

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

Read: Luke 6:31

DAY
1



Make the Mostest with the Closest

With a sibling or friend, link arms and try to do tasks together! Here are some tasks that you can work on completing together. Work on communicating and being kind, even if you have different ideas.

- Choose a snack and eat it.
- Clean up toys in your room.
- Draw a picture of each other.
- Walk up the stairs.

ASK God to help you work with others, even if you have different ideas.

DAY
2

Kindness Cares

In this week's Bible story, we learned about Ruth and Naomi, and true acts of kindness. Draw a picture for someone in your life that you care a lot about. When you're finished, either hand it to them or get some help mailing it!

THANK God for good people in your life!



DAY
3

Do To Others

When you treat others the way you want to be treated, you are being kind! Everyone needs a friend who is kind and loving. Read this week's verse and be reminded that Jesus taught us how to be kind so we can be kind to others.

LOOK for ways to treat others with kindness.

DAY
4

kindest to Those Closest

Pray and ask God to help you be kind to those closest to you. Sometimes those are the hardest people to be kind to. You can pray something like this:

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 "Dear God, teach me to treat those around me with kindness. Sometimes it takes a lot to show kindness to my siblings or cousins. God, help me to love them like You do. This week, help me to show them they are loved by the way I treat them. Amen."  
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KNOW you can ask God to help you work on being kind.

Be kind to the people closest to you.



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



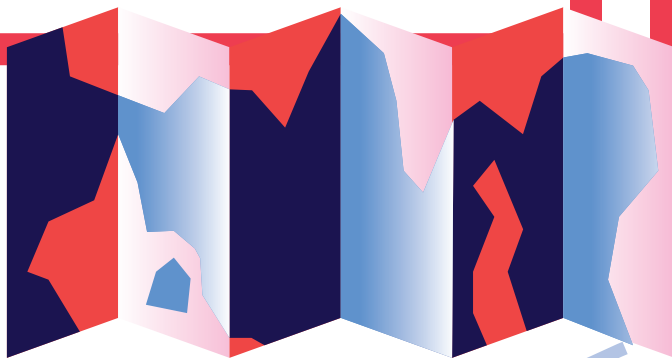
DAY 1

Read Ephesians 4:29

Have you ever played a game of Jenga? Here's a little secret that no one really tells you. It's impossible to play a game of Jenga WITHOUT the tower falling. Kind of a bummer when you think about it, isn't it?

God doesn't want you to wreck your relationships like a Jenga tower. God wants to help you build strong, secure relationships, especially with your family and friends. One way to do that is by choosing words—kind words—that build others up. When we show kindness with the things we say, others will listen.

If you have a Jenga game, grab several blocks—one for each family member or close friend. As you hold each one, think of one kind thing you could say to that family member or friend to build them up. Then pray and ask God to help you follow through by sharing those kind words this week.



DAY 2

Read Job 6:14

Has a friend disappointed you lately?

Friends sometimes do and say things that aren't very friendly, and it can make you want to NOT stay friends. But nobody's perfect. At some point, you might be the one doing or saying something unkind.

When we're kind to others, we show kindness and respect to God. Kindness matters, even when we're hurt. Even when your friends mess up, God will help you choose to be kind to the people closest to you.

Closest Letter

Fill in the blanks below by writing the next letter of the alphabet. If you see an "A," write a "B" in the blank above it. If you see a "Z," write in an "A."

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A D J H M C S N S G D

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O D N O K D B K N R D R S

.....

S N X N T

DAY 3

Read Galatians 6:10

Family Matters

In the space below, draw a picture of your family.

Families come in all shapes and sizes. Whatever your family looks like on the outside, no member of your family is perfect, including you. That doesn't give us a pass on doing good and showing kindness to the people that know us best. Today we're reminded to do good to EVERYONE—and that includes the people you live with.

Because no one is perfect, you'll need some help to get this right. Point to the people in your picture and ask God to help you show kindness to each one. If you've done something wrong that hurt someone in your family—even if it doesn't seem like that big of a deal—ask God to help you say you're sorry and make a different choice next time.

DAY 4

Read I Thessalonians 5:15

Have you ever heard your parent(s) say, "two wrongs don't make a right"? Maybe your brother did something to bug you (wrong) and then you said something mean back (wrong). Guess what? Two wrongs really DON'T make a right. That's just bad math. Because wrong + wrong doesn't = right. Ever.

What if you flipped it? What if you instead of choosing to payback a wrong with a wrong, you chose KINDNESS as this verse suggests? After all, it doesn't say to only show kindness "sometimes" or "when you feel like it." It says, "Always try to be kind to each other and everyone else." Always.

Kindness Math

Finish the following math equations below.

"Unkind words" + "more unkind words" =

"Unkind words" + "Kind words" =

"Kind words" + "Kind words" =

Answerkey: Unkind words, kind words, kind words

Be kind to the people closest to you.



