



Xtreme Livin' – An 8-Week Series

Lesson 7: XTREME GENTLENESS



The *it*

The *it* of the lesson is that ONE THING you say over and over so they understand it. If their parents ask, "What did you learn at church?", you want them to answer with the *it* of your lesson. If YOU ask the kids, "What am I trying to get you to learn/understand?" and they answer with this phrase, you can say, "That's *it*!"

THE *it* THIS WEEK IS: I can feel that with you.



Story: Jacob Reconciles with Esau

Scripture: Genesis 32-33

Story: Brothers Jacob and Esau hadn't seen each other in many years. When they were younger, Jacob had used some dishonest trickery to cheat his older brother Esau out of his birthright and blessing. Jacob fled for his life, and the brothers had lived separate lives miles apart for many years. Finally, after an encounter with God, Jacob decides to reconcile with his brother. He chose gentleness – he arrived with gifts and approached his brother not knowing how he would respond. (See full summary in Tell it.)

Things you might need for this lesson:

FIND/GATHER/BUY:

- Fitness Outfit for Whyit (all 8 weeks)
- Fresh Grapes for Play it
- Envelopes for Tell it
- Water Balloons for Teach it
- Condiments for Teach it

FROM DOWNLOADS:

- Hints for Tell it
- True/False Signs for Show it
- Fruit Shapes with Names for Hide it
- Take it Mini Booklet
- IMAGES and VIDEO for projection

INTRO *it* Get the kids curious about *it*



Whyit (*Pronounced Wyatt*)

Whyit is back with more health advice as your Xtreme Fitness Coach! Whyit is excited to share a revolutionary new health tip called Speed Sleep. He starts out explaining how important sleep is to your overall health and fitness but that it can be hard to get a good night's sleep in today's busy world. That's why he's working on writing a book and launching a website teaching people the Power of PowerNaps™. (Whyit always says "Trademark pending" whenever he says PowerNaps™) With PowerNaps™, people can experience all the benefits of sleep in a fraction of the time. He offers to demonstrate. He recommends people start with five-minute PowerNaps™, but with practice and the practical skills taught in his book, they can soon learn to benefit from one minute and even ten second PowerNaps™. Whyit demonstrates, and as the routine goes on, Whyit begins to struggle with talking, starts to slur his words, and falls over a few times. He falls fast asleep, and Leader and kids have to continually wake him up. Leader asks if he is demonstrating a PowerNap™. Whyit says, "I must have been. But where am I?" Leader asks Whyit how long he's has been doing PowerNaps™. Whyit answers, "For about a week now," then almost instantly does a dead fall as Leader catches him. Leader says to the kids, "I wonder if those PowerNaps™ maybe aren't such a good idea?" As Leader holds Whyit, she asks someone offstage, "Could someone please gently remove Whyit from the stage? While he sleeps off that PowerNap™, we'll start our lesson as we learn about the Xtreme Fruit of Gentleness."



PLAY *it* A Game that demonstrates *it*



The Great Grape Race

PREPARATION: For each team, you'll need one bunch of grapes, some plastic spoons, and two bowls. (Be sure to separate the grapes from the cluster.) Make sure you have the same number of grapes in each team's bowl. You need at least two teams, but you can have more if you have the kids and space.



PLAYING: Create teams of four to eight players, depending on the size of your group. Place a bowl of grapes at the starting point of the race and place an empty bowl far enough away that

the kids can stand in a line between them. Each player holds a plastic spoon in one hand, and their other hand goes behind their back. The first player picks up one grape with their spoon and passes it to the next player's spoon, being careful not to drop it. If it falls, they can work together to pick it up, but can only use their spoons. The first player can start to pass a new grape once the grape has left their spoon, so several grapes can be passed in the line at the same time, but only one at a time can be on each player's spoon. The goal is to get all the grapes from the starting bowl to the ending bowl.

Optional: If you want a bigger challenge, use chop sticks!

THE POINT: To succeed at this game, you can't rush it. It takes a steady hand and gentleness to succeed. The same is true in life. Sometimes gentleness is the best strategy.

WATCH it A video that sets it up



PREPARATION: The video is included in your lesson downloads. A screen shot is also included in your download to display on screen before you start playing the video.

