

# Fruit of the Spirit—Gentleness

## Craft Activity

A quilt is soothing and warm and we need to remember to 'wrap' our words and actions in a warm, gentle attitude. We are going to make a gentleness quilt today.



1. Print page 2—the quilt outline.
2. Collect different types and colours of paper e.g. plain paper, tissue paper, crepe paper, wrapping paper.
3. Cut your papers into squares and stick onto your quilt.
4. You could use scraps of fabric if you have any.
5. If you don't have any collage materials then decorate each square of your quilt with different colours and patterns using felt tips or crayons.

Have fun!



Try to live in the right way,  
serve God, have faith,  
love, patience, and  
**gentleness.**  
1 Timothy 6:11b


A quilt of gentleness