

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?

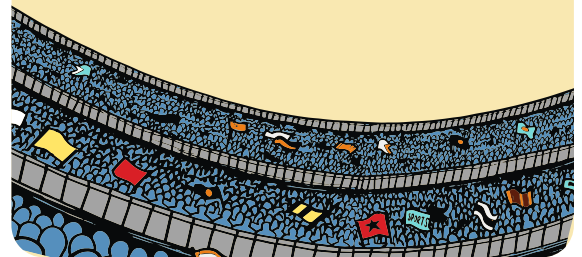
Talk About the Bible Story

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."

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

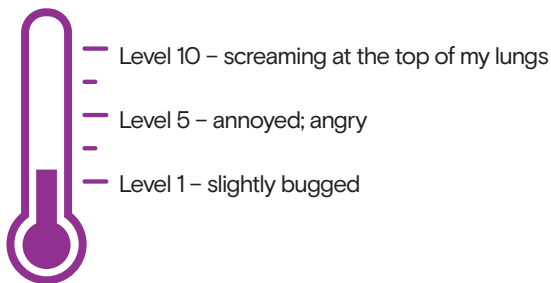
DAY 1

Read Matthew 7:12

When it comes to kindness, sometimes our families get the short end of the stick. Families see you at your best and at your worst. And because you're together every single day, you have more opportunities to get on each other's nerves.

But all that bugging, annoying behavior from the people you live with doesn't give you a pass on treating others with kindness. In fact, it's even more important to treat the people closest to you the way you want to be treated.

Think about that last time you got into an argument with someone in your family. When the conflict happened, how annoyed were you with the other person? Color in the "annoyance thermometer" to show your level of annoyance.



Take a look at your thermometer. If you filled in anything five and above, did you do or say something in that moment that you wish you could take back? How would the command that Jesus gave "to do to others what you would want them to do to you" help you react in a kinder, more loving way next time?

DAY 2

Read Proverbs 16:23-24

Have you drizzled honey on a warm piece of buttered toast? Is your mouth watering just thinking about it?

Today's verse compares kind words to honey. When you're wise and choose kind words, they can bring healing. You know exactly how it feels to have a really bad day totally turned around by a kind word from a friend.

When it comes to showing kindness, sometimes the people we have the hardest time with are our family and friends. 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.

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!**



DAY 3

Read Galatians 6:10

On a separate piece of paper, draw a picture of your family

Families come in all shapes in sizes. Maybe you have a lot of siblings. Maybe you're a twin. Maybe you're an only child with three cats and a dog.

Whatever your family looks like on the outside, we all have the same problem on in the inside. No member of your family is perfect, including you. That means that no family is perfect. But that doesn't give us a pass on doing good and showing kindness to the people that know us best and matter most.

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 you need to ask forgiveness for, ask God to help you say you're sorry and make a different choice next time.

DAY 4

Read Ephesians 4:29

Have you ever played a game of Jenga? Here's a little secret that no one really tells you. Come close and read the next few words very carefully: It's impossible to move every single Jenga block *without* the tower falling over. Kind of a bummer when you think about it.

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

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.**

Be kind to
your family and friends.