

Kindness means showing others they are valuable by how you treat them.

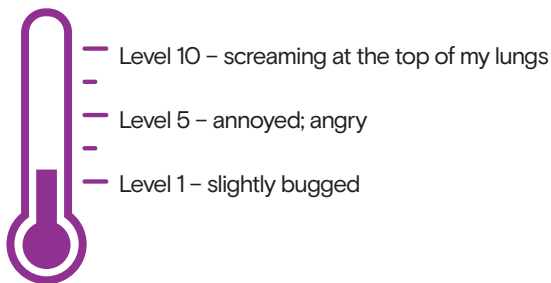
DAY 1

Read Matthew 7:12

When it comes to kindness, sometimes our families get the short end of the stick. Families see you at your best and at your worst. And because you're together every single day, you have more opportunities to get on each other's nerves.

But all that bugging, annoying behavior from the people you live with doesn't give you a pass on treating others with kindness. In fact, it's even more important to treat the people closest to you the way you want to be treated.

Think about that last time you got into an argument with someone in your family. When the conflict happened, how annoyed were you with the other person? Color in the "annoyance thermometer" to show your level of annoyance.



Take a look at your thermometer. If you filled in anything five and above, did you do or say something in that moment that you wish you could take back? How would the command that Jesus gave "to do to others what you would want them to do to you" help you react in a kinder, more loving way next time?

DAY 2

Read Proverbs 16:23-24

Have you drizzled honey on a warm piece of buttered toast? Is your mouth watering just thinking about it?

Today's verse compares kind words to honey. When you're wise and choose kind words, they can bring healing. You know exactly how it feels to have a really bad day totally turned around by a kind word from a friend.

When it comes to showing kindness, sometimes the people we have the hardest time with are our family and friends. When we're with the people who know us best, we tend to let our guards down and say and do things we'd never do in front of people we don't know as well.

The next time you sit down to eat some warm buttered toast and honey (or your favorite breakfast cereal), look across the table and say something kind to a member of your family. The next time you open your lunch box at school, use kind words as you talk to your friends. **Words are important so make them count!**



DAY 3

Read Galatians 6:10

On a separate piece of paper, draw a picture of your family

Families come in all shapes in sizes. Maybe you have a lot of siblings. Maybe you're a twin. Maybe you're an only child with three cats and a dog.

Whatever your family looks like on the outside, we all have the same problem on in the inside. No member of your family is perfect, including you. That means that no family is perfect. But that doesn't give us a pass on doing good and showing kindness to the people that know us best and matter most.

Because no one is perfect, you'll need some help to get this right. Point to the people in your picture and ask God to help you show kindness to each one. If you've done something you need to ask forgiveness for, ask God to help you say you're sorry and make a different choice next time.

DAY 4

Read Ephesians 4:29

Have you ever played a game of Jenga? Here's a little secret that no one really tells you. Come close and read the next few words very carefully: It's impossible to move every single Jenga block *without* the tower falling over. Kind of a bummer when you think about it.

God doesn't want you to wreck your relationships like a Jenga tower. He wants to help you build strong secure relationships, especially with your family and friends. One big way to do that is by choosing kind words, that build others up. When we show kindness with the things we say, others will listen. When we help with our words, we build others up.

If you have a Jenga game, grab several blocks, one for each family member or close friend. As you hold each one, think of one kind thing you could say to that family member or friend to build them up. **Then pray and ask God to help you follow through by sharing those kind words this week.**

**Be kind to
your family and friends.**