

Sunday 6 September 2020

You can see God wherever you see love, joy, peace, patience, kindness, goodness, faithfulness, GENTLENESS and self control



Gentleness is ... being loving, tender, calm, and humble in the things you say and do instead of being harsh or mean.

Gentleness is not weakness, being gentle doesn't mean you are a wimp! Jesus was gentle and always tried to help those around him.

Read 1 Kings 19:9-18 or read **Wind, Earthquake, Fire and Whisper Based on 1 Kings 19: 7-15** see page 2

God showed us what gentleness looks like by sending Jesus to walk this earth and to die on the cross for us.

To Do:

Mix 2 cups of cornflour to one cup of water to make oobleck. (You can add a few drops of food colouring too) Pour it onto a tray or some plates. Then play with it. The slower and more gentle the play, the more liquid the mixture is and the easier it is to move fingers through it. Hard, sharp actions, such as slapping down on top of it will meet with solid resistance!

How can we be gentle towards others in words and actions?

Why might it be more helpful to be gentle with others than sharp and aggressive?

What might happen to us if we try to be more gentle towards others?

Prayer Time:

As you move your fingers slowly and gently through the oobleck, pray that God will help you to be more gentle towards others in words and actions in the coming week.

Happy Father's Day

Gentle words are God's bandages.

Proverbs 15:1

A gentle answer will calm a person's anger. But an unkind answer will cause more anger.

Proverbs 16:24

Pleasant words are like a honeycomb. They make a person happy and healthy.

Philippians 4:5

Let all men see that you are gentle and kind.

Gentle words truly do calm a situation and harsh words do indeed stir up anger.

God gives us gentleness so that we can show the power of his love without words.

Cotton Words and Sandpaper Words:

- Cotton balls
- Sandpaper

What do the cotton balls feel like?

Words can be like cotton balls - words can be nice and soft. Using soft, kind, gentle words can calm down a problem situation and can be used to build someone up.

What does the sandpaper feel like?

Words that are harsh and hurtful are like the sandpaper. Things like teasing and name calling can be hurtful and can cause a situation to become angrier.

Wind, Earthquake, Fire and Whisper Based on 1 Kings 19: 9-18

Elijah lived before Jesus and he was one of God's prophets. He heard God speak and tried to follow God's ways. But he was living at a time when lots of people didn't follow God's ways. A queen called Jezebel was very angry with Elijah and wanted to kill him. Elijah was so scared he ran away into the desert and sat under a tree and fell asleep. An angel touched Elijah and told him to wake up and eat because he had a long journey ahead of him. Elijah headed towards Mount Horeb where he found a cave and sheltered there.

"What are you doing here, Elijah?" asked God.

"I have done my best to do what you want me to do but no one listens, no one tries to follow you and now they want to kill me," replied Elijah.

God understood what was in Elijah's heart.

God said, "Stand on the mountain and watch me pass by."

A powerful wind suddenly stirred and ripped through the mountains. But God was not in the wind.

Then there was an earthquake, cracking open the rocky ground. But God was not in the earthquake.

Then there was a fire. But God was not in the fire.

Finally, there was a quiet, gentle voice.

When Elijah heard it, he covered his face with his coat. He went out and stood at the entrance to the cave.

In that quiet, gentle voice, God said "Go back the way you came, Elijah. I still have a work for you to do."