

Day 5: Kindness

What are the 4 Fruit of the Spirit we have learned already?

(love, joy, peace,patience)

Very good! Let's sing our Fruit of the Spirit song to find out what today's fruit is.

Sing **Fruit of the Spirit** from [Scripture Memory Songs](#)

Today's fruit is Kindness. What do you think it means to be kind?

(answers will vary)

Have you ever been kind to someone?

(answers will vary)

Do you remember a time when someone has been kind to you?

(answers will vary)

Kindness goes hand in hand with the very first Fruit we learned about. Do you remember what that fruit was?

(love)

Kindness is love in action. That means loving others helps us to be kind to others. We care for others, help others, and show love to others when we are kind.

Can you think of someone you can be kind to? How would you show love to them by being kind?

(answers will vary)

Be looking for ways you can show kindness to someone today. When you show kindness, you are showing others God's love and that will bring joy to their hearts!

Let's pray:

Dear God,

Bring someone into my life today to whom I can show kindness. Help me to love others with Your love.

Amen.

Add **Kindness** to the **Fruit Basket**.

Remind them of the **Fruit Chart** and continue to look for chances to add "fruit" to their chart!