VIDEO TITLE: FEELING GRAPE

SUMMARY: This video is a short object lesson featuring a conversation between a watermelon and a bunch of grapes who discuss the power of many small grapes when they are connected to the Vine. Show this short teaching video to the kids, or use it to train a leader to do the talk 'live'.



Featured verse: John 15:1, 8

TELL it The Bible story that illustrates it



Story: Jacob Reconciles with Esau
Scripture: Genesis 32-33
Story: Brothers Jacob and Esau hadn't seen each other in many years. When they were younger, Jacob had used some dishonest trickery to cheat his older brother Esau out of his birthright and blessing. Jacob fled for his life, and the brothers had lived separate lives miles apart for many years. Finally, after an encounter with God, Jacob decides



to reconcile with his brother. He chose gentleness – he arrived with gifts and approached his brother not knowing how he would respond. Esau came to him, hugged him, tried to reject the gifts, and embraced Jacob as a long-lost brother, saying that God had taken care of him. Jacob demonstrated what scripture tells us, that gentleness can turn away wrath and bring peace, even between former enemies.

GAME SHOW: Name the Xtreme Bible Champion!

PREPARATION: See details in Lesson One.

PRESENTATION: **Week Seven** – *Xtreme Bible Champion: Jacob.*

This week the envelopes all have Grapes on them. Our Bible Champion was a champ of Gentleness. He showed us what it looks like to repair an injured relationship.

HINT #1 – Our Bible Champion spent years running from God, but as he got older he decided it was time for the family to get back together. He was very nervous because he still didn't know how his brother felt about him.

HINT #2 – This Bible Champion decided it was time to make things right with his brother, because many years before, he had cheated him out of his birthright and blessing.

HINT #3 – He sent word to his brother that they were going to meet in a certain place. He sent ahead of him cattle and donkeys and sheep and goats hoping to find favor in his brother's eyes.

HINT #4 – As they got closer, our Bible Champion divided his people up into two groups, putting his family in the back group to protect them, because he wasn't sure how his brother was going to respond when he saw him. The last time they saw each other, his brother wanted to kill him!

HINT #5 – Our Bible Champion prayed and said, "O God of my father Abraham, God of my father Isaac, Lord, you who said to me, 'Go back your country and your relatives, and I will make you prosper,' I am unworthy of all the kindness and faithfulness you have shown your servant. Save me I pray, from the hand of my brother."

HINT #6 – This Bible Champion spent the night there and in the morning he headed out to see his brother. He went with two hundred goats, two hundred ewes and twenty rams and thirty camels, forty cows and ten bulls and forty donkeys. He sent them with his servants and said, "Keep some space between the animals and me."

HINT #7 – That night, Our Bible Champion had an encounter with God and wrestled with God. God asked him his name, and he told him, but God told him his name would now be

Israel. He ended up walking with a limp after that! But he knew that he was doing what God wanted him to do.

HINT #8 – The next day when the brothers met, our Bible Champion, who chose to approach his brother with gentleness, got a pleasant surprise. His brother welcomed him, hugged him, and celebrated that the family was back together.

HINT #9 – You can find this Bible Champ’s story in Genesis chapters 32-33.

WHO WAS THIS BIBLE CHAMPION, THIS CHAMPION OF GENTLENESS, WHO RECONCILED WITH HIS BROTHER AND BECAME ISRAEL?

HIS NAME IS JACOB!

TEACH it The main points about it



Jacob was walking into a situation that could have gone any direction, but he entered with gentleness and humility, and it all worked out. He lived out a proverb that would be in the Bible many years later.

READ: Proverbs 15:1
A gentle answer turns away wrath.



Gentleness isn’t always easy, but it usually is the best choice in a tough situation. It calms things, settles things, and helps bring peace to difficult situations. The Holy Spirit helps us to be gentle when everything inside of us is pulling us to react in some other way.

GAME: Water Balloon Toss

PREPARATION: You’ll need some filled water balloons!

PRESENTATION: To avoid too much mess inside, it might be best to have a few leaders compete and let the kids root for the leader they think will win. Of course, they start very close together and after each toss, one of them takes a step back and they toss again. If you have enough leaders, have two pairs compete so that they are working as a team. It’s pretty obvious who wins: the team with the balloon that survives the longest, or if you only use two leaders, the driest one at the end!

