

Unit 1: Fruits of the Spirit

Lesson 1.5: Fruits of the Spirit – KINDNESS

Teacher Preparation and Materials Needed:

Scriptural Reference:

Ephesians 4:32

Activities:

Choose based on time available. Instructions and supplies listed below.

Activity 1: The Kindness Chain

Activity 2: “Be Kind” Coloring Page

Words of the week:

ազնուութիւն - az-nuhv-oo-tyoon - kindness

աղօթք - agh-otk - prayer

գթած - ku-tadz - tenderhearted/compassionate

Objective:

Students will understand that kindness is more than being “nice”; it is a reflection of God’s love working in us through the Holy Spirit. They will explore how kindness can be shown through forgiveness, compassion, and small everyday actions. They will also memorize Ephesians 4:32: *“Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.”*

Moral Character Focus:

Knowledge: Children will learn that kindness is a fruit of the Holy Spirit, shown in our words, actions, and attitude toward others.

Understanding: Children will recognize that true kindness comes from God and reflects His love to others, even when it's not easy.

Application: Children will identify practical ways to show kindness daily, especially when it's hard to do so (forgiving, helping, encouraging, not saying unkind words).

Values: Children will develop a desire to be kind because they are loved by God and want others to feel that same love.

Memory Verse:

“Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.” - Ephesians 4:32

Lesson

Open with prayer:

Իմաստութիւն Յօր՝ Յիսուս, տո՛ւր ինձ իմաստութիւն, զբարիս խորհել եւ խօսել եւ գործել առաջի Քն՝ յամենայն ժամ. ի չար խորհրոց, ի բանից եւ ի գործոց փրկեա՛ զիս. եւ ողորմեա՛ Քն արարածոց եւ ինձ բազմամեղիս: Ամէն:

Eemasdootyoon Hor Heesoos, door eents eemasdootyoon uzparees khorel yev khosel yev kordz arachi ko hamenayn jham. Ee char khorhrtos, paneets yev kordzots prgya zees yev voghormya ko araradzots eents pazmameghees. Amen.

Wisdom of the Father, O Jesus, grant to me the wisdom to think, speak, and do that which is good in Your sight. Save me from all evil and distracting thoughts, words, and deeds. Have mercy upon your creatures and upon me, a great sinner. Amen.

**Wisdom Prayer, written by St. Nersess the Grace-filled (Shnorhali).*

Lesson Body: Fruits of the Spirit - KINDNESS

Kindness is more than just being polite or saying nice words. Real kindness is when we treat others with gentleness, respect, and love — even when they don't deserve it, even when it's hard, and even when no one is watching.

Kindness means forgiving someone who hurt you. It means including someone who feels left out. It means doing something good, not because you have to, but because it brings God's love into the world. Kindness is a choice we make every day to reflect God's heart to others.

God is the perfect example of kindness. He forgives us when we sin. He helps us when we are weak. He loves us even when we turn away from Him. He sent Jesus to show us how to love, and Jesus gave His very life for us — the greatest act of kindness the world has ever known.

What the Bible Says about Patience

“Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.”

— Ephesians 4:32

Jesus showed kindness to the sick, to children, to the poor, and even to people who didn't like Him. When the Holy Spirit lives in us, we can share that same kindness.

Kindness in the Church In the Armenian

In the Armenian Church, we learn that kindness is one of the fruits the Holy Spirit grows in our hearts. That means it's not just something we do once in a while — it's part of who we become when we follow Jesus. Like a tree that naturally grows apples, a heart filled with the Holy Spirit naturally grows kindness.

In the Divine Liturgy, we hear the priest say, *“Peace be to all,”* and we pray for all people, not just ourselves. This is kindness — when we remember others and ask God to bless them.

The Kiss of Peace during the Holy Badarak is a moment when we turn to others and say, *“Christ is revealed among us.”* It's a reminder that we are all part of one family, and that we should love each other with kindness.

Words of the Week:

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աղօթք - agh-otk - prayer
գրած - ku-tadz - tenderhearted/compassionate

Memory Verse:

“Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.”

- Ephesians 4:32

How the Holy Spirit Grows Kindness in Us

Kindness is like a flower that needs care to grow. The Holy Spirit grows kindness in us when:

- We say encouraging words to someone who is sad
- We forgive instead of holding a grudge
- We include someone who feels left out
- We share what we have
- We stop ourselves from being mean or sarcastic

Each time we act with kindness, it’s like watering the flower God planted in our heart.

A Story of Kindness: St. Gregory the Illuminator

St. Gregory the Illuminator lived long ago in Armenia. When he spoke about Jesus Christ, King Trdat became so angry that he threw Gregory into a deep, dark pit called Khor Virap. This wasn’t just any prison — it was a terrible place filled with snakes and scorpions, with no sunlight or fresh air. Gregory stayed in that pit for thirteen long years. Most people would have been filled with anger and bitterness, dreaming of revenge. But Gregory did not let hatred grow in his heart. Instead, he prayed every day, asking God to give him strength and to forgive the king. God was with him, keeping him alive and filling his heart with peace instead of anger.

