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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 (7-8) Years** | |
| **DATE** | **10TH AUGUST 2025** |
| **TOPIC** | **Daniel 6**  **The Fruit of the Spirit- Faithfulness and Gentleness** |
| **LESSON OVERVIEW** | The Holy Spirit who lives in us, helps us to produce the Fruit of Faithfulness and Gentleness. Let’s help the children understand faithfulness means honouring God and keeping His ways, and gentleness means responding with kindness even when others treat us badly. These fruits grow as we stay connected to Jesus. |
| **TAKE AWAY** | I can be faithful to God and gentle with others—even when I feel hurt, angry, or misunderstood. I will stand firm in my faith in God just like Daniel did. |
| **PREPARATION** | Read **Daniel 6**  **Make sure you have visuals.** |
| **GAME** | **Blindfold Game**  **How to Play:** Pair the children. One is blindfolded, (Or ask them to close their eyes), the other gives careful and gentle instructions to guide their partner through a simple obstacle course. Then switch roles.  **Purpose:** Illustrates the importance of trusting someone who is *faithful* and how being *gentle* with our words and actions keeps others safe. |
| **WORSHIP LEADER** | Let’s worship Jesus—the One who is always faithful to us and so gentle with our hearts especially in moments when we make Him sad.  As we sing, let’s ask Him to grow those same fruits in our hearts. |
| **PRAYER** | Dear Jesus, thank You for loving us with gentleness and never giving up on us. Help us learn how to be faithful like You and treat others with gentleness. Amen. |
| **BIG WORD** | Hello friends. I hope you had a wonderful week.  Last week, we learnt about the Fruit of Kindness and Goodness.  What kind or good thing did you do for someone at school or at home?  Thank you for sharing, friends. God wants us to have hearts like His — kind and full of goodness. Remember what David did? We too can show love to people who are hurting or forgotten. Even when no one’s looking, we can choose to do the right thing.  Today, we’re diving into two fruits that are often quiet—but super powerful. One helps you keep your promises, even when it’s hard. The other helps you stay calm when you feel like yelling. Can you guess which ones those are?  *(Let children guess or respond)*  Yes! ***Faithfulness* and *Gentleness****.* Two Fruit of the Spirit that make us trustworthy, kind, and strong in all the right ways.  Let’s find out how Daniel used these Fruit of the Spirit in a tough situation—and how we can too!”  I know you all know this story of Daniel in the Lions’ Den. I’m going to give you 1 minute to tell your neighbour the story.   * Daniel was known for his faithfulness to God. He prayed three times a day, no matter what. * The king’s advisors tricked King Darius into making a law that no one could pray to any god except him.   **Daniel 6:4-5 NLT**  *“Then the other administrators and high officers began searching for some fault in the way Daniel was handling government affairs, but they couldn’t find anything to criticize or condemn. He was faithful, always responsible, and completely trustworthy.****5****So they concluded, “Our only chance of finding grounds for accusing Daniel will be in connection with the rules of his religion.”*   * Daniel stayed faithful to God, even though it meant being thrown into a den of lions.   **Daniel 6:10 NLT**  *“But when Daniel learned that the law had been signed, he went home and knelt down as usual in his upstairs room, with its windows open toward Jerusalem. He prayed three times a day, just as he had always done, giving thanks to his God.”*   * God honored Daniel’s faithfulness. He sent an angel to shut the mouths of the lions. * Daniel was not only faithful to God—he was also gentle and respectful, even to those who wronged him. He didn’t speak harshly. * God rewarded Daniel’s faithfulness and saved him. King Darius saw Daniel’s faith and praised God!   The Bible also says in **Proverbs 15:1** that *“A gentle answer turns away wrath, but a harsh word stirs up anger.”*  Let’s watch this video- <https://www.youtube.com/watch?v=Od2Q5XQrMUA>  Let’s get into our crews and discuss. |
| **CREW TIME** | |
| **GAME** | **Trust Fall**  **Instructions:**   * **Pair the children** up. One will be the “faller,” the other the “catcher.” * The **faller** stands with their back to their partner, feet together, arms crossed over their chest. The **catcher** stands just behind, ready with their arms out. * On your signal (“Ready, Fall!”), the faller gently falls backward, trusting the catcher to safely catch them. * **Switch roles** and repeat so both get to experience it.   **Tie-In:** How did that feel? Was it easy or hard to trust that someone would catch you? Some of us felt nervous—and that’s okay! Trusting someone takes **faith**. And being the catcher means you have to be **faithful** and **gentle**—you can't drop the person or catch them roughly. You have to show them they’re safe with you.  That’s exactly what Daniel did in our Bible story. He trusted God completely—even when it meant getting thrown into a den of lions! Let’s discuss. |
| **DISCUSSION**  **Read Daniel 6** | 1. **Why was Daniel thrown into the lions’ den?** → Because he stayed faithful to God and continued to pray, even when it was illegal. 2. **What does Daniel’s story teach us about being faithful?** → That we should trust and obey God even when it's hard or unpopular. 3. **How did Daniel show gentleness?** → He didn’t argue or fight back. He trusted God and responded respectfully to the King and his accusers. 4. **What might faithfulness look like in your life?** → Doing the right thing even when no one is watching; keeping promises; praying regularly. 5. **What might gentleness look like in your friendships or at home?** → Speaking kindly, not yelling, helping without hurting others’ feelings.   **This week, be like Daniel:**   * Stay faithful in prayer, honesty, and doing what’s right. * Speak gently—even when you feel mad. * Don’t snap back when someone hurts your feelings. |
| **PRAYER** | Jesus, thank You for being faithful and gentle with us. Help us to be more like You. Teach us to be gentle and kind in everything we do. Grow the fruit of the Spirit in us each day. In Jesus’ Name, amen. |
| **ACTIVITY**  **“Grow the Fruit” Tree** | **Materials:** Paper tree trunk on a wall or board, pre-cut fruit shapes (apples, oranges, etc.), markers.  **Instructions:**   * Each child writes or draws one way they will show *faithfulness* or *gentleness* this week on a fruit and sticks it to the tree. * As the weeks go by, the tree will grow full of the fruits of the Spirit! |
| **MEMORY VERSE** | **Proverbs 15:1** that *“A gentle answer turns away wrath, but a harsh word stirs up anger.”* |
| Have you ever had someone mad at you, and you just wanted to be mad right back? This verse teaches us that gentleness means staying calm and kind when someone’s angry. And guess what? That kind of gentle answer can stop a fight before it even starts! |
| **CONCLUSION** | Let’s remember: God is *faithful* to us and *gentle* with us every day. And when we stay close to Him, He helps us through the Holy Spirit to grow these same fruits in our lives. |
| **WEEKLY CHALLENGE** | **Be Daniel this week!**   * Stay faithful to one thing God wants you to do every day (like prayer, Bible reading, or a kind habit). * Practice gentleness by using kind words even when you're upset. |
| **GAME** | **Kabuuti** |