

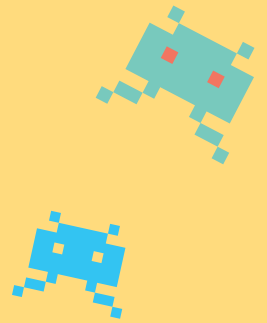
READ ROMANS 12:10

DAY 1

Today's verse reminds us to love others and put them first. That starts with kindness. So here's a little kindness challenge for this week. Grab a piece of paper and tear it into twenty pieces. On each piece of paper, write down one random act of kindness. It can be anything to make someone else's day like taking out the trash, reading a book to a younger sibling, or telling someone a joke.

Once you've come up with 20 things, fold each piece of paper in half and place in a jar. Shake up the jar and place it in your room. Challenge yourself to complete all your random acts of kindness this week. How many can you complete in one day? Remember, every small act of kindness matters. So be kind to everyone.

THANK God for His kindness towards you so that you can show kindness to others.



READ ZECHARIAH 7:9


DAY 2

Write the words "Justice" and "Mercy" at the top of a piece of paper. Try to ask three people (friends or family) what they think these words mean and write down their definitions. Make sure you complete this task before you read the rest.

COMPARE YOUR ANSWERS TO THE ONES BELOW:

Justice: the quality of being fair or reasonable

Mercy: compassion or love shown in a real way



Think about this past week. When was it hard to treat someone else with fairness? Treating others justly is hard! When someone is unkind, it's natural to want to respond in the same way. Mercy is more than a feeling. Mercy is about action. God is merciful towards us. He proved His love and compassion by sending Jesus.

The next time you're tempted to respond in anger or say something that is unkind, remember the justice and mercy God has shown to you. Choose kindness because God loves and cares for you. And remember, God's Holy Spirit is there to help you be kind to everyone.

ASK God to help you treat others with justice and mercy in order to be kind to everyone.

READ EPHESIANS 4:32

DAY 3

Forgiveness. It's hard isn't it? When someone hurts you, it's natural to want to hurt them back. Does God treat us this way? Nope. Think about it. Every time you sin, every time you're dishonest, unkind or selfish, you hurt God. Sin is a big deal because it separates us from the God who made us and loves us.

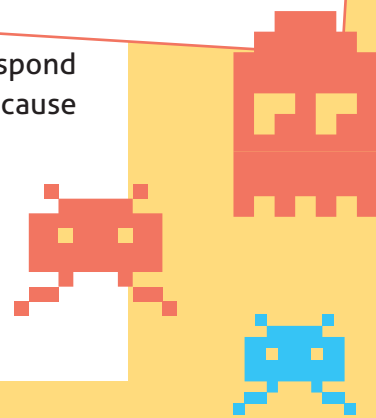
Thankfully, God did something about that separation. He sent Jesus, His only Son, so that we could be forgiven for every wrong thing we've done in the past and every wrong thing we'll do in the future. Jesus gave His life for everyone as the ultimate act of kindness.

Knowing that God loves you and that He's forgiven you should cause you to respond to others in the same way. We should choose kindness and forgiveness because we've been shown kindness and forgiveness, too.

Fill in all the missing verbs (or action words) in the verse to the right.

LOOK for ways to show kindness and forgiveness to others this week.

"Be _____ and
_____ to one another.
_____ one another,
just as God _____
you because of what Christ
has done." Ephesians 4:32,
NIRV



READ PROVERBS 11:17

DAY 4

How is your kindness challenge going? Have you completed all 20 yet? Which one was the most difficult to complete? How did it make you feel to show kindness to others?

Grab your jar of random acts of kindness. Shake it up and toss those pieces of paper around like confetti. Now, look around at all the places where your pieces of paper have landed. When you choose to be kind, it touches everyone around you. Think about spreading kindness like confetti. Because kindness is contagious.

Just because you've completed this challenge doesn't mean the kindness has to stop. After all, as today's verse reminds us, kindness doesn't just benefit the person on the other side. It benefits you too! So let's spread kindness to everyone and watch how your simple acts change the world around you.



KNOW that kindness is like confetti—it touches everyone we meet!



**Be kind to
everyone.**