

KINDNESS

SHOWING OTHERS
THEY ARE VALUABLE
BY HOW YOU
TREAT THEM.

WEEK
1

READ COLOSSIANS 3:12

DAY 1

Kindness is a choice. Think about it. When your mom gently nudges you awake in the morning, do you really want to be kind to her in that moment? Probably not. Most likely, you bark back something like, "Leave me alone, Mom!" Or maybe, "Come back later! Five more minutes!"

From the time you wake up in the morning until the time your head hits the pillow after a full day, you have a lot of opportunities to choose to be kind. Kindness is showing others they are valuable by how you treat them. And guess what? While you might not be able to choose the time your Mom wakes you up for school, you CAN choose to show kindness to those around you. There's ALWAYS time to be kind.

Find a sticky note or a note card and a piece of tape. Write this week's bottom line on the sticky note/card. (There is always time to be kind.) Stick the card some place that you see every day. Every time you see the note, remember that kindness is the wise choice, all the time.

THANK God for the kindness He shows to you, so that you can be kind to others.

READ PROVERBS 3:3

DAY 2

Do you know what a phylactery is? Yeah, that's a pretty strange word. Phylacteries have been around since way back thousands of years ago when the Old Testament was first written. And believe it or not, they are still used by some people today. Basically, a phylactery is small leather box that contains four specific passages of Scripture. People tie these boxes around the forehead and the left arm as a way to help remember these important Scriptures as well as all that God has done.

We might not tie boxes to our heads, but the passages we read in the Bible should be on our minds throughout our day. God has given us His Word to show us what it means to believe in Jesus and follow Him. Through reading the Bible we find out how to make wise decisions and to treat others the way we want to be treated and to trust God no matter what.

Kindness and love should be your first response in every situation as you go through your day. And we might need something to remind us to do that.

Find a wide rubber band around your house and create a kindness bracelet to wear this week to remind you to show kindness. If possible, choose a rubber band that is wide enough for you to write "kindness" across the front.

ASK God to help you choose to show kindness this week.



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READ PROVERBS 11:17

DAY 3

This verse makes it pretty clear. Kindness leads to good things. Being mean leads to trouble.

Think about it. When someone hurts you and you hurt them back, the problems just get worse. Being mean eventually leads to more meanness. But like this verse also says, when you show kindness to others, it's actually good for YOU too. Even if the person who hurts you doesn't respond with kindness in return, when YOU choose kindness, you always walk away on the winning side.

Grab a piece of paper and fold it into four sections. Inside each section, write down one of 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. Remember, there's always time to be kind.

LOOK for ways to show kindness in every situation this week.

READ GALATIANS 5:22

DAY 4

Have you ever eaten a strawberry that wasn't quite ripe yet or pop a sour grape into your mouth at lunch? Not so tasty, are they?

Did you know that your life is like a piece of fruit? When you allow God to work in your heart, when you read His Word and talk to Him, it produces GOOD fruit. We're not talking about apples and bananas here, either. This verse tells us that when we allow God to work in us, we become more loving and more joyful. We become peacemakers instead of trouble makers. We respond with patience and KINDNESS.

But it has to start with following God. He is the only one who can really help you be kind to someone who isn't kind to you. The FRUIT of your life can be all these things when you ask God to show you how to respond in kindness.

Pack a banana (or an apple would work too) in your school lunch. Use a plastic knife (with your an adult supervising) to carve the words "Be Kind" into the side of your banana. Your secret message will appear when you open your lunch to eat it at school!

KNOW that God can help you be kind, even when you don't feel like it!

THERE'S ALWAYS TIME TO
BE KIND.