

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



DAY 1

Read Ephesians 4:32

In the space below, list five of your most valued possessions (things):

Are the things on your list expensive? Did you save up your own money to purchase something on this list? Was something on this list given to you by someone you love?

This month is all about kindness! Kindness is showing others they are valuable by how you treat them. **You can show kindness to others because God is kind to you!** You are highly valued by God. He made you and proved His love for you when He sent Jesus.

Pray and thank God for His love and kindness toward you. Ask Him to help you see just how valuable you are to Him.

DAY 2

Read Joel 2:13

Have you ever messed up? Maybe you told a lie and got caught. Maybe you took something that didn't belong to you. Maybe you said something really hurtful in the middle of an argument that you wish you could take back.

Did you know that 100% of the time, no matter what you've done, that God will treat you with kindness? Below is an incorrect version of today's verse. Cross out the incorrect underlined words and write the correct ones.

"He is angry and unkind. He is quick to get angry. He is completely out of love."

All have sinned (messed up). No one is perfect as God is perfect. But God doesn't hold our mistakes and mess ups against us. He is tender and kind, slow to get angry and full of love. And because God is kind to us, even when friends around us mess up, we can choose to be kind to them, too.

Is there someone you've having trouble showing kindness to? Did that person do something that hurt your feelings? Ask God to help you show kindness just as He has shown kindness to you.



DAY 3

Read Titus 3:4-5

Let's say you break something valuable, like your brand-new tablet. When your mom comes home to find it broken, your little sister steps in and says that she did it. So your little sister gets punished and you walk away, even though the broken tablet was your fault.

This is similar to what Jesus did for you. Because God is perfect and we are not, we are separated from God. And no matter how hard we try; we cannot do enough good things to earn our way into a relationship with Him. We cannot make ourselves into perfect humans.

So Jesus stepped in. He took the punishment for all of our mess ups by choosing to die on the cross even when He had done nothing to deserve that punishment. Talk about kindness! Jesus came to save us. He didn't save us because of any good thing we might have done. He saved us by choosing to give His life on the cross to pay the price for our sins.

Did you know this about Jesus? If not, read today's GodTime to an adult you trust that follows God. Talk about the kindness Jesus has shown to all of us and how you can choose to follow Him.

*Be kind to others because
God is kind to you.*

DAY 4

Read Psalm 143:8

What are some things you do as part of your morning routine? Circle all that apply from the list below:

Brush teeth	Eat breakfast	Make my lunch
Make my bed	Finish homework	Put on my shoes
Get dressed	Feed a pet	Check my hair

Psalm 143:8 reminds us that God's love is faithful. That means His kindness is constant. And when we trust in Him, He will show us how to share that kindness with others.

Grab three index cards or scraps of paper and write out the words of today's verse on each one. Then select three of the things from the list above that you do each morning to prepare for the day and post each card near those tasks. As you read this verse three times each morning, ask God to help you show kindness to others throughout the day, knowing that He is kind to you.

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.



- Level 10 – screaming at the top of my lungs
- Level 5 – annoyed; angry
- Level 1 – slightly bugged

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

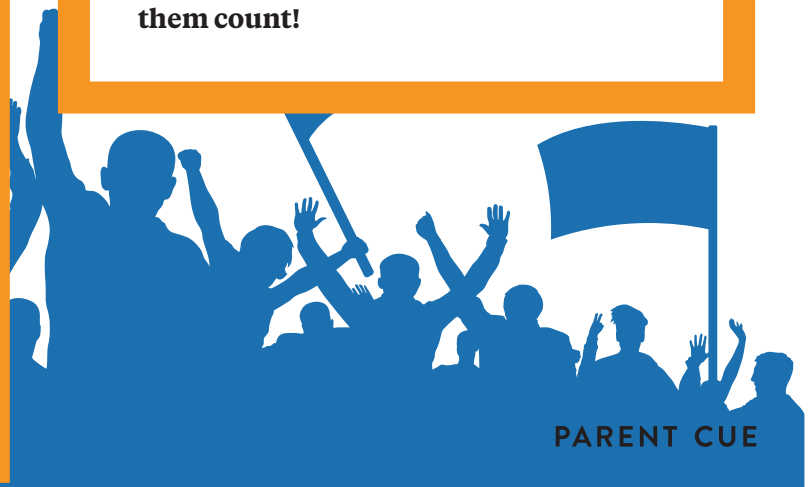
Read Proverbs 16:23-24

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!**



PARENT CUE

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.*

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.

