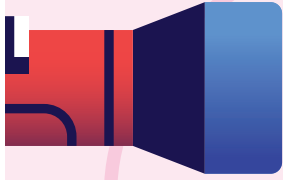


Kindness is showing others they are valuable by how you treat them.



DAY 1

Read Ephesians 4:32

“But he broke it!”
 “You messed up everything I just built!”
 “What do you mean you forgot to bring your ball?
 We can’t play without it!”
 “But he said something mean first!”

It’s not always easy to show kindness to others when they’re not kind to you, but just because it’s not easy doesn’t mean we should be mean. Read the second sentence of today’s verse—the part that says, “because of what CHRIST has done.” The only way we can truly show kindness when someone doesn’t deserve it is because that’s what JESUS did for us. Jesus died on the cross so that we could be forgiven. Because of that amazing act, we are called to be kind and loving to each other.

Think about a time this week when someone wasn’t kind to you. How did you react? After reading this verse, if you could go back in time, would you change how you responded? Why or why not?

DAY 2

Read John 13:34–35

When Jesus spoke these words, there was a LOT going on. Unscramble the words below to review what was happening.

Jesus the disciples feet.
 E S A W D H
 (John 3:1-17)

Jesus revealed that would
 D S U A J
 betray him. (John 3:19-27)

Jesus told His friends, “I will be with you only a
 little (John 16:33)
 E N O L G R

Before He faced the cross and His glorious resurrection, Jesus stopped to give His friends a new command: to love each other, just as He had loved them. By choosing kindness and love, they would show everyone that they were Jesus’ disciples.

Have you been kind lately? Would the people around you know that you’re a follower of Jesus just by the kindness you’ve shown?

Because Jesus showed us how to love and show kindness to others, we can be kind and loving too. And when we are, we let others know that we are Jesus followers too.

Answerkey: Washed, Judas, Longer



DAY 3

Read Luke 6:31

If you were sad, or disappointed, or just plain angry, how would you want someone to treat you? If you were happy, or excited, or nervous, how would you want others around you to respond? We can all name the ways WE would want to be treated. With that idea in mind, finish the scenarios below.

Your sister is so excited because she made the cheerleading squad. While cheerleading isn't your favorite, you still choose to

.....

A new kid in your class needs a partner for reading time. You notice that no one else is asking him so you

.....

You throw to a teammate but he's not paying attention. The other team intercepts the ball and scores to win the game. You tell your teammate

.....

Remember, Jesus shows us how to be kind. Treating others the way we want to be treated is a great place to start.

DAY 4

Read Matthew 5:7

Do you ever do that annoying thing where you repeat everything the other person says or does? I'm sure everyone's done that at some point to annoy someone else.

Jesus reminds us to show mercy or kindness to others. When you do, Jesus says, you'll receive mercy and kindness right back.

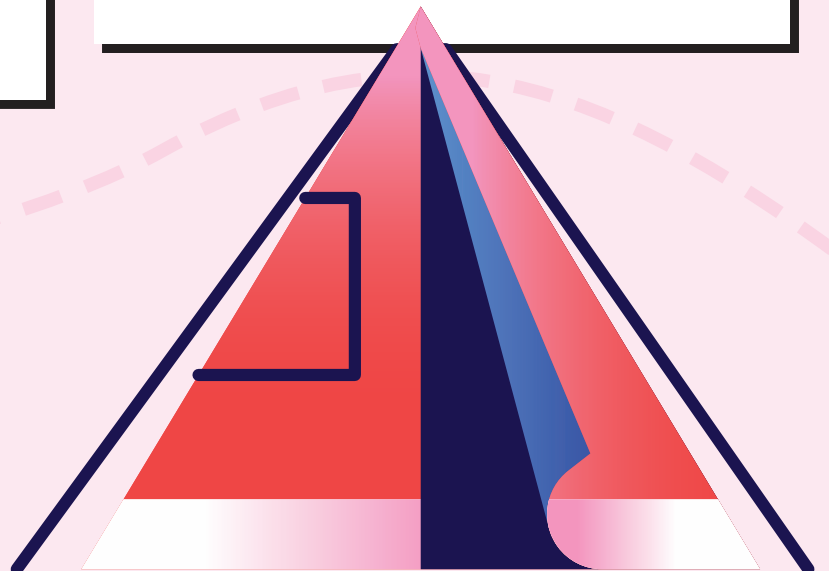
Maybe you're thinking, *Nuh, uh! I was nice to so and so and he was NOT nice back.*

Jesus was also kind to lots of people who were unkind to Him.

