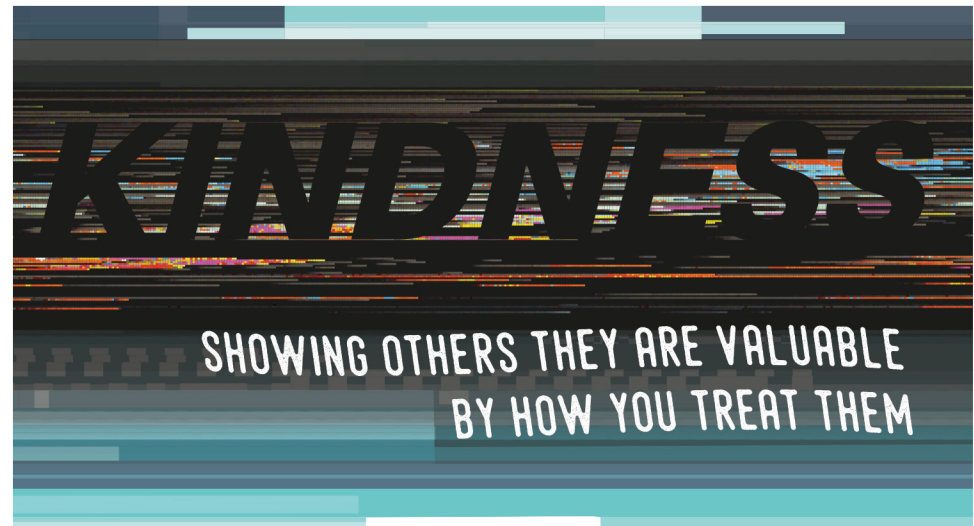




DAY 4

In John 14:16, we read that when we believe in Jesus, we have a “friend” or “helper” that God has given to us. Do you know who that might be? It’s the Holy Spirit! Remember, Titus 3:6 says, “God poured out the Spirit on us freely.”

Being kind is not always easy, but we have the Holy Spirit living in us who helps us show kindness even when we aren’t feeling very kind in our hearts. Set daily reminders for a week on your phone or iPad to show kindness to others. If you have a calendar, mark the days you do a great job showing kindness with a special symbol to keep track of your progress!



READ TITUS 3:4-7

DAY 1

Read Titus 3:4-7. When reading the Bible, it’s always important to ask the question, “What does this teach me about God?” Look closely at verse 4. What is it telling us about God’s character? It’s telling us that He is *kind*.

Kindness means showing others they are valuable by how you treat them. Look back at these verses and find 5 ways that God showed us kindness. Write them below.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**WOW!**

That is an overwhelming kindness unlike any other. Take a moment and thank God for His loving-kindness.

## DAY 2

BEGIN BY REREADING **TITUS 3:4-7**.

**READING THESE VERSES AGAIN HELPS THEM SINK INTO OUR HEARTS.**

Use markers or colored pencils to write this prayer on a piece of paper:

Dear God, thank You for the loving-kindness You show me. Please teach me what it means to be kind like You and help me show kindness to others every day. Change my heart to make me more like You.

Decorate it however you'd like and tape the piece of paper on your bathroom mirror or somewhere in your room and begin each day of this month with that prayer.

PRAY  
TO GOD

## DAY 3

Review the list you made on Day 1 of this week. God's kindness to *us* is the reason behind our kindness to *others*, so it's important to be able to talk about His kindness with other people.

If you can, take a walk outside with a trusted adult today and talk with him or her about kindness.

**ASK:**

- **HOW HAS GOD'S KINDNESS CHANGED YOUR LIFE?**
- **WHAT ARE SPECIFIC EXAMPLES OF GOD'S KINDNESS YOU HAVE SEEN OR RECEIVED?**

Share your own answers to those questions, too!

