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| **THEME: BOLD, STRONG AND COURAGEOUS** |
| **THE HOLY SPIRIT**These lessons will help us to choose the Helper in the person of the Holy Spirit, to work in us to produce fruit that makes us more like Jesus, just as His disciples. They understand that these qualities are not easily achieved through their own efforts but are gifts from the Holy Spirit that empower them to overcome weaknesses and live according to God's will.**Heroes (5-6) Years** |
| **DATE** | **3RD AUGUST 2025** |
| **TOPIC** | **Acts 9:36–42****The Fruit of the Spirit- Kindness and Goodness** |
| **LESSON OVERVIEW** | To teach children that being kind and doing good helps others and makes Jesus happy. |
| **TAKE AWAY** | Kindness is caring. Goodness is helping. I can be like Dorcas! |
| **PREPARATION** | Read **Acts 9:36-42****Make sure you have visuals.** |
| **GAME** | **Grab the Cone** |
| **WORSHIP LEADER** | Let’s thank God for how good and kind He is to us! Let’s sing to Jesus and thank Him for helping us be kind and good — just like Dorcas.You can dance and sing to “*Fruit of the Spirit”* – Go Fish or Yancy |
| **PRAYER** | Dear Jesus, thank You for loving us. Help us be like Dorcas — kind in our hearts and good in our actions. Show us someone we can help this week. Amen. |
| **BIG WORD** | Hello friends. I hope you had a wonderful week.Last week, we reviewed the 1st 4 lessons on the Fruit of the Spirit. Today we will look at 2- Kindness and Goodness.Let’s watch this video- <https://www.youtube.com/watch?v=mdA2sByFX1I>Can you think of someone who needs kindness or goodness from you this week?Thank you for sharing, friends. **Kind Hands Visual-** *Hold up both hands. (You can use your hands but even better cut out your hands on paper or draw hands on a balloon)*These hands can *help* or *hurt*. When we’re kind, our hands share, help, and love others. Today we’ll hear about a woman named **Dorcas**, who used her hands to help a lot of people!**Acts 9:36-42*****“****In the city of Joppa there was a follower named Tabitha. (Her Greek name, Dorcas, means “a deer.”) She was always doing good and helping the poor.****37****While Peter was in Lydda, Tabitha became sick and died. Her body was washed and put in a room upstairs.****38****The followers in Joppa heard that Peter was in Lydda. (Lydda is near Joppa.) So they sent two men to Peter. They begged him, “Hurry, please come to us!”****39****Peter got ready and went with them. When he arrived, they took him to the upstairs room. All the widows stood around Peter, crying. They showed him the shirts and coats that Tabitha had made when she was still alive.****40****Peter sent everyone out of the room. He kneeled and prayed. Then he turned to the body and said, “Tabitha, stand up!” She opened her eyes, and when she saw Peter, she sat up.****41****He gave her his hand and helped her up. Then he called the believers and the widows into the room. He showed them Tabitha; she was alive!****42****People everywhere in Joppa learned about this, and many believed in the Lord.”*Dorcas loved Jesus and showed kindness and goodness to everyone. She sewed clothes and gave them to poor people. She cared for widows and helped anyone in need. One day, Dorcas got very sick and died. Her friends were so sad! They sent for Peter. Peter prayed, and God made Dorcas alive again! Everyone was so happy! Because Dorcas was kind and good, many people believed in Jesus.Let’s watch this video- <https://www.youtube.com/watch?v=QhlRTne06es> Let’s get into our crews and discuss. |
| **CREW TIME** |
| **GAME** | **“Pass the Kindness”*** Children sit in a circle. Use a ball or small object.
* When the music plays, pass the object around.
* When it stops, whoever has the object shares one kind or good thing they can do (e.g., “I can help clean up,” “I can hug my sister”).
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| **DISCUSSION****Read Acts 9:36-42** | 1. What did Dorcas do that was kind?

She made clothes, blankets, helping others feel loved.1. Who did she help?

Widows, poor people, people who didn’t have clothes.1. Have you helped someone this week?

*(Let kids give examples! Encourage and celebrate their answers.)*1. What can you do with your hands to show kindness?

*(Prompt ideas like: giving a snack, helping clean up, drawing a card for someone)* |
| **ACTIVITY** | **Color a picture of the Bible Story- Dorcus’ Kindness.** |
| **MEMORY VERSE** | **Ephesians 4:32b***“Be kind and compassionate to one another.”* |
| **CONCLUSION** | Dorcas showed kindness and goodness with her hands. She helped people who were poor, sad, or sick. We can do the same! Jesus wants us to grow the fruit of kindness and goodness in our hearts. |
| **WEEKLY CHALLENGE** | **Use your hands to help someone at home.**Ideas: Pick up toys, help fold laundry, give a hug, draw a picture for someone. |
| **GAME**  | **Grab the Cone** |