



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

### Bottom Line

Be kind to others because God is kind to you.

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 child that you're going to play a game. Say, "I'll tell you an action. On your paper, you'll write or draw what you think the REACTION to that action would be. For example, if I say, 'You smile at a stranger,' the reaction could be that they smile back. So you'd either draw a picture of someone smiling back, or write down the words, 'They would smile back.' Make sense? Let's get started."

#### Actions:

- You hit your sister when she makes you mad.
- You let your brother pick the movie for movie night.
- You put all the toys away without complaining.
- You choose to talk while the teacher gives instructions.
- You hug your parent just because.
- You ask your neighbor about their day.

When your child has finished writing or drawing the reactions, say, "What did you notice about the different reactions?" (*When the action was kind, the reaction was good. When the action was unkind, the reaction was bad.*)

## Talk About the Bible Story

Look up Ephesians 4:32 and read it together.

How would you say that verse in your own words?

How does it feel when people are kind to you? How do you think others feel when you are kind to them?

According to our verse, why should we be kind to others? (*We should be kind and forgive because God has forgiven us.*) Can you think of any other reasons?

*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."