THE POINT: This game requires gentleness because the balloons are fragile. People are fragile too and need to be handled with care!

Gentleness is being sensitive to the needs and feelings of others.

OBJECT LESSON: Secret Ingredients

PREPARATION: You'll need some condiments that are added to food after it is all prepared: salt, pepper, ketchup, sugar, crushed red pepper, parmesan cheese, etc. Ideally, have one of your favorites to show that the kids may not know. My personal favorite is Monterey Steak Seasoning!

PRESENTATION: Show the condiments and ask the kids which of them they like to add to food. Talk about your favorite if you brought one. Then talk about how gentleness is like a condiment that can improve the food when added. Especially when a situation is not tasting good, it can suddenly make it much better.

READ: Colossians 4:5-6

Be wise in the way you act toward outsiders; make the most of every opportunity. Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.

READ: Ephesians 4:2

Be completely humble and gentle; be patient, bearing with one another in love.

FUN DRAMA: Compliment Fight

PREPARATION: You'll need two fun-loving leaders who can ad-lib and have some fun with each other in front of the kids. Some practice would help, but it doesn't need to be a memorized skit.

PRESENTATION: The leader invites two leaders up on stage and pretends this is unplanned and unrehearsed. The leader says to the audience, everyone has heard of an 'insult fight' and tells the two leaders to demonstrate. Be sure to keep it kid-friendly and short, so their 'insults' can be silly like "you are silly," – "oh, yea, well you are sillier than silly!" followed by, "Oh, yea! Well, well, if you look up goofball in the dictionary there is a picture of you." – retorted by, "Yea!? Well, I looked up your name and there was a picture of a skunk!" Leader can cut it off at any time and say, "It's natural when someone insults us that we want to fire back with an insult of our own. But God's Word says that 'a gentle answer turns away wrath'. What if, instead, we had 'compliment fights'?" Then encourage the leaders to have a compliment fight! They can go back and forth with compliments, such as:

- You are the nicest guy in town.
- Oh, yea, well you are the kindest person I know.
- Really? Well, well... you are a great singer!
- Oh, yea! Well, you... you... you are a super joke teller. I love that one about the chicken.
- Well, I learned it from you.
- Etc.

READ: Philippians 4:5

Let your **gentleness** be evident to all. The Lord is near.

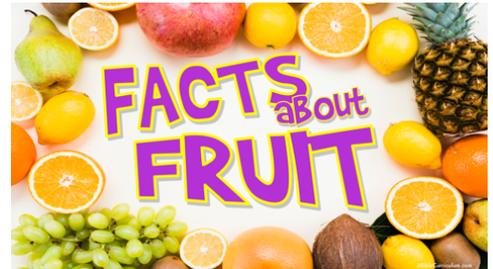
Ask the Holy Spirit to grow gentleness in you and you'll find that you'll have less arguments, get along with people better, and be more successful in all your relationships and friendships.

SHOW it An object lesson or activity that illustrates it



FACTS ABOUT FRUIT!

PREPARATION: Print out the **FRUIT FACTS TRUE** and **FRUIT FACTS FALSE** signs from your lesson downloads and put them on the walls on opposite sides of the room. As you read the Fruity Facts, the kids will guess whether the fact is True or False and move to stand under the appropriate sign.



PRESENTATION: Show the fruit you are going to talk about today. (A real one is ideal to eat right there in front of the kids!) If you have a small group, you can have a snack of the fruit for them.

GENTLENESS = Grapes

TRUE or FALSE FACTS ABOUT GRAPES

Read the facts below one by one. Have the kids choose whether they think each is true or false before proceeding to the next fact.

NOTE: These are ALL TRUE – have fun changing a few facts to false on your own.

- There are more than 8,000 grape varieties from about 60 species.
- Raisins are dried, sweet grapes. The drying happens naturally when the grapes are left in sunlight.
- Grapes come in many colors, including green, red, black, yellow, pink, and purple.
- 'White' grapes are actually green.
- Grapes develop on the vine that can reach a length of 50 feet. One grape vine usually produces 40 clusters of grapes.
- Grapes are made of 80% water and 20% dietary fibers.
- The average person eats about 8 pounds of grapes per year.
- In the Bible, grapes are first mentioned when Noah grows them on his farm in Genesis 9:20-21.

