

KINDNESS

Bearing fruit at home

What is kindness?

Kindness is expressing to others the same mercy and grace that God has given to us in Christ Jesus. This can be shown in both words and actions to those around us without merit.

*Be kind to each other, sympathetic,
forgiving each other as God has
forgiven you through Christ.*

Ephesians 4:32

Parents / Teens

BEST USE

An activity with older children/teens used to discover and understand kindness from a Biblical perspective

ADVANCE PREP

Bible or device that has a Bible

Step One

Read Ephesians 4:32. Why should we be kind to others? What did we do to deserve God's kindness?

Step Two

This week we are going to practice the ideas in Ephesians 4:32 through random acts of kindness.

Step Three

Pick three random acts of kindness from the list below and make a plan when you will do them over the next week:

- Open the door for someone.
- Tape change to a vending machine.
- Donate food to your local food pantry.
- Do a chore for someone in your family.
- Leave a kind note for someone to find.
- Give a compliment to a stranger.

Step Four

At the end of the week come back together to discuss the random acts of kindness.

- Were you able to complete three acts of kindness?
- If not, what prevented you from doing so?
- Did anyone do more than three? If so, why?
- How did it make you feel to do something kind for someone else?

Step Five

We did nothing to earn God's kindness or forgiveness; it was all based on God's love in Christ. Since we have received the kindness of God in Christ, we can show kindness to others even if we don't think they deserve it.

Optional

Choose one or two acts of kindness to do together as a family.