

# KINDNESS

Showing others they are valuable by how you treat them

**BOTTOM LINE:** Be kind to people who aren't kind to you.

Read Matthew 5:44

DAY **1**

## Kindness Hurts Sometimes

In your Bible, look up Matthew 5:44. There will be many times when someone is mean to you and you're going to be tempted to be mean to them. But when that happens, think about what Jesus did for you and how He loves you. Ask Him to help you have the strength and courage to be kind even when someone is mean.

Pray something like this: **"Dear God, Please help me show kindness to those who do not show me kindness. Give me the strength to be different and show them they are still loved, even though it hurts me. Amen."**

**ASK** God to give you strength to show kindness even when it hurts.

DAY **2**

## Kind vs. Unkind

Grab a piece of paper and a pencil. Fold your paper in half and write **UNKIND** on the one side of the fold and **KIND** on the other. Write or draw things that are not kind under the word unkind and kind things under the word kind.

For example:

**Unkind:** not sharing, fighting

**Kind:** helping, saying nice things

**LOOK** for ways to show others some of the kind things on your list this week.

DAY **3**

## Payback!

Sometimes we hurt other people by not being kind. Maybe we fought with our sibling or talked back to our parents or teacher. Pay them back with kindness. Draw them a picture of what you could have done to show them kindness and pass it along with an apology from you!

**KNOW** that people need our kindness, especially after we have been unkind to them.

DAY **4**

## Be Kind to the Unkind

Remember when we prayed for the strength to be kind to the unkind? Now it is time to act! Think of something you can do or say to the person who hasn't been very kind to you. Can you ask them to play with you, give them a compliment, or just smile at them? Show them God's love through your kindness!

**KNOW** that sometimes you're the only kindness someone may see, so it's important to be kind to everyone.

