



First, watch  
this week's  
video!

**Kindness:  
Showing  
others they  
are valuable  
by how you  
treat them**

### Memory Verse

You are God's chosen people. You are holy and dearly loved. So put on tender mercy and kindness as if they were your clothes. Don't be proud. Be gentle and patient. Colossians 3:12, NIV

### Bible Story

Ruth and Boaz  
Ruth

### Bottom Line

Be kind to your family and friends.

Use this guide to help your family learn how God wants us to be kind to everyone.

## Activity

### Clothe Yourself

#### WHAT YOU NEED:

Timer and random pieces of clothing: gloves, hats, scarves, pants, socks, shoes, shirts, etc. The more variety, the better.

#### WHAT YOU DO:

Tell your child that you're going to have a contest. You'll set a timer for three minutes and see who can put on the most items of clothing before the timer goes off.

Say, "Let's see who can clothe themselves with the most clothing in three minutes. Put on as many layers as you can fit. Each piece of clothing is worth one point. After three minutes, we'll see who has the most points."

Play the game and then tally the points. Enlist your child's help to put everything back where it belongs.



## Talk About the Bible Story

Look up and read this month's memory verse, Colossians 3:12.

What did our activity have in common with that verse? (*The verse says to "put on tender mercy and kindness as if they were your clothes."*)

What does it mean to "clothe yourself" with kindness?

Who in our story today "clothed themselves" with kindness? What did they do to be kind to others? (*Ruth chose to stay with Naomi. Boaz allowed Ruth to gather food. Ruth and Boaz invited Naomi to live with them.*)

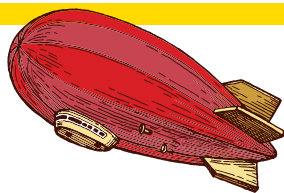
Why is it sometimes harder to be kind to the people we see all the time . . . and easier to be kind to people we don't know very well?

*Parents, talk about a time when you struggled to be kind to a close friend, or someone in your family.*

## Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"God, thank You for Your never-ending, great big love for us. We know that no matter how many times we mess up, You ALWAYS choose to love and show kindness to us. This week, someone in our family or one of our close friends WILL bug or frustrate us, and we WILL be tempted to do something to bug or frustrate them right back. Help us to show Your kindness instead—even when it's the last thing we want to do. We love You. In Jesus' name we pray, amen."



First, watch  
this week's  
video!

Kindness:  
Showing  
others they  
are valuable  
by how you  
treat them

### Memory Verse

You are God's chosen people. You are holy and dearly loved. So put on tender mercy and kindness as if they were your clothes. Don't be proud. Be gentle and patient. Colossians 3:12, NIV

### Bible Story

Ruth and Boaz  
Ruth

### Key Question

When is it hard to be kind?

Use this guide to help your family learn how God wants us to be kind to everyone.

## Activity

Easy or Not Easy?

### WHAT YOU NEED:

Two paper plates and a marker

### WHAT YOU DO:

Ask your child to write "EASY" in large letters on one paper plate. Then, ask them to write "NOT EASY" on another paper plate.

Tell your child you're going to describe a scenario they might encounter. Then, prompt them to hold up the corresponding plate based on whether they think it would be "EASY" or "NOT EASY" to respond with kindness.

### Scenarios:

- Your friend got an "A" and you got a "C." Easy or not easy to be kind to your friend?
- You got an "A" and your friend got a "C." Easy or not easy to be kind to your friend?
- You got screen time taken away and you think it's unfair. Easy or not easy to be kind to your mom?
- You're stuck at home and your younger brother keeps bothering you. Easy or not easy to be kind to him?
- For movie night, your family picked a movie you really don't like. Easy or not easy to be kind to them?
- Someone ate the last ice cream sandwich (or another treat you know your child loves) and you were planning on eating it after school. Easy or not easy to be kind to your family?

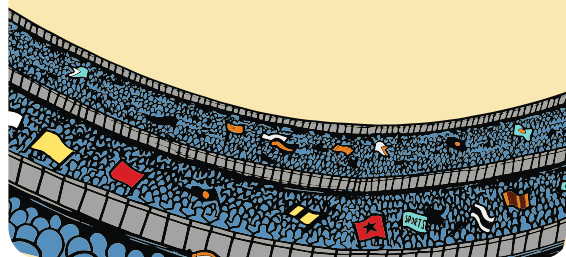
## Talk About the Bible Story

Who in our story showed kindness? What did they do to be kind to others? (*Ruth chose to stay with Naomi. Boaz allowed Ruth to gather food. Ruth and Boaz invited Naomi to live with them.*)

Why is it sometimes harder to be kind to the people we see all the time . . . and easier to be kind to people we don't know very well?

What are some things we can do to help us to remember to show kindness to our family and close friends?

*Parents, talk about a time when you struggled to be kind to a close friend, or someone in your family.*



## Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"God, thank You for Your never-ending, great big love for us. We know that no matter how many times we mess up, You ALWAYS choose to love and show kindness to us. This week, someone in our family or one of our close friends WILL bug or frustrate us, and we WILL be tempted to do something to bug or frustrate them right back. Help us to show Your kindness instead—even when it's the last thing we want to do. We love You. In Jesus' name we pray, amen."