



**BIG IDEA**

We can show God's love with gentle words.

THE LOOK OF LOVE | WEEK 3 OF 4

# Gentleness

## GOD STORY

Gentleness

*Proverbs 15:1-4*

## KEY VERSES

The Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

*Galatians 5:22-23a (NLT)*

## LEADER TIP

The Look of Love is a two-part series that explores how the fruit of the Spirit are expressions of love. Part 1 highlighted love, joy, peace, patience, and kindness. This second part of the series focuses on God's goodness, faithfulness, and gentleness. Encourage the students to show love through these fruit as well as through self-control.

## My Story

### 1 | CONVERSATION STARTER (7 minutes)

Chat about the ways the students speak to others, then introduce today's Big Idea.

### 2 | INTRO ACTIVITY (5 minutes)

Play an elimination-style game in which the students share about when they find it difficult to use gentle words.

## God Story | Life Story

### 3 | WEEKLY VIDEO (12 minutes)

Watch the video, which includes host, God Story, and Life Story segments. Recap and discuss the teaching.

## My Story

### 4 | APPLICATION ACTIVITY (12 minutes\*)

Read and discuss verses from Ephesians 4. In smaller groups, chat about everyday applications of today's lesson.

### 5 | WRAP-UP ACTIVITY (10 minutes)

To illustrate gentleness, compete in teams to move a sheet of tissue paper. Wrap up by praying together.

## Our Story

### 6 | DISMISSAL (2 minutes)

\*Extend as needed and adjust timing for other activities.



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## My Story

### 1 | Conversation Starter

**SUPPLIES**

- None

**LEADER TIP**

- Use this quick activity to welcome the students, build community, and set the tone for your group.

**INSTRUCTIONS**

- Greet the students and gather them together.
- Check in quickly to see how their week is going.
- Ask:
  - When do you change the tone of your voice (e.g., whispering, shouting, etc.)? Why do you do it?
  - Are there certain people you speak differently to? Who? Why?
- Depending on the size of your group, have the students share their stories with the people sitting closest to them or with everyone.
- Introduce today's Big Idea: **We can show God's love with gentle words.**

### 2 | Intro Activity

**SUPPLIES**

- None

**INSTRUCTIONS**

- Ask: When is it most difficult for you to use gentle words?
- Encourage everyone to think of their answer without sharing it yet.
- When the students all have a response, guide them to pair up.
- Direct the partners to share their answers with each other, then decide together (using gentle words!) which one they like best.
- Instruct the students whose answers "won" to pair up. The students whose ideas weren't chosen should stand behind their original partners.
- Repeat until the final answer is chosen by the students through the process of elimination.



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## God Story | Life Story

### 3 | Weekly Video

**SUPPLIES**

- Video file

**INSTRUCTIONS**

- Play the video. It includes:
  - Host segment
  - God Story (Gentleness, Proverbs 15:1–4)
  - Life Story (Visit a humane society that rescues animals who have been abused, neglected, and abandoned. They are nursed back to health and placed in caring homes.)
- Invite the students to give a quick recap of what happened in the God and Life Stories.
- Discuss:
  - What are the Key Verses for The Look of Love series? (Galatians 5:22–23a)
  - What stood out to you in today's Life Story? How about the God Story?
  - Why do you think gentleness is a fruit of the Spirit?
  - Can you think of a time when Jesus showed gentleness?

## My Story

### 4 | Application Activity

**SUPPLIES**

- Bibles

**LEADER TIP**

- If you have access to multiple Bible translations, read a few different versions of Ephesians 4:29.

**INSTRUCTIONS**

- Make sure everyone has access to a Bible.
- Guide the students to look up Ephesians 4:29.
- Read the verse aloud.
- Discuss:
  - What does this verse tell us?
  - Do you think how you talk matters? Why or why not?
  - How do you think Jesus spoke to people?
- Read aloud Ephesians 4:31–32.
- Discuss:
  - How often do you use harsh words?
  - Are your default responses to your friends harsh? Why or why not?
- Divide the students into groups of up to five people.
- Give them a couple of minutes to discuss each of the following sets of questions. In between, invite the groups to share what they concluded:
  - Is sarcasm gentle or harsh? What do you think of it (i.e., is it good, bad, neutral)? Is sarcasm beneficial or not in the life of a Christ-follower?
  - When you're frustrated or upset, how do gentle words come into play? Is it okay to be harsh then? Do you have to pretend not to be frustrated or angry?
  - When you're hanging out online, does it matter what you say since it's not "real life"? Why or why not? What do you think Jesus would say in those situations?



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## My Story

### 5 | Wrap-Up Activity

**SUPPLIES**

- Tissue paper

**INSTRUCTIONS**

- Gather everyone at one end of your group's space.
- Divide the students into teams of three or four people.
- Give each team a sheet of tissue paper.
- Explain that the teammates must work together to get their tissue paper to the other side of your space. However, they cannot carry it! They must blow on the tissue paper to move it through the air. If it falls to the ground, they can pick it up and start blowing again.
- When all the teams finish, huddle everyone together.
- Point out that tissue paper requires us to be gentle with it. People need us to be gentle, too!
- Remind the students that **we can show God's love with gentle words**.
- Pray that each person in your group would choose gentle words to show love to others this week.

## Our Story

### 6 | Dismissal

**SUPPLIES**

- Take-home cards
- Key Verses cards

**INSTRUCTIONS**

- Take a few moments to pray for the students if you have not already done so.
- Remind everyone about any upcoming events or relevant announcements.
- Make sure the students have all their take-home materials.
- Ensure the adult teaching is over before dismissing the students.