

# 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.

