

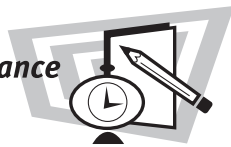
Galatians 5:22-23
Philippians 4:5
1 Peter 3:4

DISCUSSION QUESTIONS

These questions can help teenagers begin talking about gentleness.

- Who is the most gentle person you know? What makes this person gentle?
- Do you think gentleness is an admirable quality? Why or why not?
- Does our culture uphold gentleness as a quality to be proud of? Explain.
- How did Jesus exhibit gentleness? What impact did his gentleness have?
- As followers of Jesus, how might it be possible to be gentle, strong, and courageous at the same time?

prepare in advance



OBJECT LESSON

Handle With Care

Students will interact with light bulbs and discuss the importance of gentleness.

SUPPLIES:

Bibles, 2 new light bulbs, 1 “burnt-out” light bulb with a broken filament, lamp (without a light bulb)

TIME: about 5 minutes

For this lesson you’ll need one light bulb that doesn’t have broken glass but is “burnt-out.” You can use one from your home that doesn’t work anymore, or you can shake a new light bulb until the filament is broken and it will no longer work.

Have teenagers stand in a circle (at least ten feet in diameter), and give them a new light bulb. Instruct

them to gently throw the light bulb around the circle without breaking it. They cannot toss it to someone next to them, and they can only throw it to someone who hasn’t had it yet. Once they make it around, have them try it a few more times.

After the game, have teenagers gather around the lamp as you first screw in a new light bulb and demonstrate that it works by turning the lamp on, and then as you screw in their light bulb to see if it still works. (If teenagers have actually broken the glass of their light bulb, simply skip this part of the demonstration.) It is possible that tossing the bulb around may have dislodged the filament so that the bulb will not light up. Finally, screw in the burnt-out light bulb, and demonstrate that it doesn’t work.

Explain that even though the exterior of the burnt-out light bulb looks fine, the filament on the inside is very fragile and is easily broken.

SAY: Being gentle with a light bulb means more than just trying not to break the glass. It means handling the bulb very carefully so that even the small, fragile parts on the inside aren’t damaged.

ASK:

- How is the gentle treatment required for handling a light bulb similar to the way we should treat people? How is it different?
- Why might the sign “Handle with Care” appropriately be placed over our hearts and souls?

Read Philippians 4:5, then **ASK:**

- What does it mean to be a “gentle” person?

OBJECT LESSON

Power in Gentleness

Students will understand how they can reflect gentleness in their lives.

SUPPLIES: an old pair of shoes, Bibles

TIME: about 10 minutes

ASK:

- Have you ever been to a riverbed or ocean? What does the ground or soil closest to the water usually look like? Why is this?