



## LOW-ENERGY GAME

### Kind Connection

[10 min]

#### Supplies

- playground balls or any balls similar in size to a basketball (1 for every 6 kids)
- laundry baskets or boxes the balls can fit in (1 for every 6 kids)
- small containers of modeling dough (1 for every 6 kids)
- tables and chairs (enough to seat roughly  $\frac{1}{3}$  of your total group)
- upbeat music (optional)
- music player (optional)

#### Easy Prep

- Place the laundry baskets on the floor near a wall. A few feet across from each basket, place 3 balls.
- Spread out the containers of modeling dough among the tables.

#### Partners Practice Kind Teamwork

Say: **Today we read in the Bible about how Abraham showed kindness to strangers. It can feel a little awkward to show big kindness to people you don't know very well, but kindness is often what begins the best friendships. Let's play a game to see what that's like.**

- Assign same-gender pairs, making sure kids aren't with partners they'd normally choose on their own. Then divide the pairs into three roughly even groups.
- Have one group of pairs start at the tables with the modeling dough, another group at the "basketball" station, and the third group in an open space in the room.
- Have partners link arms, and tell kids they can no longer use the arms and hands that are linked between them. Partners must use their free hands to work together to accomplish the tasks at each station.
- At the modeling dough station, partners will work together to sculpt a caterpillar on an apple.
- At the basketball station, partners will take turns with the other pairs in their group. Each pair will work together to shoot a ball into the basket. Encourage kids to work on strategies for getting the ball into the basket with each turn. After each pair has had a turn, kids can retrieve the balls to try again.
- At the third station, pairs will untie, unbuckle, or slip off their shoes and then work together to get the shoes back on, buckled or tied.
- Allow groups a few minutes at each station; then call out "Rotate!" and have the groups move to a new station so everyone gets to attempt all the tasks.
- If you'd like, play upbeat music while kids play.

### **Talk About It**

Ask: • **What was hard about doing these simple things with a partner?**

• **What was easy or difficult about being kind to a partner you maybe don't know very well?**

Say: **Sometimes showing kindness is really easy, but sometimes, like in our game, showing kindness might feel a little awkward. Whenever we're struggling to show kindness, we can ask God for help because kindness is a fruit of the Spirit.**



## TALK-ABOUT VIDEO Lauren's Story

[10 min]

### Supplies

- "Lauren's Story" teaching video

### Discuss and Watch "Lauren's Story"

Say: **We're learning that kindness is a fruit of the Spirit. Let's meet a girl who loves to show kindness!**

Watch "Lauren's Story."

Ask: • **What inspired you about the way Lauren showed kindness?**

• **After seeing Lauren's story, what ideas do you have for how you can show kindness?**

• **In this video, Lauren said: "God has given me the power to show people that they matter...I got the power from God to show them that they matter." What does it mean that Lauren's kindness comes *from God*?**

Say: **Lauren knows that kids can show kindness in really neat ways! She found a group of people who needed some extra kindness, and she got her parents to serve them with her. Lauren shows how kindness is a fruit of the Spirit.**



## DEEPER BIBLE What if Kindness Costs Me?

[15 min]

### Supplies

- Bibles
- “Kindness Cost” handout (1 per child)
- paper
- pens

### Easy Prep

- Cut apart the “Kindness Cost” handouts so that each child has a set of 8 bills.

### Count the Cost

Give each child a piece of paper, a pen, and a set of bills from the “Kindness Cost” handout. Have kids each draw a heart on a piece of paper, then spread out their bills on the hearts and evaluate all the “stuff” they have.

Say: **You have a lot of awesome stuff! But sometimes kindness costs us.**

### Let me show you what I mean.

Read each of the following scenarios and have kids give up the corresponding bill, making a pile in the middle of the room with all the discarded bills.

