



# KOSMIC at home

If you are in KOSMIC, ask a grown up to help you with some of these activities, reflections, songs and challenges so you can keep learning about God throughout the week.

1

Have you ever stroked an animal? How did you do it? What might the grown up have told you to do?

Think of a grown up that you love - do they sometimes ask you not to do something? What different tones of voice might they use? Can you tell someone not to do something in a cross tone? How about a pleading tone? Can you use a frustrated tone? What about a gentle tone?

I wonder what might happen if a grown up used a gentle tone of voice to tell us to do something. How might that sound?



3

One of the fruit of the Spirit is gentleness. What might gentleness be? Watch the video to find out more about gentleness.

<https://www.youtube.com/watch?v=cFJgacjfO8M>

I wonder what you might find hard about showing gentleness... Think and pray about how you could show gentleness this week. Tell a grown up.

2

## Learn from the Bible

We're going to think more about gentleness and how Jesus is gentle. Can you think how these pictures might link to Jesus being gentle?



Jesus told a story about the father who welcomed his son back and wasn't harsh with him. Jesus was gentle with Zaccheus even though he'd taken money from people. Jesus showed anger sometimes but he treated people gently.

Jesus says that he is gentle and humble in heart. Even though he's God, Jesus shows us love and is patient with us. I wonder how we could show gentleness to others...

### The Bible Bit

4

Respond

Take some time to think about what it means that Jesus is gentle as well as powerful.. How might you need his help to grow the fruit of gentleness? You could tell a grown up what you prayed about.

### Speak Your Name

<https://www.youtube.com/watch?v=uTPIaSDZWjo>

### Gentle Like Jesus

<https://www.youtube.com/watch?v=DhVBOcMRZTc>

5

Why did the orange go to the doctor? Because he wasn't peeling well.

Send us your best fruit related joke!

All age Challenge

We are thinking about: Gentleness

Bible links: Galatians 5:22-23 and Matthew 11

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