



Good morning parents!

We hope and are praying that you and your families are doing well and staying healthy. This week we will be continuing our Fruit of the Spirit series and will be talking about kindness. As we were preparing for this lesson, we were reminded that sometimes it is not about trying harder to produce these fruits in our lives but taking the time to grow in our friendship with God. As we grow closer to Him the more these spiritual fruits flow out of us. As parents there are probably times where you feel overwhelmed and like your wheels are just spinning and you are getting nowhere. If and when you feel like this we want to encourage you not to try harder, but to find time to spend with God and let him take your burden, let him fill you up, and let him produce in you what is needed.

We hope you have a great day and week as you and your family talk about these Fruits of the Spirit and see God growing them in your lives.

We find it a great joy to serve your family and to walk alongside you. Please remember that we are here if you are in need of prayer or support. Don't hesitate to reach out!

Kids Branch

Kelly ([kelly@tob.ca](mailto:kelly@tob.ca)) and Anne ([anne@tob.ca](mailto:anne@tob.ca))

Note: In addition to our Kids Branch @ Home lineups we have other opportunities for your kids and you to connect with us this fall.

- Kids Branch Family Sweet Swap
  - Saturday October 31<sup>st</sup> @ 11 AM in the TOB parking lot
  - For all the details go to our event page ([www.kidsbranch.ca/events](http://www.kidsbranch.ca/events))

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**Kids Branch @ Home Video Option** - This includes worship and the Bible lesson

- **Elementary Option** - <https://youtu.be/gkipPf96Q0Q>
- **Preschool Option** - <https://youtu.be/h2GJleQhMss>

**Kids Branch @ Home Parent Led Option**

### **Worship Suggestions**

During worship encourage your kids to sing, follow along with the actions, have a dance party or just listen and think about what the words say who Jesus is and who we are to him. All of these are ways that we can express our joy and love for God.

- Play "This Little Light of Mine" - <https://youtu.be/ty9bZXN4uWA>
- Play "Friend of God" - <https://youtu.be/QvZgZau7koY>

### **Bible Story Suggestions – Three Strangers Visit Abraham**

Parent Recap: Three strangers visit Abraham, and he shows them kindness. He prepares the best food for them, gives them shade to rest in, and washes their feet. And it turns out they're not just any visitors; they're angels, and one is God himself!

Read Genesis 18:1-8

**Elementary Activity**

- Try out this [object lesson](#) to further explore the topic of kindness

**Preschool Activity**

- Try out this [object lesson](#) to further explore the topic of kindness

**Mapping Out Kindness Activity (All Ages):**

- Try out this [application activity](#)
- [Kindness Planner](#)

**Pray Together**

Before you pray together talk about the different ways that God has shown kindness to your family. Take time to thank God for his kindness. Ask God to help your kids pass on His gift of kindness to others this week.

Join the church in prayer @ 7 PM every day. Find the specific prayer request and scripture on TOB's Instagram or Facebook story. If you or your kids would like to film yourselves reading the scripture verse and praying, please email us.

**Memorize Scripture**

"But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!" (Galatians 5:22-23)