However, Jesus was kind to YOU by choosing to take on the punishment for sin, by dying on the cross to save us. When it comes to kindness, let's copy Jesus and choose to show mercy.

Think of someone that has recently been unkind to you. Ask God to help you forgive that person and to choose to treat them with kindness and mercy, because God has been kind to you.

Jesus showed us how to be kind.



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."

..... J H M C S N S G D

..... B K N R D R S

..... X N T

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.

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.

Kindness is showing others they 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.



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:

.....oe oe aoe

..... eeoo

oeoe a

.....ouee"

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

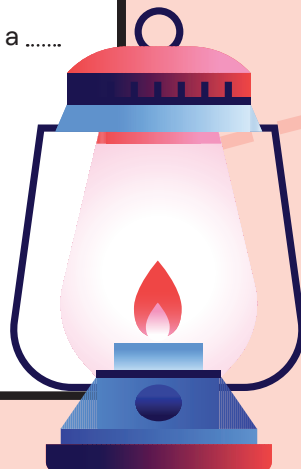
Read Proverbs 16:24

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.

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

DAY 1

Read Luke 10:36–37

Jesus often told stories to help His audience understand His teaching. When He told this story, His audience knew that Jews and Samaritans were NOT friends. In fact, Jews would travel out of their way to avoid going through Samaria.

In Jesus' story, it was a Samaritan who stopped and helped the hurt man, not a fellow Jew. The Samaritan showed kindness, even though Jews and Samaritans were very different from one another. Jesus ended His story by saying, "Go and do as he did." Jesus was reminding us that kindness is for everyone, even the people you'd say are nothing like you.

Like a Good Neighbor

Grab a piece of paper and draw a picture of this story in 2024. Read Luke 10:25–37 if you need to. Somewhere on the page, write, "Be kind to people who are different from you." Share this picture with your family and talk about ways you followed Jesus' words to "go and do as he did" and showed kindness to others this week.

DAY 2

Read Proverbs 11:17

What happens when you choose kindness? What happens when you choose meanness instead? This verse makes it pretty clear. Kindness leads to good things. Meanness leads to trouble.

Think about it: When someone hurts you and you hurt them back, the problems just get worse and worse. Meanness leads to more meanness, but when you choose kindness, it benefits you. It's GOOD for you. Even if the person who hurts you doesn't respond in a kind way back, when YOU choose kindness, you always walk away on the winning side.

Time For Kindness

Grab a piece of paper and fold it into four sections. Inside each section, write down the following times of day—breakfast, lunch, dinner, and bedtime. Beside each time of day, write down the names of one or two people you usually see during those times. Then draw a picture or write down a way you can show kindness instead of meanness to the people you've listed at those times of day.

DAY 3

Read Hebrews 13:2

Who is your favorite sports team? In the box, write out your favorite chant, cheer, or tagline to represent that team. Feel free to use team colors if you'd like.

Who is your favorite team's biggest rival?

What if for the next month, someone from that team showed up each morning at your front door, decked out in their team colors to sing their fight song? How would you respond? Would you invite them in for breakfast? Would you stop and tap your feet along to their catchy tune?

God wants you to show kindness to everyone. When you welcome and love and care for people who are different from you, even people who root for the "wrong" team, you're acting just like Jesus would! Kindness shouldn't be something we only offer some people. Kindness is for everyone, no matter who they root for!

DAY 4

Read Matthew 5:43-44

When you talk to God, what do you talk about? After you thank God for your food. . . or your family. . . for what you want and need. . . what do you REALLY say to God?

Do you pray for other people?

Do you pray for those who HURT you?

Do you stop to ask God to bless them? To protect them? To keep them safe?

Loving your enemies is really hard, but that's what Jesus tells us to do. A good way to start to be kind to others who aren't kind to you is to pray for them. Ask God to change your heart towards them, to help forgive them for the wrong they've done, and choose to respond with kindness.

Don't think you can? There's no better time than right now. Think about someone who hurt you this week. Bow your head and take some time to pray for that person, right now.

Be kind to people who are different from you.

