

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

DAY 1

Read Matthew 5:41, NIV

If you've ever been on a REALLY long car trip with your family, you know that sometimes things don't always go according to plan. Maybe someone has to stop for the bathroom every hour or you keep getting into arguments with your siblings, or your dad is cranky because he keeps getting lost. Sometimes it is hard to be in the car for a long time and always remember to be kind.

Jesus challenges us to go two miles instead of one—to be kinder than we have to be. How could you go the extra mile in those moments?

Could you be even kinder this week to the people around you by...

- not interrupting?
- being more patient?
- choosing to forgive even when it's hard?

What's The Motto with You?

In the phrase below, cross out the phrase "do I have to be" and replace it with the "can I be."

How much kinder do I have to be?

Make that your motto this week as you choose kindness.

DAY 2

Read I Corinthians 13:4, NIV

Stop for a Minute

Set a timer for one minute. During that minute, you cannot talk, and you must sit completely still.

Did you make it the full minute? Could you make it for five minutes? What about 15 or 20? That would definitely be harder. It would require lots of patience.

When it comes to kindness, patience plays a BIG part. In order to show kindness and love to others, we need to practice patience. We need to let things go, to forgive. We need to stop wanting what others have and choose to be kinder than we have to be.

Set a timer for one minute again. This time, see how many times you can repeat today's verse within that minute. You must clearly say every word, including the reference (1 Corinthians 13:4).

How many times did you successfully repeat the verse in one minute:

Ask God to help you have the patience to choose kindness this week.



DAY 3

Read Romans 12:10, NIV

Think about the last time you got into an argument with a friend. Do you remember what you fought about?

Arguments are normal, especially between people who know each other well or end up spending lots of time together. Kindness is about looking beyond the argument to remember how VALUABLE the other person is.

It is possible to disagree and still be kind. The key is to put the other person first. The next time you find yourself arguing, stop. Look the other person in the eye and choose to be kinder than you have to be.

What's Missing

Fill in the missing consonants below to complete the verse:

..... o e o e a o e

..... ee : o o

o e o e a

..... ou e e"

..... o a 12:10, NIV

DAY 4

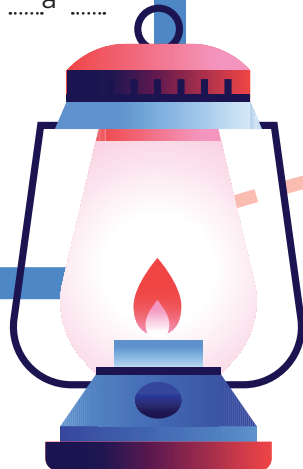
Read Proverbs 16:24, NIV

Have you drizzled honey on a warm piece of buttered toast? Warm buttered toast is good—but warm buttered toast with honey? Well, that's even better. Today's verse compares kind words to honey. When you choose kind words, they can bring healing. What if YOUR words could be like honey on buttered toast?

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. Kindness can be hardest when we're around our family and friends.

Sweeter Than Honey

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!



Be kinder than you have to be.