

Kindness is showing others they are valuable by how you treat them.

Read: Luke 6:27

DAY

1

Above and Beyond

Ask your adult if you can do some things to help around the house. When you have completed the task, ask if there is just one more thing you can do. By asking if there is one more way to be helpful, you are showing kindness and being helpful! You are going above and beyond!

LOOK for ways that you can go above and beyond at home.

DAY

2

Do It for Another

Think of some way that you can be kinder than you have to be this week. Draw a picture of you being kind to someone or doing something above and beyond this week.

THANK God for putting others in your life that you can show kindness to.

DAY

3

Love Your Enemies

An enemy is someone who you don't get along with. After reading Luke 6:27, how can you love others who you don't get along with? Read this week's verse and talk about how you can love others even when it's hard.

ASK God to help you love people you don't get along with.

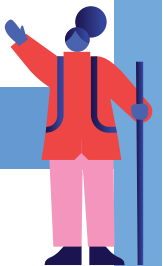
DAY

4

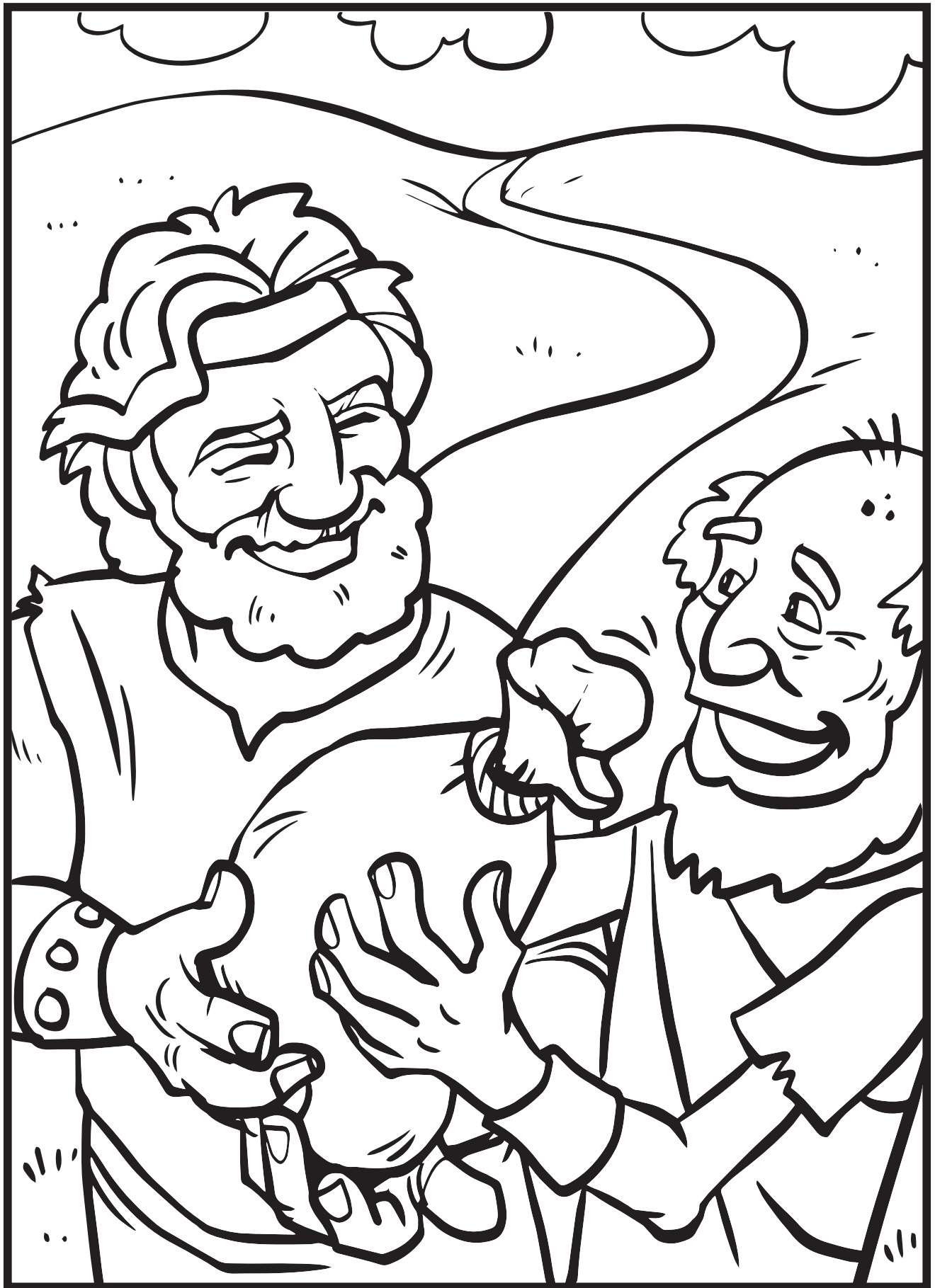
Pray for Others

Sometimes it's hard to be kind. When others have upset us, it's hard to want to pray for them. Jesus instructs us to love and pray for those who we think don't deserve it. When we pray it can sometimes help change how we feel. Spend some time praying for someone in your life who you can show love to, even when it's hard.

KNOW that God can help you be kind, even when it's hard.



Be kinder than you have to be.



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are valuable by how you treat them.

DAY 1

Read Matthew 5:41

If you've ever been on a REALLY long car trip with your family, you know that sometimes things don't always go according to plan. Maybe someone has to stop for the bathroom every hour or you keep getting into arguments with your siblings, or your dad is cranky because he keeps getting lost.

Jesus challenges us to go two miles instead of one—to be kinder than we have to be. How could you go the extra mile in those moments?

Could you be even kinder this week to the people around you by . . .

not interrupting?

being more patient?

choosing to forgive even when it's hard?

What's The Motto with You?

In the phrase below, cross out the phrase "do I have to be" and replace it with the "can I be."

