

KINDNESS

SHOWING OTHERS
THEY ARE VALUABLE
BY HOW YOU
TREAT THEM.

WEEK
4

READ EPHESIANS 4:32

DAY 1

It's not always easy to show kindness to others. Especially when they're not kind to you. It is especially hard to forgive them.

But guess what? Just because it isn't easy doesn't make it okay for us to be mean. In fact, we have a very big reason to show kindness even when we don't want to and the key is found in this verse. Did you see the part where it says, "because of what CHRIST has done?" The only way we can truly show kindness when someone doesn't deserve it is because that's what JESUS did for us.

Jesus came to the earth, lived a perfect life, and at the end of His time on earth, He performed the most amazing act of love and kindness ever. He died on the cross, taking on the punishment that we deserved ourselves so that we could be forgiven. And because of that amazing act, we are commanded to be kind and loving to each other.

Think about a time this week when someone wasn't kind to you. Now think about how you responded. After reading this verse, if you could go back in time, would you change the way you responded? Why or why not?

THANK God for sending Jesus to show you how to be kind to others.

READ LUKE 6:35

DAY 2

"Enemy" is a strong word, and if someone were to ask you who your enemies are, it might be hard to come up with an answer. There are people in your world who are difficult to get along with; people who are hard to love. But think about God. He shows kindness to all people. His love is for EVERYONE. He doesn't choose to love us based on our behavior.

What if the kid who is mean to people has no idea that God loves him? Remember, God loves him just as much as He loves you. And maybe the kindness you show could point him towards God's love.

Write the word "enemy" in large block letters on a piece of paper. Think about how God can help you turn that "enemy" into a friend by the way you treat them. Using either of the "E's or the "N" from "ENEMY", write the word "FRIEND" in large block letters down the page. Then color your picture completely so that the word "enemy" is gone and only "FRIEND" remains.

ASK God to help you respond with kindness so you can show people His love, too.



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READ MATTHEW 5:43–44

DAY 3

When you talk to God, what do you talk to Him about? Maybe you thank Him for how your day went or pray for your friends and family to feel better, or maybe you pray for your own needs. But do you ever think to pray for those who have HURT you? Do you stop to ask God to bless them? To protect them? To keep *them* safe?

That's what Jesus said we should do. But it's really hard pray for those who hurt us. In fact, it's probably pretty easy to ignore them completely when we pray.

Loving your enemies is really hard. But a good way to start to be kind to them is to pray for them. Ask God to change your heart towards them. Ask Him to help you forgive them for the wrong they've done. Ask Him to help you choose to respond in kindness.

Think about someone who hurt you this week. Take some time right now to pray for that person.

LOOK for ways to forgive and pray for those who hurt you.

READ 1 PETER 3:9

DAY 4

When someone hurts you, do you ever want to get revenge—hurt them back more than they hurt you? It's easy to want to pay back wrong for wrong. But there is a better way.

When you know and follow Jesus, the way He lives through you should show up in how you treat others. That means we should pay back those who hurt us with kindness. It doesn't mean we put ourselves in an unsafe situation, but we can figure out a way to respond to people with kindness instead of anger or revenge.

Below are some unkind words and phrases. In the blank next to them, write a kind response instead of a mean one.

Your hair looks really weird today. _____

How in the world could you get that answer wrong? It was soooo easy! _____

What is that in your lunch? It looks so gross. _____

What's wrong with your eyes? Why do you have to wear those ugly glasses? _____

You always raise your hand and answer the questions. Teacher's pet! _____

Your mom put a note in your lunch? What a big baby. _____

KNOW that God wants us to choose to pay back a wrong with kindness.

BE KIND

TO PEOPLE WHO ARE NOT
KIND TO YOU.