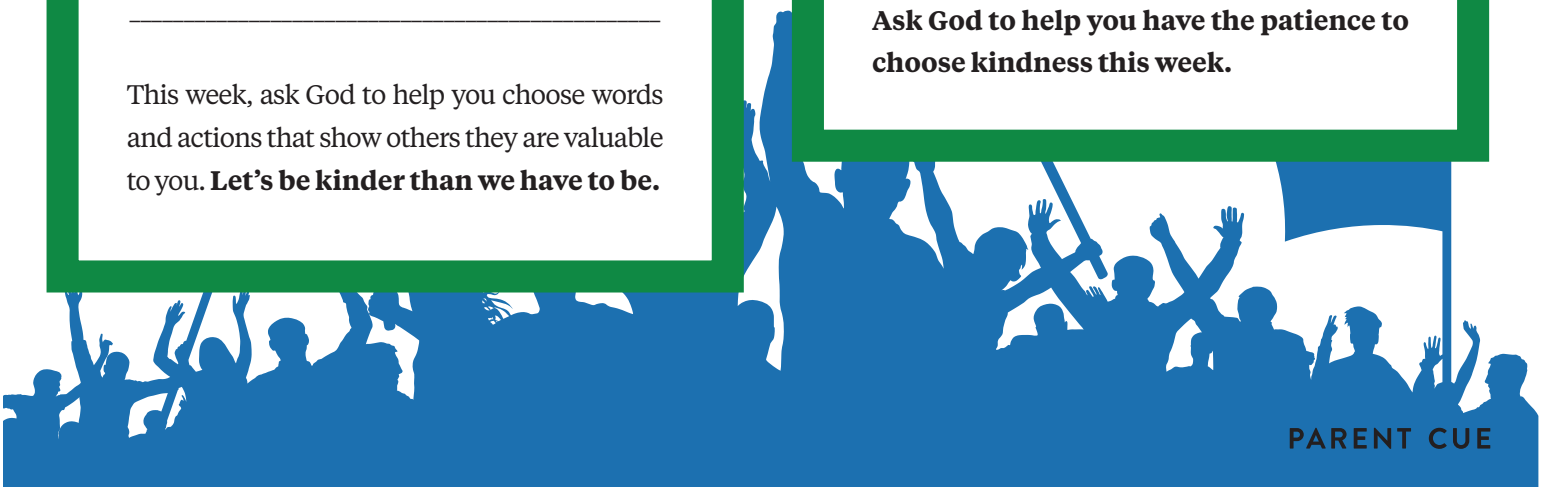
Did you make it the full minute? Could you make it for five minutes? What about 15 or 20? That would definitely be harder. It would require a lot of patience.

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.

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.*

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

WEEK
4
2ND-3RD

DAY 1

Read Hebrews 13:2

Who is your favorite sports team? Yell out your favorite chant, cheer, or tagline to represent that team.

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.**

DAY 2

Read Proverbs 11:17

Think about the kindest person you know. It might be your mom or your grandfather or your favorite teacher. Are you picturing that person in your mind right now? How does he or she show kindness?

There are big benefits to choosing kindness, not just for the people around you but for you too. But the opposite is also true. Mean people bring ruin on themselves. That means things won't go well for you. Nobody wants to hang out with someone that's always unkind. Choosing kindness is always wise.

Decode the secret message below about kindness. Cross out the letter and write the very next letter in the alphabet in the blank above it. (For instance, if the letter you see is "B", cross it out and write "C" on the line above it. If you see a "Z" the blank will be filled with an "A"):

A D J H M C S N O D N O K D

V G N Z Q D C H E E D Q D M S

E Q N L X N T

Answer: Be kind to people who are different from you.

PARENT CUE

DAY 3

Read Romans 13:10

When Jesus was asked “What is the most important commandment?” do you remember His answer? Jesus said to “Love the Lord your God” and put Him first. But He quickly added a second part, to “Love your neighbor as yourself.”

So, who is your neighbor? When Jesus was talking about loving your neighbor, He wasn’t just talking about the people who live in your neighborhood. Neighbor includes pretty much anyone and everyone you see each day.

Kindness is showing others how valuable they are by how you treat them. Jesus said to love others as you love yourself. That means that everyone deserves kindness, even people who look, think, act, and talk differently than you.

Read the scenarios below. Then act out one way you could show kindness in that situation:

The kid on the other team gets knocked down right in front of you on the field.

The kid next to you on the bus looks sad.

DAY 4

Read Luke 10:25–37

Jesus would often tell stories to help His audience understand His teaching. Today you are reading about The Good Samaritan.

Bottom line is that the Samaritan felt sorry for the man and showed kindness, even though they were very different from one another. He stopped and helped the man. He saved his life.

Jesus ends His story by saying, ‘Go and do as he did.’

Grab a piece of paper and draw a picture of this story in 2020. When you finish, write, “Be kind to people who are different from you” on the page. Share this picture with your family and talk about ways you “go and do as he did” and show kindness to others this week.

*Be kind to people
who are different from you.*