FACTS ABOUT GENTLENESS Have the kids return to their seats and let them know you want to share a few facts about today's Fruit of the Spirit, Gentleness.

- True or False? Girls tend to be gentler than boys. Answer: Neither. Both can and should be gentle when required.
- Gentleness can help a tough situation get better.
- Gentleness is often confused with weakness, but the truth is, it takes great strength to demonstrate gentleness. Fighting back is easy. Gentleness is hard.
- Gentleness shows love and values the other person.
- A gentle answer turns away wrath. (Prov. 15:1)

FIND it Bible verses that help unpack it



Have the children get their Bibles out and race to find these verses.

Encourage all the kids to look up the verses. After a student reads it, put it up on the screen and read it together. Briefly discuss the passage and explain it as it relates to the lesson.



Titus 3:2

to slander no one, to be peaceable and considerate, and always to be gentle toward everyone.

Proverbs 15:1

A gentle answer turns away wrath, but a harsh word stirs up anger.

James 3:17

But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere.



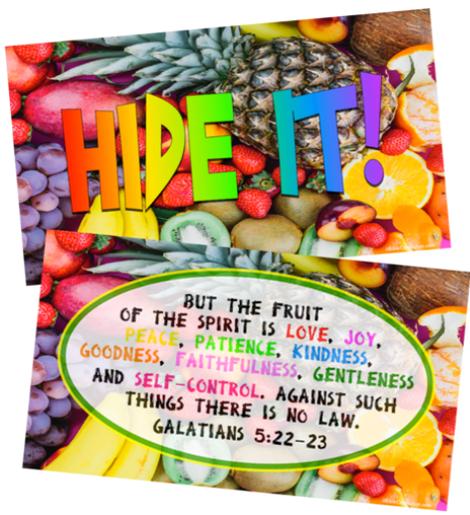
HIDE it *The unit scripture that kids will memorize to hide it in their hearts*

This is the THEME PASSAGE

Challenge the kids to memorize this passage during this series. You may want to have a fun prize or treat for those who memorize it!

PREPARATION: Use the fruit shapes with the names of the Fruit of the Spirit that you printed the first week. Use them to help the kids memorize all nine fruits.

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 5:22-23



FRUIT FOCUS: Gentleness

Gentleness is being sensitive to the needs and feelings of others.



LIVE it *The practical life application challenge so the kids can live it this week!*

This Application Challenge is an opportunity for kids to LIVE IT – to allow God’s Spirit to produce this week’s fruit in their life! Download the LIVE IT slide to display on the screen as you talk about how they can LIVE IT this week.

See how many times this week you can spot someone who needs an encouraging word, a hug, or simply a pat on the back to make their day a little better. You’ll make them feel better and God will smile upon you.



TAKE *it* Take home tool to help parents review *it* with their kids



PREPARATION: Included in your downloads. Use as a paper handout to direct kids to the online digital tool they can use with their parents.

Print the tool as instructed in Lesson One. Have enough available each week for kids to take another one for themselves or to share with their friends!

INCLUDED FOR PARENTS:

- The *it* for the lesson
- FIND IT verses they can look up
- HIDE IT Xtreme theme verse in full to review
- LIVE IT application from the lesson
- REVIEW for parents to discuss the lesson with their children



LOOKING AHEAD

Here is next week's lesson topic:

Lesson 8: Xtreme Self-Control
I can control myself.



BONUS IDEAS!



it is always growing and adding NEW IDEAS!

Be sure you are a member of the [Kidology.org Facebook Group](#) so you don't miss out on [BONUS IDEAS](#) or [COACHING VIDEOS](#) that Pastor Karl or Doug often post to help make your Sunday Experience the best it can be! If they get new ideas, they will share them! AND if YOU come up with a great idea for this lesson, you can share it too!

VISIT OR JOIN AT: [Facebook.com/groups/kidologyorg](https://www.facebook.com/groups/kidologyorg)