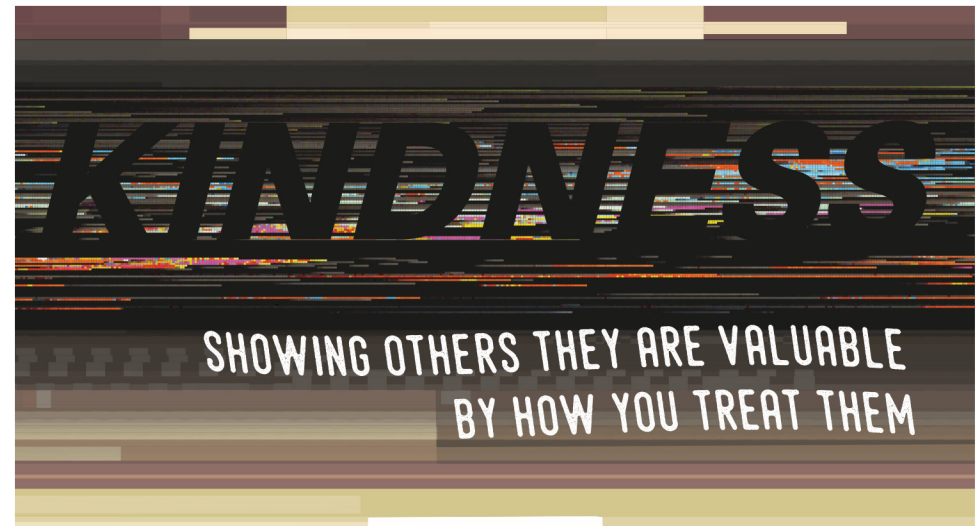
TALK  
ABOUT GOD



Think about how difficult it was for Ruth to show kindness to Naomi the way she did. Wouldn't it have been much easier for Ruth to stay in her own city and not worry about Naomi? She could have stayed in the place that was familiar and looked out for *herself*. Instead, she chose to go to Bethlehem, where she knew no one, to take care of her mother-in-law. Not only that, she worked to make sure Naomi had all that she needed. That is *over-the-top kindness!*

Being kind to our family members can be harder than being kind to friends, neighbors, and even strangers. The good news is that you can do it with the help of the Holy Spirit.

Look for ways to show over-the-top kindness to your family this month. Start today by sending a text or email to a family member to say something kind. You might just make their day!



## DAY 1

Take your Bible and a highlighter to a quiet place. Read the first two chapters of the book of Ruth. As you read, you'll meet three important people: Ruth, Naomi, and Boaz. Ruth was married to one of Naomi's two sons. Sadly, Naomi's husband died, and about 10 years later, both of her sons died as well. Naomi was left without any family other than her daughters-in-law, Ruth and Orpah.

When Naomi decided to return to her hometown of Bethlehem, pay attention to what Ruth does. Then, pay attention to what happens when Boaz enters the story.

Use your highlighter to mark parts of the story when the characters show kindness. Take your time to make sure you don't miss anything, and we'll look more closely at this passage tomorrow!

## DAY 2

### THINK BACK TO THE CHAPTERS YOU READ YESTERDAY.

Ruth, Naomi, and Boaz were all part of the same family and went out of their way to take care of one another. Even though Jesus wasn't born when this story took place, the kindness of Boaz was a wonderful preview of the loving and kind Savior who was to come.

This story shows us how our kindness to others, *especially* our family, is a way that we reflect God's character to the world around us. Sometimes, treating our family members with kindness can be difficult.

Listen to some praise or worship music while you get dressed this morning or before bed tonight and think about God's kindness. Pray that He would help you show kindness to your family like Boaz and Ruth did.

PRAY  
TO GOD

## DAY 3

Today might be a challenging day! Ask God to help you be a good listener and see how you can become more like Him.

Find a time today to ask a family member or a friend three questions:

- DO YOU THINK I AM KIND TO OTHERS?
- WHAT ARE ACTS OF KINDNESS THAT YOU WOULD REALLY APPRECIATE?
- WHAT ARE SOME WAYS WE CAN WORK ON BEING KIND THIS WEEK?

As they answer your questions, remember: *just listen!* Afterwards, find a quiet spot in your house or go on a bike ride and spend some time talking to God. Ask Him to forgive you for times you have been unkind and to help you be more kind each day.

TALK  
ABOUT GOD



DAY 4

You have learned a lot this week! You've learned how important it is to show kindness to the people who need it most. You've learned that Jesus cares about how we treat those who need kindness most because it shows how much we love Him. You've thought of people in your life who really need unexpected kindness and talked with a trusted adult about how you can show kindness to those people.

## NOW WHAT?

Now, it's time to put everything you've learned into action! Take every opportunity to show kindness when you see someone who needs it most. Get started with the first person on your list.

Even the smallest act of kindness shows others that they are valuable.

LIVE  
FOR GOD



READ MATTHEW 25:35-40.

DAY 1

Who is talking in these verses? If you look back to verse 31 and read through verse 40, you'll see that the person talking is "the King." That means Jesus in these verses!

