



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

Go the Extra Mile
Matthew 5:41

Key Question

Have you ever received unexpected kindness?

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

Activity

The Extra Mile

WHAT YOU NEED:

About 20 index cards, and something for you and your child to write with

WHAT YOU DO:

Divide the cards between you and your child. Say, "Let's write down some of the tasks and chores we do on a daily basis—one per card."

(Take a few minutes to write down five to 10 tasks while your child does the same.)

Then say, "Now, let's flip the cards over and write down one way we can go 'the extra mile' with that task or chore—in other words, how we can do more than we have to do."

Talk About the Bible Story

Why is going the extra mile a great way to show kindness? *(It shows people that we value them.)*

When has someone gone the extra mile for you? How did it feel?

What usually keeps us from going the extra mile?

What can you do this week to go the extra mile? Think about homework, schoolwork, friendships, chores at home, relationships with family, sports practice, instrument practice, etc.

Parents, share an example of when someone went the extra mile for you.



Prayer

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

"Dear God, thank You for this important truth Jesus taught about kindness. We know You were kinder to us than You had to be when You sent us Jesus . . . and that makes us want to do the same for others. Please help us think of ways we can do an unexpected, extra-kind thing for someone else. We love You. In Jesus' name we pray, amen."

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



DAY 1

Read 1 John 3:18

What's the difference between saying something kind and doing something with kindness? Which is more important, saying or doing?

The answer is both. Words matter. When we say what we mean and mean what we say, others can trust us. But when we say something kind but then act in an unkind way, that leads to distrust and hurts the people around us. It's not enough just to use kind words. Our actions should back up our words too. Read the scenarios below. Rewrite the second sentence to show kindness in action.

Shelia says that Taylor is her best friend. But Shelia doesn't invite Taylor to her birthday party.

Micah says, "I love you, mom" as he heads out the door. But when his mom reminds him to take out the trash, he rolls his eyes and lets out a big sigh.

This week, ask God to help you choose words and actions that show others they are valuable to you.

Let's be kinder than we have to be.

DAY 2

Read 1 Corinthians 13:4

Set a timer for one minute. During that minute, you cannot talk and 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 a lot 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.

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 your sibling or a friend. Do you remember what you fought about? Do you remember what you said?

Arguments and disagreements are normal, especially between people who know each other well or end up spending lots of time together. But kindness is about looking beyond that disagreement or argument to remember how valuable the other person is. Because the person on the other side of you is way more important than winning or making a point.

It is possible to disagree and still be kind. The key is to put the other person first. So the next time you find yourself arguing, stop. Look the other person in the eye and choose to honor him or her more than whatever point you're trying to make. Ask God to help you be kinder than you have to be.

DAY 4

Read 1 Thessalonians 5:15

Have ever heard the phrase “two wrongs don’t make a right?”

Today’s verse reminds us that instead of paying back a wrong with another wrong, we should we should always try to do what’s best for the other person.

So here’s a little kindness challenge for you. This week, when you find yourself upset or angry and ready to pay someone back, stop and ask this question: **“Right now, how can I be kinder than I have to be?”** Do what’s good for the other person instead. Choose to show the person who’s bugging you that they are still valuable to you.

You’ll probably need lots of help from God with this. Picture the person you tend to argue with the most and ask God to help you stop trying to pay them back and start showing kindness instead.

Be kinder than
you have to be.