

Make Waves: What you do today can change the world around you.

Read: Ephesians 4:32

DAY

1

Catch Kindness

Grab a ball and a friend. Toss the ball back and forth between each other. Each time you pass the ball, tell your friend something you like about them! Have fun adding more people to your game and continue to catch kindness.

THANK God for helping you show kindness.

DAY

2

What Kind?

Grab some paper, something to write with, and scissors. Cut your paper into a few different pieces big enough to write on. On each paper, write something you can do for someone in your house. Some ideas may be: helping clean up toys, giving a hug, or helping when needed.

ASK God to guide you in showing kindness to your family.

DAY

3

Be Kind

Look up Ephesians 4:32 in your Bible. Read it with someone in your family and then talk about what you can do to show kindness to those around you even when it's hard.

LOOK for ways to be kind and forgiving.

DAY

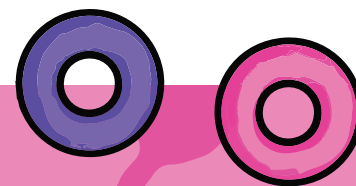
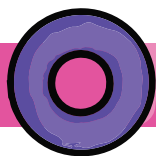
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Talk About It

Spend time asking God to help you be kind to those around you. Pray something like this:

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Dear God, help me show kindness to those around me by what I do and say. Sometimes it's easy and sometimes it's hard. God help me be kind. Amen.  
~~~~~

KNOW that kindness is easier to do with God's help.



Show kindness
to everyone.



Make Waves: What you do today can change the world around you.

DAY 1

Read Ephesians 4:32

Why should we be kind? As followers of Jesus, we can choose kindness because God is kind and forgiving to us!

Think about this past week when someone was unkind to you? What happened?

Now think about how you responded. Were you unkind right back? Do you need to forgive that person? The good news is, no matter what choices you've made in the past, you can start today and choose kindness!

Write out a simple prayer in the box below, asking God to help you to be kind this week, no matter what happens.

Dear God,

DAY 2

Read Luke 6:35

Batman and Joker
Wonder Woman and Ares
Superman and Lex Luther
Thor and Loki

In the list above, circle the “good guys” and put a big “X” through the “bad guys.” It’s easy to put Lex Luther, Green Goblin and Shredder into the “enemy” category. I mean, they’re bad guys, right?

We love to watch movies with good guys and bad guys because the good guys always win! But real life isn’t like that. Because our “enemies” don’t look like Green Goblin or the Joker. Real life “enemies” look more like . . .

. . . the kid who makes fun of you.
. . . the kid who ignores you.
. . . the kid who doesn’t pick you for his team.

Kindness is for everyone and that includes our “enemies.” Jesus tells us to show kindness to everyone because God is kind and generous to us. God doesn’t base His kindness towards us on what we do. It’s based on who He is.

Pray and ask God to help you understand kindness, even when you mess. Then, ask for help to show kindness to others, even your enemies.



DAY 3

Read Colossians 3:12

Did you catch the first part of today's verse? Paul reminds us that we are dearly loved by God. And because God loves us, we are to share that love with the people around us by showing kindness and mercy. In fact, Paul tells us to wear these like clothes. Just like you would never walk out the door to catch the school bus without first getting dressed, we are to clothe ourselves with kindness.

Clothed in Kindness

Do you have a favorite hoodie or other piece of clothing that you like to wear over and over again?

1. Grab your favorite piece of clothing that you wear over and over again along with some masking tape and a marker.
2. On the tape, write, "BE KIND," in large block letters. Tear off the tape and stick it to the inside of your clothes.
3. Make sure the tape is somewhere so that you can feel it as you wear it. Each time the tape rubs up against you, it can remind you to show kindness to the people around you.
4. Ask God to help you cover everyone with kindness.



Show kindness
to everyone.

DAY 4

Read Proverbs 12:25

Kind words make a big difference. Words have power. That's why we should be careful to choose kind words that help.

Kind Word Inflation

Here's a little science experiment to demonstrate what kind words can do! Ask an adult for help with this.

Water bottle – empty and dry

Vinegar

Baking soda

A balloon

A funnel

A toothpick

Pour some vinegar into the empty bottle, filling it about $\frac{1}{4}$ full. Add some water to bring up the liquid level a bit. Use the funnel to pour some baking soda into the empty balloon. Use a toothpick to help push the baking soda through the narrow opening. Attach the balloon to the top of the bottle making sure you don't dump in the baking soda. Then, once it is securely attached to the bottle, lift the balloon to drop the baking soda into the vinegar/ water solution. Watch what happens!

Kind words are like that baking soda reaction. They can perk you up when you're feeling down. Let's remember to use kind words to cheer up the people around us this week.

Spend some time thinking about the question below and journal your thoughts or share them with a parent.



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Day 1

After watching, write one thing that:

1. You liked:

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2. You learned:

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3. You'd like to know:

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Go to bit.ly/SundaysAtHomePreeteen and watch this week's episode of The So & So Show.

Even if you already saw it at church, feel free to check it out again!

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Day 2

Read Luke 10:25-37

As you read Luke 10:25-3, underline the two laws that Jesus says lead to eternal life.

Then, circle all of the people involved in the story Jesus tells.

Lastly, underline the person who lives out the two laws Jesus referred to earlier.

Were you surprised by the person you ended up underlining? The people who Jesus was speaking to would have been surprised—Jews and Samaritans had hated and mistrusted each other for hundreds of years. In telling this story, Jesus taught His followers that they **should show kindness to everyone**, even when it's hard.

Day 3

Think back on the story from yesterday that Jesus told about the Good Samaritan.

Who do you most relate to?

- A The person who chose kindness.
- B The people who walked by on the other side of the road.
- C The person in need of kindness and someone unexpected showed up.

Based on your answer, choose the prayer below to pray to ask God for help to show kindness.

- A Dear God, thank You for the opportunities You've given me in the past to show kindness to others. Please help me to always continue to choose kindness over my schedule, comfort, or desires. In Jesus' Name, amen.

- B Dear God, I know I haven't always chosen kindness when it's hard. Please help me to walk the path that the Good Samaritan chose in Jesus' story, choosing to show kindness to everyone. In Jesus' Name, amen.

- C Dear God, thank You for _____ who showed me kindness even when it was hard for them. Please help me to do the same for others, treating them the way I was treated with kindness. In Jesus' Name, amen.

Day 4

The Good Samaritan and the Jewish man who needed help were natural enemies, based on a history dating back hundreds of years.

Hopefully you don't have an enemy like that in your life, but we all have people that we find it harder to be kind to. As a kid, that person is often your sibling, or maybe an annoying younger cousin or neighbor. It also might be a parent, or a teacher who you think is harder on you than others.

Think of who that person is, and then take a couple of minutes today to reach out to that person to find out what they might be facing, or a need they have. You could simply ask them how they are doing and listen to the answer. You could ask them if there's anything you could pray for them about, or if there is something that's been hard lately. Take some notes about what you find out and hold on to them for tomorrow.

Day 5

How can you be kind even when it's hard?

Yesterday, you spent some time talking to someone who you sometimes find it hard to be kind to. Today, you're going to put what you learned into action—throwing a life jacket or sending out a rescue boat to help them as you make waves of kindness in their life!

Take your notes and think through what you learned from talking with them. What's one way you could show kindness to them today? You could offer up some of your time or resources to help them with a chore, help them understand their math homework, play a game with them, or bake cookies to deliver to them. Whatever you choose, pick something that you know will make waves of kindness in their life.