Jesus is giving His disciples an illustration in these verses. He is explaining to them that when they show kindness to people who are in need, outcast, sick, or alone, it is like they are showing kindness to Jesus himself. That is amazing to think about!

Go back through the verses and see how many examples of people that Jesus describes as "the least of these" you can find. Circle them with a pen or colored pencil or write them on a separate piece of paper.

HEAR  
FROM GOD

WEEK 3 : PRETEEN

## DAY 2

### THINK ABOUT THE PEOPLE IN YOUR LIFE THAT MIGHT BE EXAMPLES OF "THE LEAST OF THESE."

They might be in need of some extra kindness.

Maybe there is a new student in your class who hasn't made any friends yet. Maybe you have an elderly neighbor who might be lonely. What about people you know at school, in your neighborhood, on your sports team, or at church? Write down any names that God brings to your mind on the lines below. Say a prayer for each person on your list today. Later this week, we will work to show these people some unexpected kindness!

_____	_____
_____	_____
_____	_____

## DAY 3

Spend a few minutes talking with a trusted adult about what you have been learning about kindness this week. Ask them if they have ever received an unexpected kindness. How did it make them feel? Share a time that you have received an unexpected kindness, too. How did it make *you* feel?

Remember that Jesus told the disciples that showing kindness to the people who need it most, is like showing kindness to Jesus Himself. Share your list of names from yesterday with them. Ask for ideas of ways to show unexpected kindness to the people on your list. Write the ideas in your school planner so you can look back at your list often.

### **MOST IMPORTANTLY, PRAY FOR GOD'S HELP!**





DAY 4

The first week of this month, we talked about how we have the Holy Spirit to help us live like Jesus. In Matthew 5:48, Jesus says, *So be perfect, just as your Father in heaven is perfect, (NirV)*. That verse is telling us that we need to do our very best to live our lives as much like Jesus as we can. We won't do it perfectly, but we can do it well with the help of the Holy Spirit.

Keep your eyes open for every chance to be kind to:

- family members and friends
- those who need unexpected kindness the most
- people who aren't kind to you.

And when you find something you can do—do it! You might be surprised how God can use *you* to make a big difference in His world simply by being kind!



DAY 1

Grab your phone or iPad and a pair of earphones. Using the Bible app, listen to Matthew 5:43-48. Listen closely to verse 44. In the boxes below, draw a simple picture of the 2 action words you hear in Jesus' command.

and

Jesus is explaining the importance of showing kindness not only to those who are kind in return, but also to those who are unkind to us or others. We do that by *loving* them and *praying* for them.

Yikes! That's a hard command to follow. If you look back at verse 45, Jesus explains that He shows mercy to both good people and evil people, to people who do the right thing and people who do wrong thing.

When we show kindness to those who don't seem to deserve it, we are living like Jesus.

## DAY 2

### WHEN WE THINK ABOUT SHOWING KINDNESS TO PEOPLE WHO ARE NICE TO US, IT'S EASY, RIGHT?

Showing kindness to people who are unkind is a different story!

Jesus has a better plan. He wants us to show kindness to the people who deserve it the least, the people who are not easy to be kind to. One of the best ways to show kindness to those who are unkind or you don't get along with is to pray for them. Praying for those who are unkind to you makes it easier to be kind to them by changing your attitude about them from the inside out. It can even help change their attitude, too!

What's your favorite way to burn off steam? Whether it's biking in your neighborhood, dancing to your favorite music, playing basketball, or kicking a soccer ball around in your backyard, get to it! While you're at it, talk to God and pray about what you learned today. You could pray something like this:

Dear Jesus, help me to be kind to \_\_\_\_\_ like You have been kind to me, especially when I think he or she doesn't deserve it. Help me show them Your love by how I treat them. Help him or her to be more kind, too.

PRAY  
TO GOD

## DAY 3

At breakfast, in the car, or during dinner, talk with a trusted adult about Matthew 5:45-47.

### ASK THEM:

- WHAT DO YOU THINK THOSE VERSES MEAN?
- HOW DO YOU SHOW KINDNESS TO PEOPLE WHO ARE DIFFICULT TO LOVE?
- HAVE YOU EVER BEEN UNKIND IN RESPONSE TO SOMEONE'S UNKINDNESS?

Even adults have to practice showing kindness to people who are not often kind in return. Together, think of 10 ideas to show random acts of kindness. Post the list on the fridge so the whole family can take on this challenge!

TALK  
ABOUT GOD