How much kinder do I have to be?

Make that your motto this week as you choose kindness.

DAY 2

Read I Corinthians 13:4**Stop for a Minute**

Set a timer for one minute. During that minute, you cannot talk, and you must sit completely still.

Did you make it the full minute? Could you make it for five minutes? What about 15 or 20? That would definitely be harder. It would require lots of patience.

When it comes to kindness, patience plays a BIG part. In order to show kindness and love to others, we need to practice patience. We need to let things go, to forgive. We need to stop wanting what others have and choose to be kinder than we have to be.

Set a timer for one minute again. This time, see how many times you can repeat today's verse within that minute. You must clearly say every word, including the reference (1 Corinthians 13:4).

How many times did you successfully repeat the verse in one minute:

Ask God to help you have the patience to choose kindness this week.

DAY 3

Read Romans 12:10

Think about the last time you got into an argument with a friend. Do you remember what you fought about?

Arguments are normal, especially between people who know each other well or end up spending lots of time together. Kindness is about looking beyond the argument to remember how VALUABLE the other person is.

It is possible to disagree and still be kind. The key is to put the other person first. The next time you find yourself arguing, stop. Look the other person in the eye and choose to be kinder than you have to be.

What's Missing

Fill in the missing consonants below to complete the verse:

.....o.....e o.....e a.....o.....e.....

.....ee.....o.....o.....

o.....e.....o.....e.....a.....

.....ou.....e.....e....."

.....o.....a..... 12:10, Nlrv

DAY 4

Read Proverbs 16:24

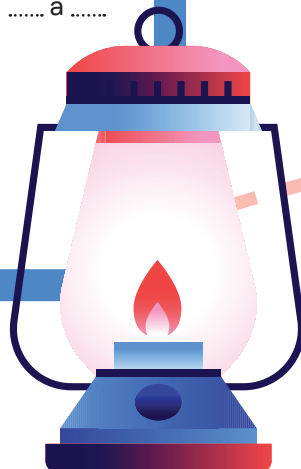
Have you drizzled honey on a warm piece of buttered toast? Warm buttered toast is good—but warm buttered toast with honey? Well, that's even better. Today's verse compares kind words to honey. When you choose kind words, they can bring healing. What if YOUR words could be like honey on buttered toast?

When we're with the people who know us best, we tend to let our guards down and say and do things we'd never do in front of people we don't know as well. Kindness can be hardest when we're around our family and friends.

