

Stories of Love and Kindness

God's Spirit helps us show love and kindness to others.

Choose a card that helps you imagine someone needing love and kindness.

Make up a story based on what you see in the card.

Tell the story to someone sitting with you.

Wonder about what you would do in this situation.

Read this prayer before you leave.

*God be in my lips and in my speaking
God be in my ears and in my hearing
God be in my mind and in my thinking
God be in my hands and in my making
God be in my feet and in my travelling
God be in my heart and in my loving.*

Cards of Care

Print and paint a Card that expresses love, kindness or gentleness to someone.

Think of someone to whom you would like to give a card to show your love or care for them.

Make up a short sentence or phrase to put on the card:

I appreciate you

I care for you

You are my friend

We will print your sentence on a piece of card.

Then you can decorate the card with paint.

Patience Activity

See how high you can build a house of cards.

You will need to work slowly and patiently.

Before you leave, take a card that says "Slow Down". Put it somewhere in your house to remind you to be patient.

Prayer Tree

Fruit is a gift to be shared.

Love, joy and peace can flow through us to other people.

But sometimes we feel dried up – nothing left to give.

Not much love. No patience. Little self-control.

Have you ever felt like this –
that you had not much left to give?

When we feel dried up,
God's Spirit is waiting to fill us.

But we may need to be still.
to wait...
to trust...
to hope...

Pour yourself a drink of fruit juice and drink it.
How does that feel? Good? Refreshing?

Think of a person you know – someone who needs the fruits of the Spirit.
Write their name on a Post-It note and leave it at the base of the tree.
In the silence, ask God to help you share the fruits of the Spirit with them.

A Taste of Generosity

One of the fruits of God's Spirit in our lives is generosity, or sharing.

When we share what we have with others, we are sharing in God's love for them.

Taste some of the fruits. Talk about how they taste.

When have you shared something with someone else

- shared some food?
- shared toys or games
- shared going to a sports match or a movie?
- shared friendship?

When has someone else shared something with you?

What is good about sharing with others?