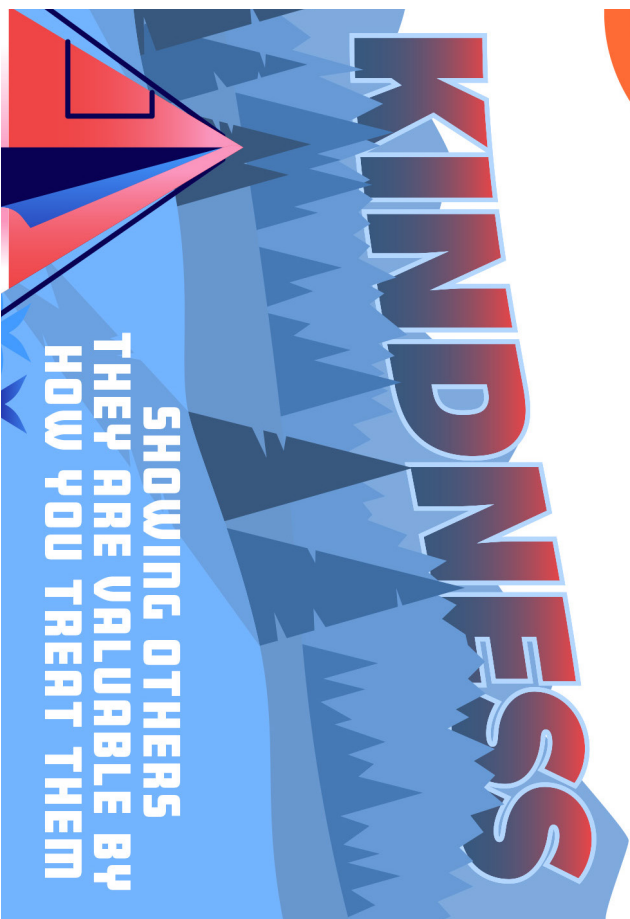
Spend some time thinking about the question below and journal your thoughts or share them with a parent.



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

3. You'd like to know:

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A Devotional on Kindness.

FOR AN **everyday faith.**

Day 2

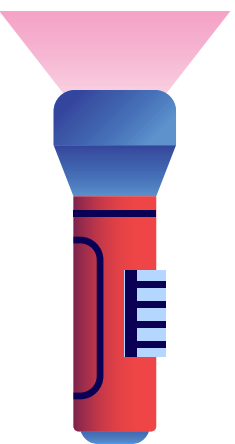
Read Ruth 1-2

After you read Ruth 1-2, go back through and circle the passages where someone was kind to the person closest to them. Then summarize what that person did here:

Ruth and Naomi:

Boaz and Ruth:

Ruth was kind to Naomi in going with her to her homeland, and then Boaz was kind to Ruth by allowing her to collect grain in his field. And get this: because Ruth was kind to Naomi and showed her how valuable she was, Ruth got to be part of the family line of Jesus!



Day 4

Be kind to the people closest to you.

One of the ways we can be kind to the people closest to us is in the way we speak to them. Often those people—especially our family members—receive the worst of our anger, exhaustion, and general frustration.

Today, focus on speaking kindly to those closest to you. Try to use each of these words at least one time today as you speak to your family.

- Thank you!
- Good morning.
- Hello!
- You look nice today.
- How can I help you?
- Yes, please.

(Note: Also pay attention to the WAY you speak to those closest to you. Often it's not the words we speak but how we say them that is unkind.)
Check off each kind word or phrase you say to someone close to you today!

Day 5

When is it hard to be kind?

Before you read the following paragraph, put your face really close to the paper. Like, so close your nose touches the paper. Then try to read it.

It's not always easy to be kind, is it? The closer you get to someone, actually, often the harder it is. Sometimes we forget that when we aren't kind, it's like telling others they aren't valuable to us—that their feelings or thoughts don't matter. But you wouldn't ever want your family and friends to feel that way, would you?

How hard was it to read that paragraph? Pretty tricky, right? You'd think that being closer would make it easier, but sometimes, that closeness makes it more challenging, just like kindness. So how can you be kind, even when it's hard?

- You can pause before saying or doing something unkind.
- You can take a step back from the situation and ask God for help.
- We can think of what makes that person valuable: being made in God's image.
- You can think of the good things that person has brought into your life.
- You can ask a friend or family member to be an accountability partner—to check in with you and ask if you are being kind to those closest to you.

Being kind to those you are closest to is a choice you have to make every single day, but you can do it with God's help!

Day 3

Dear God, thank You for sending

Jesus to show me how valuable I am

to You. I want to show kindness to

others, but sometimes being kind

to the people closest to me is really

hard. Please give me the power and

compassion to show kindness to

_____ (your grownups)

_____ (your siblings)

_____ (your best friends)

and _____ (anyone else you're close to)

In Jesus' Name, I pray. Amen.