



LOW-ENERGY GAME

Kind Helpers

[10 min]

Supplies

- masking tape
- 3 hula hoops
- 3 chairs
- 2 balls
- upbeat music (optional)
- music player (optional)

Easy Prep

- Use tape to mark the side boundaries of a “street” for kids to cross. Add 3 sets of Frogger-style obstacles (add more if you have an extra-large group):
 - chair trees to avoid
 - hula hoop islands to hop onto
 - balls rolling at their feet to avoid
- For the final obstacle, ask 2 adult or teen helpers to stand on each end of your street, rolling balls back and forth to each other for kids to avoid.

Help a Friend

Say: Today we’re learning that kindness is a fruit of the Spirit. When we have God’s kindness in our hearts, we can be kind. Let’s play a game where a friend needs our help and we can practice being kind.

- Show kids how to cross the street by going around the chairs, hopping into the hula hoops, and avoiding the rolling balls.
- Form teams of three kids. One child from each team will be in need of some type of help. Some possible needs are:
 - The child can’t see.
 - The child is really tired and can barely stand.
 - The child can only hop on one foot.
 - The child can only walk backward.
- The child’s teammates will help him or her cross the street you’ve prepared.
- Once all teams have crossed, have them switch roles and cross back.
- Continue letting teams cross the street as time allows.
- If you’d like, play upbeat music while kids play.

Talk About It

Say: **We all have things we can't do by ourselves.** Share an example of a time *you* needed help. Maybe you had a heavy piece of furniture you needed help moving, you were injured and needed help from a doctor, or you needed help fixing something in your house that wasn't working.

Ask: • **Tell about a time *you* needed help with something.** Kids may share about a friend helping them learn to do the monkey bars, Mom giving them some medicine when they were sick, or Dad helping them learn to ride a bike.

Say: **God gives us people in our lives to be kind and help us when we need it. We can help others, too, because God puts his kindness in our hearts as 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 Be Kind

[15 min]

Supplies

- Bible

Talk About Showing Kindness

Say: **We talked today about Abraham being kind to some strangers.**

When we're friends with God, we can be kind like Abraham because kindness is a fruit of the Spirit.

Share about a time *you've* been kind to someone. You may have invited someone over to your house for dinner, helped someone carry a heavy load, or prayed with a friend going through a hard time.

Ask: • **Tell about a time you've been kind.** Kids may tell about sharing a toy with a sibling, helping Mom set the table, or letting someone else go first on the playground.

Say: **There are lots of ways to be kind every day. We can be kind to others because kindness is a fruit of the Spirit. Let's practice finding ways to be kind right now.**

Practice Showing Kindness

Separate kids into groups of five or six, making sure there's an adult or teen helper for each group. For each scenario below, ask one willing participant to be the person in need of kindness and act out the need. Help the rest of the group think of ways to be kind in that situation and act them out.

- The child is sad and crying.
- The child is carrying a lot of things and drops one.
- The child wants to play with you and your friends.

Encourage adult or teen helpers to help their group think of a way to be kind to another group in the class. Make sure each group has an opportunity to both give and receive kindness. Some examples might be:

- Give their friends a hug.
- Give their friends a high-five.
- Tell their friends Jesus loves them.
- Tell their friends they're happy they're here.

Say: **Listen to this.** Read aloud Colossians 3:12. **God loves it when we're kind to one another. He loves us and puts his kindness into our hearts.**



LIFE APPLICATION WRAP-UP

Sit Under the Shade of a Tree

[5 min]

Gather Under the Tree

Say: **Today we learned that kindness is a fruit of the Spirit. We heard how Abraham was kind to his visitors. He made them food and had them sit under the shade of his tree because it was so hot outside! Let's gather under our tree.** Lead kids to gather under the tree from the Core Bible Discovery activity.

Say: **Abraham was kind because he was friends with God, and God helps us be kind. God is kind to us all the time, too. Let's thank God for ways he's kind to us.** Share a few ways God is kind to people, such as he made us, he forgives us when we do something wrong, and he gives us what we need. Then invite kids to share some ways God is kind. It's okay if they repeat the ideas you shared. Preschoolers might say God loves them no matter what, God gives them people to help them when they're hurt, or God brings them friends.

Lead kids in a prayer, thanking God for all his kindness toward you and the kids.

Pray for Help

Say: **Kindness is a fruit of the Spirit, so when we're friends with God, he helps us show kindness to others.** Remind kids of the people they talked about in the Core Bible Discovery activity who they said they want to be kind to this week. If they don't remember, have them share someone new they want to be kind to.

Lead kids in a prayer, asking God for help with being kind to the people kids said they want to show kindness to this week.

Say: **It was great having you all here at church today. Please come back next week so we can learn more amazing things about God!**



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.