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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.**Movers Shakers (9-12) Years** |
| **DATE** | **3RD AUGUST 2025** |
| **TOPIC** | **2 Samuel 9:1-13****The Fruit of the Spirit- Kindness and Goodness** |
| **LESSON OVERVIEW** | To help children understand that kindness is having a caring heart, and goodness is choosing to do what is right and loving — especially when there’s nothing to gain. Both are fruits that grow in us through the Holy Spirit. |
| **TAKE AWAY** | Kindness is how we feel; goodness is what we do. God grows both in us when we stay close to Him. |
| **PREPARATION** | Read **Galatians 5:22–23, 2 Samuel 9:1-13****Make sure you have visuals.** |
| **GAME** | **Grab the Cone** |
| **WORSHIP LEADER** | Let’s thank God for how good and kind He is to us! As we sing, ask Him to help you grow these fruits in your life — to be kind to others and to choose to do good, even when no one is watching. |
| **PRAYER** | God, thank You for showing us perfect kindness and goodness through Jesus. Grow these fruits in our hearts. Help us to care like David did and to choose what is right like You do. This week, show us someone we can bless. In Jesus’ name, 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. Kindness is caring about someone. It is showing God’s love in action. Goodness is doing something about it. It is a choice to do what is right and good. God doesn’t just want us to feel nice—He wants us to live it out, even when it’s hard or when no one sees. Let’s hear about a king who did both.**2 Samuel 9:1-8***David asked, “Is there anyone still left in Saul’s family? I want to show kindness to this person for Jonathan’s sake!”* ***2****Now there was a servant named Ziba from Saul’s family. So David’s servants called Ziba to him. King David said to him, “Are you Ziba?”**He answered, “Yes, I am Ziba, your servant.”* ***3****The king asked, “Is there anyone left in Saul’s family? I want to show God’s kindness to this person.”**Ziba answered the king, “Jonathan has a son still living. He is crippled in both feet.”****4****The king asked Ziba, “Where is this son?” Ziba answered, “He is at the house of Makir son of Ammiel in Lo Debar.”* ***5****Then King David had servants bring Jonathan’s son from the house of Makir son of Ammiel in Lo Debar.****6****Mephibosheth, Jonathan’s son, came before David and bowed facedown on the floor. David said, “Mephibosheth!” Mephibosheth said, “I am your servant.”* ***7****David said to him, “Don’t be afraid. I will be kind to you for your father Jonathan’s sake. I will give you back all the land of your grandfather Saul. And you will always be able to eat at my table.”****8****Mephibosheth bowed to David again. Mephibosheth said, “You are being very kind to me, your servant! And I am no better than a dead dog!”** David becomes king after Saul dies. He remembers a promise he made to his best friend Jonathan — to show kindness to his family.
* He finds Jonathan’s son, Mephibosheth, who is disabled and poor.
* David brings him into the palace, gives him land, servants, and a seat at the king’s table — just like family.
* David didn’t need to do it — it was all from a heart of kindness and a desire to do good.

Let’s watch this video- <https://www.youtube.com/watch?v=zhhWXUg4hno> Let’s get into our crews and discuss. |
| **CREW TIME** |
| **GAME** | **Kindness vs. Goodness Charades”****Instructions:*** Write out situations on slips of paper. Some show **kindness** (e.g., comforting someone), some **goodness** (e.g., returning lost money), some **neither** (e.g., ignoring someone).
* Kids act them out, and the rest must guess: “Kindness,” “Goodness,” or “Neither.”

**Tie-In:** Helps them learn the difference between a kind attitude and good actions. |
| **DISCUSSION****Read 2 Samuel 9:1-8** | 1. What did David do that showed kindness? What about goodness?

**Kindness:** David invited Mephibosheth to eat at his table like family, even though he didn’t have to.**Goodness:** He restored all of Saul’s land to Mephibosheth, making sure he was taken care of for life. That shows doing what is *right* and *good*, not just being nice.1. Why do you think David wanted to help Mephibosheth?

Because David had made a promise to his best friend Jonathan (Mephibosheth’s father) to always be kind to his family.David’s heart was full of God’s love, and he wanted to do what was right — not just for himself, but to honor God and Jonathan.1. Could Mephibosheth give David anything in return? Why is that important?

No, Mephibosheth couldn’t repay David. He was disabled and had nothing to offer. That’s important because it shows *true* kindness and goodness — helping someone not to get something back, but just because it’s the right thing to do.1. How is kindness different from goodness?

Kindness is being gentle and nice in the way we treat others.Goodness is choosing to do what is right, even when it’s hard.**For example:** Kindness is sharing your snack. Goodness is standing up for someone being bullied, even if it’s scary.1. Can you think of someone who needs kindness or goodness from you this week?

When you’re connected to the Holy Spirit, He grows *kindness* in your heart, so you care about others, and *goodness* in your actions so you do what’s right. We live in a world that needs both. Let’s be like David — full of heart and action!**Tips for Living It Out:*** Kindness is listening, including others, showing care.
* Goodness is doing what’s right — even when it’s not popular, and especially when no one sees.
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| **ACTIVITY****“Grow the Fruit” Tree** | **Materials:** Tree outline poster, small paper fruit shapes (labeled Kindness or Goodness), glue or tape.**Instructions:*** Children write one act of kindness or goodness they can do this week on a fruit cutout.
* Stick it to the tree.
* By the end, your class has a “Fruit of the Spirit Tree” blooming with action.
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| **MEMORY VERSE** | **Ephesians 4:32***“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”* |
| **CONCLUSION** | God wants us to have hearts like His — kind and full of goodness. Like David, we can show love to people who are hurting or forgotten. Even when no one’s looking, we can choose to do the right thing. |
| **WEEKLY CHALLENGE** | **Do one kind or good thing for someone who can’t give anything back.****Examples:** Sit with someone who’s alone, do a chore without being told, pray for someone, forgive someone. |
| **GAME**  | **Grab the Cone** |