Sweeter Than Honey

The next time you sit down to eat some warm buttered toast and honey (or your favorite breakfast cereal), look across the table and say something kind to a member of your family. The next time you open your lunch box at school, use kind words as you talk to your friends. Words ARE important, so make them count!

Be kinder than
you have to be.



Journal

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

WHEN HAVE YOU
BEEN SURPRISED BY
KINDNESS?

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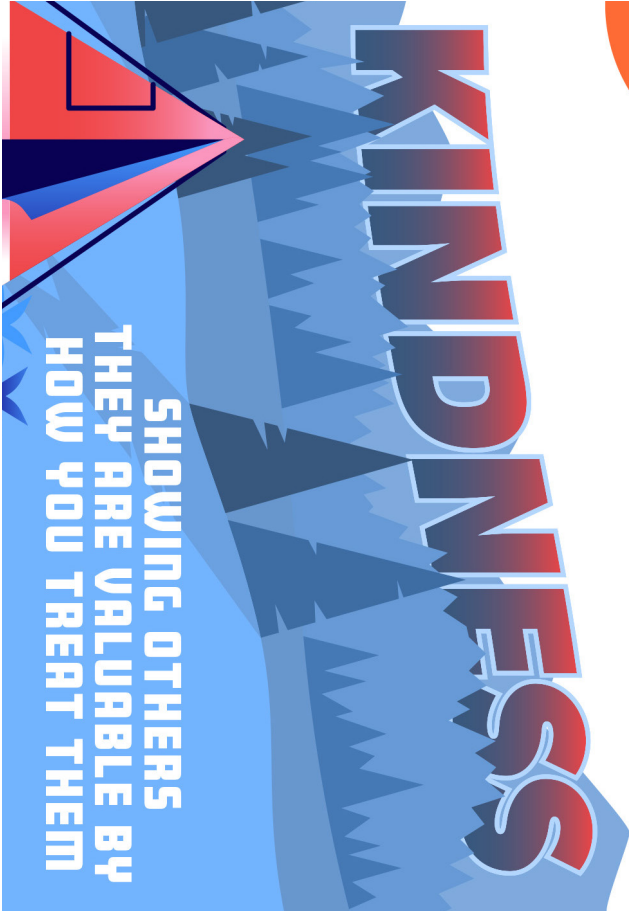
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February
2024

Week Three
4th-5th



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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Visit the Parent Cue app (available for iOS and Android) to watch this week's Bible story.
Download it for free at parentcue.org/app.

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



A Devotional on Kindness.

FOR AN **everyday faith.**

Day 2

Read Matthew 5:41

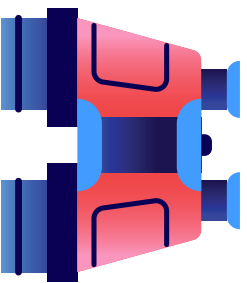
Unscramble the words below.

POUESPS EENOSM SFRCE OYU
OT OG EON LIEM.

Now, if you'd like, you can unscramble these words too:

OG WOT ILEMS HWTI TMHE.

What did you choose to do? If you willingly unscrambled the second sentence, that's a little a bit what it looks like to live out Matthew 5:41—going above and beyond to show kindness to someone.



Suppose someone forces you to go one mile with them.
Go two miles with them.

Day 4

When have you been surprised by kindness?

The whole concept of going a “second mile” may be new to you, so find a few people to interview and ask them when they’ve experienced someone showing them kindness by going the second mile. (You may need to explain Matthew 5:14 to them!) Jot down their answers and keep them for ideas of ways you can surprise others by kindness.



Day 5

What are some things you get asked to do by your parents, teachers, siblings and friends throughout the week?

Write those under the first mile side. Then think about how you could go the second mile to really help that person. Write that under the second mile side. If you need some new ideas, look back to the answers you got yesterday!

FIRST MILE

1. _____

2. _____

3. _____

4. _____

SECOND MILE

1. _____

2. _____

3. _____

4. _____

Circle at least two that you can do TODAY!

Day 3

If weather—and a parent—allows, go for a walk outside.

(If not, you can walk around inside your house.) As you walk, ask God for help living out kindness by offering to go the “second mile” (or above and beyond) when someone asks you to do something. (Keep your eyes open as you pray so you don’t run into something!) Ask God to show you someone to whom you can **be kinder than you have to be**.