



Helping Kids Grow in Gentleness God's Way

When Strength Meets Softness

Lesson Aim:

Children will learn that gentleness is strength under control and caring for others, just as Moses did when he prayed for his people instead of punishing them.

Scripture Focus:

- “But now, if you will forgive their sin—but if not, please blot me out of your book that you have written.” (Exodus 32:32, *ESV*)
- “A soft answer turns away wrath, but a harsh word stirs up anger.” (Proverbs 15:1, *ESV*)

Connect

- **Connection Point:** Ask: Have you ever been angry at someone, but instead of yelling, you chose to be calm and kind? What happened afterward?

Teach

- Read or retell the story of Moses Praying for the People (Numbers 14; Exodus 32).

Moses was a strong leader chosen by God to bring His people out of slavery in Egypt. He faced Pharaoh, lifted his staff, and watched God perform many miracles, like the plagues, parting the Red Sea, and manna in the wilderness. Everyone knew that God's power worked through Moses.

But even after all that, the people kept complaining. They grumbled about the food, the water, and even said they wanted to go back to Egypt! They disobeyed God repeatedly, and once, they built a golden calf to worship instead of the living God.

God was angry. God told Moses He could start over with a new nation—one that would begin with Moses himself. Imagine that! Moses could have been the hero, the father of a new people. He had every reason to give up on them.



Church Lesson | The Fruit of the Spirit: Gentleness

But instead of using his power to punish, Moses used it to pray. He fell to the ground and cried out for the people: “Please forgive their sin, but if not, blot me out of the book You have written” (Exodus 32:32).

That’s gentleness—strength under control guided by love. Moses cared more about others than his own success. He trusted God’s mercy more than his own emotions. In that moment, the Spirit gave him strength to stay calm, humble, and full of love for people who didn’t deserve it.

God listened to Moses and showed mercy. The people were spared, and the journey to the Promised Land continued. Moses’ gentleness helped the nation see that true leadership isn’t about power and control. Gentleness is about compassion.

- **Discussion Questions:**

1. Why do you think it was hard for Moses to stay gentle with the people?
2. How does praying for someone who hurt us show gentleness?
3. What do you think would have happened if Moses had acted out of anger instead of love?

- **Explain:**

- Gentleness is not weakness; it’s strength that chooses love over anger.
- Moses had power but used it to pray, not punish.
- God helps us do the same: to use our words and actions to heal, no harm.
- When we respond gently, we make room for God’s peace to work through us.

Model

- **Teacher Shares:** a time when you could have reacted harshly but chose to pray or speak gently instead.
- **Student Activity:** Act out short scenarios through Charades or Pictionary that show gentleness in action, like a friend breaks your toy, a sibling yells at you, or someone cuts in line. Practice gentle responses, like choosing kind words and praying.

Pray

- *“Lord, thank You for Moses, who showed strength under control by praying for his people. Help us choose gentleness when we feel angry or hurt. Teach us to love like You—with calm hearts and kind words. Amen.”*

Craft/Activity

- **Prayer Shields:** Give each child a paper shield. On one side, they draw something that makes them angry or frustrated. On the other side, they draw or write a gentle response, like praying, forgiving, or using kind words. Explain that gentleness protects relationships like a shield—it keeps our hearts safe and gives God room to heal what’s broken.

Takeaway

- Gentleness is strength under control, guided by love.