

# Kindness

Ruth & Naomi | Ruth; Galatians 5:22-23

**Big Idea**

Kindness is treating others the way you want to be treated.

**Conversation Starters:**

Get ideas flowing by sharing some of your own ideas too!

Use these questions to get your kids thinking about the Big Idea.

- Who is the kindest person you know? What makes them so kind?
- What is something kind someone has done for you? Why do you think they did it?

Introduce the big idea: kindness is treating others the way you want to be treated.

**Video:**

Watch this week's video.

**Pray & Discuss:**

Take time to talk about the video together.

- What was the God Story about?
- How did Ruth show kindness? Boaz? What amazing ripple effect did this kindness have?
- What was the Life Story about?
- **Pray:** Dear God, please help us to consider how others want to be treated and live that kindness every day. In Jesus' name we pray, Amen.

**Bouncy Kindness**

Supplies:

- Bouncy ball
- Paper
- Pen/pencil

Invite your child to brainstorm acts of kindness to share with your neighbourhood, street, or community.

- Bounce the ball.
- When you catch the ball, say an act of kindness.
- Pass the bouncy ball.
- Whomever you pass it to names a person.
- You will write down the act of kindness and the person.
- Repeat a few times.
- After doing so, commit to following through on at least one of those acts of kindness.
- Ask Jesus to give you wisdom and help to do this!

# Additional Activities

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## Key Verse Activity

Supplies:

- Die
- Key verse sign

Review the key verse together. Discuss:

- Is there anything in that verse that you don't understand?
- What do you think the verse is saying?

As a family, have each person take a turn rolling the die. Whatever number the die lands on will decide how that person will say the Key Verse.

### Key Verse:

*The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.*

Romans 8:38

Die roll:

1. Hold your tongue and say the verse.
2. Whisper the verse.
3. Shout the verse.
4. Say the verse like you are underwater.
5. Say the verse while running on the spot.
6. Roll again!

## Key Verse Add-On

On sticky notes, write one "fruit" of the Spirit on each one. Then, as a family, have each family member write their name under one or two of the fruit of the Spirit they really need God's extra help with this week. Stick them somewhere in plain sight so family members can pray for one another this week.