

## FRUIT OF THE SPIRIT 🍉 Patience and Kindness

**Colossians 3:12-14** - *Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity.*

**2 Peter 3:9** - *The Lord is not slow in keeping his promise, as some understand slowness. Instead he is patient with you, not wanting anyone to perish, but everyone to come to repentance.*

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Have your kids act out these scenarios with two little figures.

- (A) Sally is playing with a teddy bear. But Tim walks over and takes it away from Sally. Sally is starting to feel very upset. What should Sally do?

**SAY: DON'T ACT WHILE UPSET. TAKE A BREATH.**

Now that Sally has taken a breath to be patient, what should she do?

- Rip the toy out of Tim's hands.
- Hit Tim until he drops the toy.
- \*Kindly ask Tim for the toy back\*

**Have the kids use their Little People to talk to each other to ask for the toy back.**

- (B) Sally has been patiently waiting her turn to go down the slide. But all of a sudden, Tim comes over and pushes all the kids out of the way to go down the slide. That is making Sally feel very upset. What should Sally do?

**SAY: DON'T ACT WHILE UPSET. TAKE A BREATH.**

Now that Sally has taken a breath to be patient, what should she do?

- Go down the slide and tackle Tim?
- Shout, "Hey, that's not fair!" fall to the floor and cry and cry?
- Kindly ask Tim to wait at the back of the line.

\*Remember, Sally could always ask an adult for help if Tim isn't listening. But she should never yell or hit out of impatience.\*

Let's practice this ourselves. Think about something that someone would do to make you upset. Now let's say it one more time together – "DON'T ACT WHILE UPSET. TAKE A BREATH."