- **There’s a new kid at school, and everyone says he’s a nerd. But you show kindness by befriending him. That costs you some popularity.** Have kids discard their “popularity” bills.
- **Your mom packed your *favorite* lunch, but you find out that another kid forgot her lunch today and has nothing to eat. You show kindness by sharing some of your lunch.** Have kids discard their “your lunch” bills.
- **Your teenage sister is *really* swamped with homework, but she’s supposed to scrub the toilets this week. You show kindness by scrubbing the toilets for her, but it takes a long time!** Have kids discard their “time” bills.
- **There’s one piece of cake left for dessert, and you show kindness by letting your brother have it...even though you really want it.** Have kids discard their “what you want” bills.
- **You saw someone fall into a mud puddle, so you show kindness by helping that person up. But you get your brand-new outfit all dirty.** Have kids discard their “cleanliness” bills.
- **You know we collect offering money here at church, and you decide to give your whole allowance this week.** Have kids discard their “money” bills.
- **You decide to show kindness to your mom by waking up early to bring her breakfast in bed...even though you’re really tired!** Have kids discard their “sleep” bills.
- **You see a toy drive for Christmas presents, and you ask your parents to donate one of the presents they *would* have bought you by buying a toy for the toy drive instead.** Have kids discard their “a Christmas present” bills.

Say: **Now look at your stack—it’s gone! By showing kindness, you gave up everything! Or did you? Let’s dig in to that as we explore this question:**

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## What if kindness costs me?

### Dig Deeper

Say: **Here's a time kindness really did cost everything. It cost Jesus his life.**

Read Ephesians 1:7-8.

Ask: • **Why do you think Jesus did that?**

• **When you consider what Jesus gave up, did you really just give away everything in our game?**

Have kids think of things they would still have or would get in return for the kindness in the examples you shared. For example, they gave up part of their lunch or some sleep but would still have some left. They gave up popularity but might gain a new friend. Have kids share their ideas and fill in their hearts by writing what they still have left.

Say: **Sometimes kindness has a cost, but we often get something back in return. It might not be the same thing; you might not get \$5 back after you put \$5 in the offering basket. But you *might* get joy because you know you helped someone.**

Talk to a partner about this question.

Ask: • **What are you willing to give up, knowing Jesus gave up everything?**

Say: **Kindness is a fruit of the Spirit, and we have the ability to show kindness because of Jesus. But kindness does have a cost sometimes. In fact, Jesus *wants* us to be kind and loving even when it costs us.**

Read Matthew 5:46-47.

Ask: • **How do you feel about showing kindness to people who aren't your friends or who don't show love to you?**

Say: **There's one more thing kindness can cost us: our desire to be right. Sometimes, kindness means forgiving people even when we *know* they were wrong.**

Read Ephesians 4:32.

Ask: • **Why is forgiving a good example of kindness?**

Say: **Remember Jesus' example of kindness, where he gave up everything? That was so you could be forgiven. And you can pass on that kindness by forgiving others. Kindness is a fruit of the Spirit, and it's a blessing to show God's kindness even if it costs us.**



## LIFE APPLICATION WRAP-UP

### Kindness Plates

[5 min]

#### Supplies

- paper plates (1 per child)
- pens

#### Write on a Plate

- Give each child a paper plate and a pen.
- Have kids write notes on their plates, thanking someone who has shown them kindness.
- Have kids hold up their plates as you close in prayer.

#### Wrap Up

Pray: **God, thank you for these people who have shown kindness, a fruit of your Spirit. Help us show kindness, too! In Jesus' name, amen.**

Thank kids for coming, and encourage them to come back next week. Also encourage them to take the plates home and give them to the people they wrote to.



## ACTIVITY PAGES WITH A POINT

### Kindness to All

[10 min]

#### Supplies

- “Fruit of the Spirit: Kindness” Coloring Page
- pencils
- crayons

#### Older Kids: Do an Activity Page

Say: Today we’re learning about the fruit of kindness. Because Abraham loved God, God grew kindness in his life. That means Abraham was kind when he had guests. He thought they were just ordinary guests, but they turned out to be angels sent by God! Abraham couldn’t spot the difference between angels and humans, but can you spot the differences in this puzzle?

Distribute the activity pages and pencils. Kids will look for differences between the pictures.

Ask: • Which differences did you notice right away?

• Which ones were harder for you to spot?

• Let’s compare this experience to Abraham and the angels he met. Why do you think Abraham had such a hard time telling that his guests were angels?

Say: Kindness is a fruit of the Spirit. That means when we follow God, he helps us be kind to everyone. We’re not trying to spot differences to see who is worthy of our kindness—we’re just kind!

ANSWER KEY:



**Younger Kids: Color a Coloring Page**

Distribute the coloring pages and crayons. Say: **Today we learned that kindness is a fruit of the Spirit. Abraham showed kindness to his visitors by feeding them and helping them rest in shade. Let's color that.**

Allow time for kids to color.

When kids finish coloring, three-hole-punch their pages and put them into binders, if desired.