



THE FRUITS OF THE SPIRIT



GALATIANS 5:22-23

Story: King Rehoboam

Scripture: 1 Kings 12:1-16

Main Point: We can use the gentleness that Jesus showed to others in our words and deeds.

Gentleness

Check out these scriptures about being gentle. Which of these scriptures is your favorite? Take some time to memorize it this week!

Philippians 4:5

Isaiah 40:11

Galatians 6:1

Titus 3:1-2

1 Timothy 6:11

1 Peter 3:15

TASTE AND SEE THAT THE LORD IS GOOD!

Have you ever handled raspberries before? They are considered a delicate fruit because they will squash easily if you handle them too roughly, and they can spoil quickly if you wait too long to eat them. They can remind us to be gentle with our words and actions. Try making this raspberry jam to spread on your toast or biscuits!

Raspberry Freezer Jam (makes 4 cups)

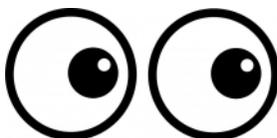
Ingredients

1 pound of raspberries, washed
1/2 cup + 5 tablespoons of sugar
2 tablespoons fruit pectin

Directions:

- Crush raspberries by hand in a large bowl, or pulse in a blender. Set aside.
- In a separate bowl, combine the sugar and pectin. Slowly add your raspberries and whisk together until combine, about 3 minutes.
- Pour into freezer proof containers, leaving room at the top for the jam to expand as it freezes. Let stand for 30 minutes before putting in the freezer.

BE ON THE LOOKOUT FOR WAYS TO SHOW GOD'S *GENTLENESS!*



Why is it so hard to be gentle sometimes? Sometimes we get so excited about the things we're doing that we let our energy get the best of us. Other times, our emotions can be so strong that we forget how our words might make others feel. When it comes to gentleness, try to remember the commandment to love others as ourselves.

Speak to people the way you want to be spoken to, and that fruit will grow, grow, grow!