



FRUIT OF THE SPIRIT

TALK IT OVER | LESSON 4

Hey parents! This week your child learned about **gentleness**, which is a Fruit of the Spirit. They heard the Bible story of **Paul and Barnabas**, too! Use these questions as a guide to talk over this week's lesson after they've watched the video service!

1. What was your favorite part of the video we just watched?
2. Why was it difficult for people to be gentle toward Paul?
They were all afraid of Paul. They found it difficult to believe that Paul had changed and that he loved Jesus, too.
3. What does gentleness mean?
Gentleness means showing others kindness and caring for their needs before our own.
4. Who showed gentleness to Paul?
Barnabas did. When no one else believed Paul, Barnabas brought Paul to meet with the apostles to share Paul's story. Barnabas also shared that he had seen a change in Paul.
5. When is it difficult for you to show gentleness toward others?
It's not always easy to be gentle. Sometimes we might be angry with someone and instead of showing love and gentleness, we get angry. God loves us so much and he promises to give us what we need. God will help us, too. When we belong to God's family, the spirit God gives is of power, love and self-discipline so that we can share God's good fruit of the spirit with others.
6. How can you have gentleness, even if you don't feel like it?
We can pray and talk to God and ask for his help. We can also talk to other people who love God, too. They can encourage us and help us know what to do.
7. Don't forget about Greg's Super Awesome Video Contest! This week make a video about **gentleness**. Go to saddlebackkids.com/videocontest for more information.