After thirteen years, King Trdat became very sick, and no doctor could heal him. When they brought Gregory out of the darkness, he could have refused to help. But Gregory’s heart was filled with the kindness of God. He looked at the king who had caused him so much suffering, and he forgave him. He prayed for the king, and God healed him! But Gregory’s kindness didn’t stop there — he gently told the king about Jesus Christ and God’s love. The king’s heart was changed, and he believed in Jesus. Because of Gregory’s kindness and forgiveness, the entire nation of Armenia came to know Christ and became the first Christian nation in the world. That is true kindness — helping someone who hurt you, forgiving when you have every reason to be angry, and bringing them closer to God.

Discussion Pause:

1. What would you have done if someone locked you in a pit for thirteen years?
2. Why do you think St. Gregory still showed kindness instead of hatred or revenge?
3. Can kindness help someone change their heart? How did it change King Trdat?
4. How can we show kindness to people who have hurt us or been unkind to us?
5. What does St. Gregory’s story teach us about the power of forgiveness and prayer?



Activity 1: The Kindness Chain

Materials Need: Colored strips of paper (various colors), markers, glue or tape, optional: stickers or stamps for decoration

Instructions:

1. Introduce the Activity: “Today we’re going to make a kindness chain to remind us how our kind actions link us to one another.”
2. Brainstorm Together: Before writing, gather students and brainstorm specific acts of kindness they can do this week. Write ideas on a board where everyone can see:
 - Say something encouraging to a friend
 - Help someone who dropped something
 - Share a snack or toy
 - Invite someone to play
 - Forgive someone who hurt you
 - Say “thank you” to someone
 - Help clean up without being asked
 - Give a hug to someone who is sad
3. Start creating the chain
4. Give each child 3-5 paper strips in different colors
5. Have them write or draw one specific act of kindness on each strip
6. For younger children who can’t write yet, let them draw pictures or dictate to a helper
7. Encourage them to decorate their strips with colors or stickers
8. Help students link their first strip into a loop, then thread the next strip through and link it, continuing until all strips are connected
9. Bring all the individual chains together and connect them into one long classroom chain, saying.
10. Hang the long chain prominently in the classroom as a visual reminder

Optional: At the end of the class (or month), let each child carefully disconnect their portion to take home. Challenge them to add new links at home as they do more kind acts with their family

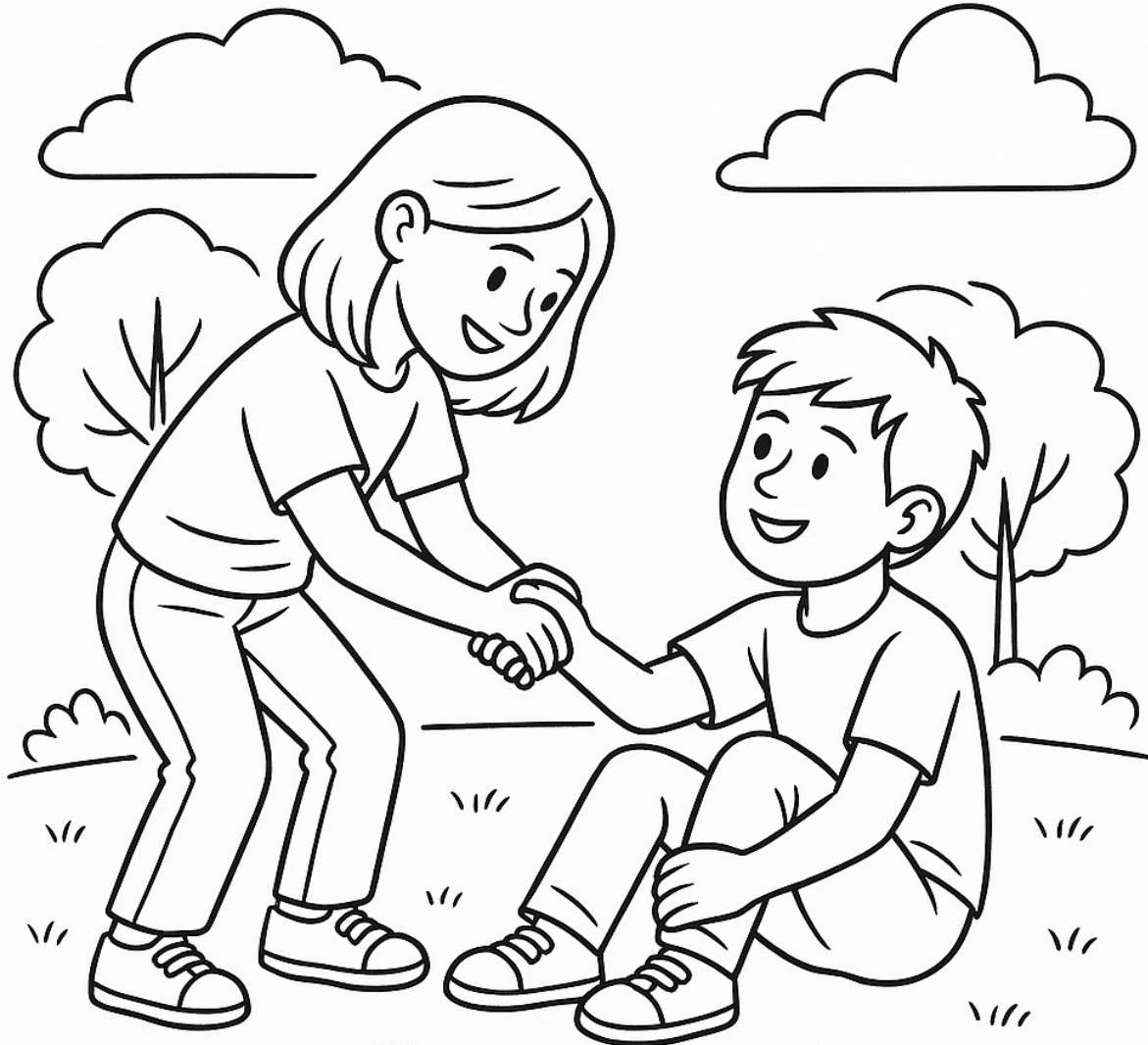
Teaching Connection:

