

Kindness is a Fruit of the Spirit

Galatians 5:22-23, Genesis 18:1-15



Here's what happens...

Three strangers visit Abraham, and he shows them kindness. He prepares the best food for them, gives them shade to rest in, and washes their feet. And it turns out they're not just any visitors; they're angels, and one is God himself! Wow!

Bible Point:

Kindness is a fruit of the Spirit.

"But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!" Galatians 5:22-23

Go to www.c3church.us to find additional video links on the C3 Kids webpage.

Family Together Time

Sometimes we think kindness is something we must try harder at. But kindness is a fruit of the Spirit. We reflect God's kindness when we stay in close friendship with Him like Abraham did.

Invite someone to your home for a meal this week.

- Get everyone involved in the meal preparation in some way.
- Think of ways to show kindness to your visitor and do them. When your visitor arrives, shower them with kindness!
- Let your child explain to your visitor that kindness is a fruit of the Spirit.

If you can't have a visitor over this week, talk about ways you will show kindness to each other, a relative, a neighbor or a friend.

Sing "[Walk Humbly](#)". Do you see examples of kindness in this music video?

Talk About Video

Watch "[Lauren's Story](#)" to meet a girl who loves to show kindness.

- What inspired you about the way Lauren showed kindness?
- What ideas do you have for how you can show kindness?
- Lauren said, "God has given me the power to show people that they matter...I got the power from God to show them they matter." What does it mean that Lauren's kindness comes from God?

Lauren knows that kids can show kindness in really neat ways. Lauren shows how kindness is a fruit of the Spirit

Church Announcements

Be sure to check out our webpage, [C3 Kids](#), to view all our lesson videos as well as music and Talk About videos! Watch the lesson again with your family or whenever you are viewing online church from home.

Pray About This...

Thank God for the people who have shown you kindness. Ask God to help you show kindness this week, especially towards someone you might be having difficulty with.