



WEEK 1

TITUS 3:4-7

Kindness Principle

SAY THIS: Be kind to others because God is kind to you.

WEEK 2

RUTH 1 & 2

Ruth and Boaz

SAY THIS: Be kind to your family and friends.

WEEK 3

MATTHEW 25:35-40

The Least of These

SAY THIS: Be kind to people who are overlooked.

WEEK 4

MATTHEW 5:43-48

Love Your Enemies

SAY THIS: Be kind to people who aren't kind to you.

REMEMBER THIS

"Do to others as you want them to do to you."
Luke 6:31, NIV

LIFE
APP

KINDNESS – Showing others they are valuable by how you treat them

DO THIS



MORNING TIME

Write this on your child's mirror or in their lunchbox for them to see first thing! "God will love us forever, just like my love for you."



DRIVE TIME

Share the kindness! Have each person in the car take turns talking about how another person in the car showed them kindness that week or month. Expand even further and talk about what your kid might have seen someone at school do that showed kindness to another person. Encourage one another to spread kindness wherever they are!



MEAL TIME

Q & A for kids: What is the most valuable thing you own? How do you treat it?

Q & A for parents: What is the kindest thing anyone has ever done for you?



BED TIME

What is something kind you did for someone in your family or a friend? Was it easy or difficult? We all know that we should be kind to the people we're close to, but that can sometimes be hard to do! Think about Ruth. When things got tough she chose to treat Naomi with kindness. Pray, that instead of getting frustrated with your family or friends, you will all choose kindness.

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