“The more kind acts we do, the longer and stronger our chain becomes — just like how St. Gregory’s one act of kindness to the king spread to the whole nation of Armenia. Kindness connects people together and strengthens the Church. Each link represents a moment when we let the Holy Spirit’s fruit of kindness shine through us. When we link our chains together, we see that we’re all part of God’s family, connected by love. Remember: every time you choose kindness, you’re adding another link to God’s chain of love in the world!”



Activity 2: “Be Kind” Coloring Page

Name _____



Be KIND,

**to one another, tenderhearted,
forgiving one another, as God
in Christ forgave you.**

– Ephesians 4:32

Review

Memory Verse Review:

“Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.” - Ephesians 4:32

Words of the Week Review:

ազնուութիւն - az-nuhv-oo-tyoon - kindness

աղօթք - agh-otk - prayer

գրած - ku-tadz - tenderhearted/compassionate

Lesson Review:

Questions:

1. What is kindness, and why is it more than just being polite? *(Kindness is treating others with gentleness, respect, and love even when they don't deserve it, even when it's hard, and even when no one is watching. It's a fruit of the Holy Spirit that becomes part of who we are when we follow Jesus)*
2. Who is the greatest example of kindness, and how did He show it? *(God is the greatest example of kindness. He forgives us when we sin, helps us when we are weak, loves us even when we turn away, and sent Jesus to die for us — the greatest act of kindness ever)*
3. What did St. Gregory do instead of becoming angry and bitter during his thirteen years in the pit? *(He prayed every day, asking God to give him strength and to forgive the king. He didn't let hatred grow in his heart, and God filled him with peace instead of anger)*
4. When King Trdat became sick, how did St. Gregory respond, and what happened? *(Even though the king had caused him so much suffering, Gregory forgave him and prayed for God to heal him. God healed the king, his heart was changed, and he believed in Jesus. Because of Gregory's kindness, all of Armenia became Christian)*
5. How does the Holy Spirit help us grow in kindness, and what are ways we can show it even when it's hard? *(The Holy Spirit plants kindness in our hearts and helps it grow when we practice kind actions. We can show kindness by forgiving someone who hurt us, including someone left out, sharing when we don't feel like it, and speaking gently when we're frustrated)*

Life Application

What are we going to do with what we have learned today?

Kindness is how God shows His love through us. Every kind word, every kind action is like a light in someone's day. Just like St. Gregory showed kindness even after thirteen years of suffering in a dark pit, we can choose kindness too, when someone hurts our feelings, when we don't feel like sharing, when we're frustrated or tired, or when someone has been mean to us. The Holy Spirit helps us grow kindness in our hearts like a beautiful flower. When we practice kindness every day, it becomes easier and more natural, and others can feel God's love through us. Remember: even small acts of kindness can change someone's heart, just like Gregory's kindness changed a king and an entire nation. Let's ask the Holy Spirit to help us be kind, not just when it's easy, but always.

* *Departing Prayer, written by St. Nersess the Grace-filled (Shnorhali).*

Close with prayer:

Պահապան ամենայնի Քրիստոս, աջ Քո հովանի լիցի ի վերայ իմ, ի տուէ եւ ի գիշերի, ի նստիլ ի տան, ի գնալ ի ճանապարհ, ի ննջել եւ ի յառնել, զի մի երբեք սասանեցայց եւ ողորմեա՛ Քո արարածոց եւ ինձ բազմամեղիս: Ամէն

Bahaban amenayn Kreesdos, ach Ko hovanee leetsee ee vera eem; ee dveh yev ee keesheree, ee nsdeel ee dan, ee knal ee janabarh, ee nunchel yev ee harnel, zee mee yerpek sasanetsayts yev vog-hormya Ko araradzots yev eents pazmamyghees. Amen.

O Christ, guardian of all, let Your right hand guard and shelter me, by day and by night, at home and abroad, in sleeping and in waking, that I may never stumble. Have mercy upon Your creatures and upon me, a great sinner. Amen.