

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

God Was Kind to Us  
Ephesians 4:32

### Key Question

What does kindness look like?

Use this guide to help your family learn how God wants us to be kind to everyone.

## Activity

### Reaction

#### WHAT YOU NEED:

Paper and crayons, colored pencils, or markers

#### WHAT YOU DO:

Tell your kid that you're going to give them a scenario. It's their job to decide what the "kind" reaction to that scenario would be. But instead of telling you, they have to act it out!

#### Scenarios:

- Your brother spilled chocolate milk all over your homework assignment. Your first response is to yell at him, but what would it look like to show kindness first?
- A new kid moved into your neighborhood. You don't know what to say to them, and you feel awkward because you don't know them, so your first response is to avoid them. But what would it look like to show kindness first?
- You are really mad at your friend. Your first response is to give them the silent treatment, but what would it look like to show kindness first?
- Two of your friends are having an argument. Your first response is to pick a side, but what would it look like to show kindness first?
- Your little brother is nervous about the first day of kindergarten. Your first response is to tease him about being nervous and tell him that kindergarten is no big deal, but what would it look like to show kindness first?

## Talk About the Bible Story

What's something kind someone did for you lately?

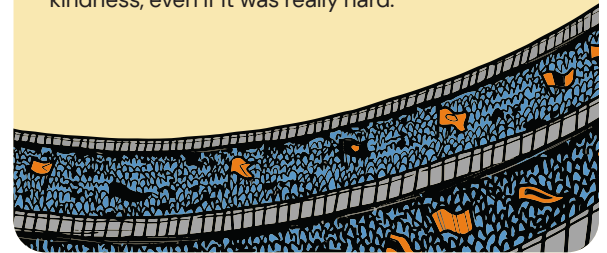
What's something kind you did for someone else lately?

Often our first response isn't to show kindness. What can you do to remind yourself to respond with kindness first?

Why is kindness important? How do you feel when someone is kind to you versus when someone is unkind to you?

God showed us kindness by sending Jesus. What are some ways Jesus showed others they were valuable? How was Jesus kind to others? (*He forgave people, didn't fight, was humble, fed people, helped people when they were sick, listened to people, encouraged people, etc.*)

Parents, talk about a time you chose to show kindness, even if it was really hard.



## Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"God, thank You for loving us and for always choosing to show kindness to us. You know how we feel, and You care about each one of us. Help us show kindness to others and show them that they're valuable and important. Help us to forgive like You have forgiven us. We love You, God. In Jesus' name we pray, amen."