

READ MATTHEW 11:28-29

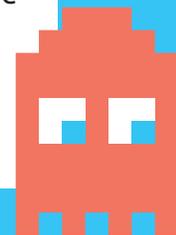
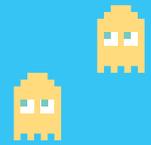
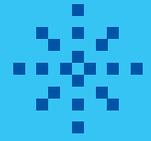
DAY 1

Have you ever held a baby before? When you hold a baby, you have to be gentle. You can't pass a baby around like a football. Babies are fragile and must be handled with care.

In today's verses, Jesus is telling us something very important about His character. Above all, Jesus is gentle with us. He is patient and kind. Serving Jesus is easy because He leads us with love.

Think about cradling that baby in your arms. Now picture God holding you in His arms, looking at you with pride and love, cradling you with gentleness. The love and happiness you experience as you hold that baby can't even compare to the way God feels about you! He made you. He loves you. He sent Jesus to prove His love. And He wants to grow His gentleness in you so that you can share His love with others.

THANK God for the gentle way He loves and cares for you.



READ PSALM 23:1-3

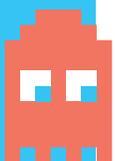
DAY 2

One of the awesome things about God is that He is all-powerful. There is nothing bigger or stronger than Him. But another awesome thing about God is that He is gentle. He is thoughtful, patient, caring, and kind.

Think about a shepherd calmly leading his sheep to water. Or finding a green meadow where his sheep can graze. Shepherds have to be watchful at all times because sheep like to wander off. God is like our good shepherd. He leads us where we should go. He gives us what we need. He keeps His eye on us and helps us when we call on Him. He will keep us safe when we put our trust in Him.

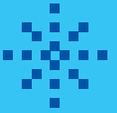
Grab some paper to create an illustration of this verse. Write the words of the verse somewhere on the page.

ASK God to help you see His gentleness as you trust in Him.



READ COLOSSIANS 3:12

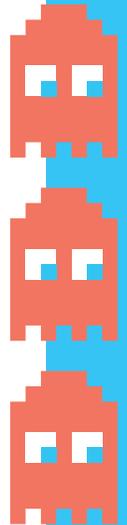
DAY 3



Read the examples below and write down how you would want to respond.

(Be honest. No one will read this but you.)

1. Your brother borrows your brand-new bike and leaves it on the street. Now it's gone.
2. You accidentally hiccup loudly in the middle of reading out loud to your class. Two kids start laughing and making fun of you.
3. Your mom forgot to sign your permission form for the field trip. Your teacher says you're not allowed to attend.



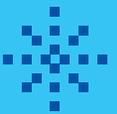
Okay, okay, if we're honest (and hopefully you were) when stuff like this happens, gentleness is that LAST thing we think about. Usually we want to hurt someone who hurts us or say something unkind that we can't take back. But God wants us to remember that we are His children. And because we are His, we should treat others with gentleness.

This week, let's put on gentleness like we put on our clothes. Write the words of this verse on a card and hang it in your closet. As you get dressed each morning, ask God to help you treat others with kindness, patience, and love at all times.

LOOK for ways to show gentleness to the people around you.

READ PROVERBS 15:1

DAY 4



Words. They are powerful. With our words, we can either encourage or tear down. That's why it's so important to choose your words carefully and think before you speak. We need to choose words that are gentle and helpful and kind.

Think about your words like a fitness tracker. A fitness tracker counts your steps and number of hours of activity versus inactivity. What if there was a word tracker for your mouth? What if it could tell you how many words you spoke and how many of those words were helpful versus hurtful? What if you had to wear it for a whole day?

We're not going to make you wear a word tracker but it is a good reminder that our words matter. Let's choose to use gentle words that help, encourage, and protect. It takes strength to do this—to refuse to say the thing you want to say when you're hurt or angry—but you can do it with God's help.

KNOW that God can give you the strength to be gentle.

God can give
you the strength
to be gentle.

