
11	Little things: small acts of kindness	Mother Theresa	Look at the example of Mother Theresa and follow this plan: https://www.assemblies.org.uk/pri/2531/little-things
12	Showing love by being kind	Tabitha (also named Dorcas): Acts 9 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? Watch this video. 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.