

# Parent Guide

## Week of March 29

### Toddler

**Memory Verse:**  
Be gentle.  
Philippians 4:5

**Bible Time:** Read or watch, The Jesus Storybook Bible, Psalm 23:  
[https://youtu.be/K6fM4\\_8VU-8](https://youtu.be/K6fM4_8VU-8)

In the book of Philippians, God tells us that every day is special. He wants us to be gentle and kind just like Jesus, our Good Shepherd. He is with us and keeps us safe. He fills our hearts with happiness. Wherever you go, God is with YOU!

**Time to sing:** God is with Me  
To the tune of "Jesus Loves Me"  
God is with me, this I know,  
For the Bible tells me so.  
He will help me every day  
At my home or school or play.  
Yes, God is with me;  
Yes, God is with me;  
Yes, God is with me.  
The Bible tells me so.

**Craft Time:** Fill your home with God's love with this sweet sunshine craft!

You will need:  
paper plate  
yellow or orange paint  
yellow or orange construction paper  
black marker



Trace your child's handprint on the orange and yellow construction paper, cut out handprints. Glue hands onto the back of a plain white paper plate. Have child (under supervision) paint the paper plate yellow, allow to dry. Use the black marker to draw a smiley face on the front. Write, God is with me on the front of the plate.

Philippians 4:5

Dear God, please help me to be a boy/girl who is gentle. Amen

# Parent Guide

## Week of March 29

### Preschool

#### Memory Verse:

Let your gentleness be  
evident to all.  
The Lord is near.  
Philippians 4:5

**Bible Time:** Read Philippians 4:4-7 Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Today we are learning about gentleness. Gentleness means we are thoughtful and careful about people's feelings. Gentleness is being loving, tender, calm and humble in the things you say and do instead of being mean.

**Ask:** How can you be gentle with your hands, words, and actions this week? Practice gentleness by sharing with your friends and sibling(s), giving hugs to your family, using soft and gentle words, being kind to animals, looking for ways to be helpful at home & respectful of your belongings.

#### Make a "gentleness quilt"

Directions: Begin by cutting a rectangular shape from stiff cardboard. A cereal box works well if you use the neutral grey/brown side.

Next, help your children draw squares on the cardboard to form a "patchwork quilt." You can make a more elaborate design if you wish, perhaps including a heart to represent love.

Write down Philippians 4:5 on the cardboard backing.

Sort through your fabric supply or visit a store to find cloth for your quilt. As you choose materials, ask your children to select those that remind them of gentleness. This will likely be fabrics that are soft or silky. Be sure to have them touch some burlap and other scratchy types of cloth, too, so they can feel the difference. Choose a variety of colors and textures so that they can be arranged in a pattern.

Next, prepare the small squares of fabric that will be pasted on to the sketch of the quilt. Cut them into the same sizes and shapes that have been drawn on the cardboard.

To get the quilt started, allow your children to select one cloth square to paste on the cardboard. During the week, when you see your children being gentle, reward them with a square to add to their quilt. Practice saying the memory verse each time a square is added.

#### Time to Sing: I'll Be a Helper (To the tune of "Jesus Loves Me")

Even though I am quite small,  
I can be of help to all;  
I can use my hands and feet  
And my mouth to sweetly speak.  
I'll be a helper;  
I'll be a helper;  
I'll be a helper;  
And I will please the Lord.

**Communion Tip:** [How to explain Communion to kids.](#) This 3 minute video explains the meaning behind Communion for kids.

Dear God, please help me to be a boy/girl who is gentle in the things I say and do. Amen

Philippians 4:5

# Parent Guide

## Week of March 29

### Elementary

#### Memory Verse:

Let your gentleness be evident to all.  
The Lord is near.  
Philippians 4:5

## Philippians 4:5

**Bible Time:** Read Philippians 4:4-7 Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Today we are learning about gentleness. Gentleness means we are thoughtful and careful about people's feelings. Gentleness is being loving, tender, calm and humble in the things you say and do instead of being harsh or mean. Followers of Christ are distinguished by gentleness.

The Bible tells us that we accomplish more by responding to those who are cruel or angry with gentleness. When people are angry and say hurtful things, it is often because they have pain in their hearts. God wants us to be people who say kind things that will help "heal" the hurt in others. Kind words are like "God's bandages" for people who have "bleeding hearts."

**Read:** Proverbs 15:1, Proverbs 16:24 and Proverbs 12:18.

Questions to discuss:

1. What are some examples of how people speak harshly to you?
2. When someone speaks to you unkindly, how do you feel?
3. What does the Bible say about people who speak angrily?
4. How does the Bible say you should respond to those who speak in anger?
5. What are reckless words?
6. How does God want us to talk to each other?

Pray with your children and ask God to help all of you show His love to hurting people by speaking words of encouragement.

**Practice Gentleness:** This fun balloon skewer activity will challenge older kids to practice their skills of being gentle. <https://youtu.be/PNXbW22Lat8> Parent supervision is recommended.

**Time to create:** Gentle Words Jar

Supplies: Mason jar or plastic container, craft pom poms, small rocks, paper, baking sheet, glue, scissors.  
Instructions: Create a sign "Gentle Words" and glue to the jar. Talk to your kids about the difference between harsh and gentle words. Pull out a baking sheet and invite your kids to drop the rocks (harsh words) on the baking tray and then have them drop the pom poms (gentle words) on the baking tray. Ask them what type of words they like to be spoken to them—harsh or gentle? Show your kids the gentle words jar. Tell them that over the next week it's their mission to fill up the jar with gentle words and actions (aka pom poms). Every time someone in your family shows gentleness in the things they say or do put a pom pom in the jar. Watch your jar fill up over the week!

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Dear God, please help me to be a boy/girl who is gentle in the things I say and do. Amen