



## **Fruits of the Spirit: Kindness**

**Discuss:** What is kindness?

Kindness can be shown with our thoughts, our actions, and our words. Are you kind all of the time? No one is! Sometimes, it is very easy to be unkind to our family and our friends because - well, we are not perfect, we mess up and we sin. Let's discover more about kindness by reading God's Word!

**Read:** Here are verses to read:

- Titus 3:3-5a. This verse helps us to discover one of the most important things about kindness-God is our example! He is a God of great kindness, and one of the main ways we see His kindness is through His forgiveness.
- Ephesians 4:32. This verse commands us to be kind! It tells us to be kind as God is kind to us through His forgiveness!
- Proverbs 3:3 (NASB). We are supposed to bind kindness around our necks and write it on our hearts! This means kindness is supposed to be part of who we are! It is with us wherever we go. (see fun activity below)
- Micah 6:8. We are not supposed to be kind JUST because we are commanded to, but we are to LOVE kindness, to think of it with JOY! We want to be kind!

**Discuss:** What do we learn about kindness based on these verses? We are to be kind, to love kindness, and to learn kindness from our only perfect example, our God!

**Do:** Come up with 5 kind things you can do this week! These can be big things, or even small things done just between you and God. Write down some of your ideas so you don't forget!

**Remember:** Kindness is hard and sometimes we struggle to be kind towards everyone, all the time. BUT, we should remember the kindness that God has shown to us. When you really want to respond to someone with unkind words, thoughts or actions - remember how God offers us complete forgiveness! Even though we make bad choices, God is gracious, He forgives us.

Let's show the kindness to others that God has shown to us, without expecting anything in return! This is possible only if we walk with Him, if we get to know Him more and more through praying, learning His Word, and following Him.

**Do:** Make Kindness Necklaces: Steps 1 & 2: Draw a heart on a piece of cardstock or poster board like the example below and cut out. Step 3: Write Proverbs 3:3 and Kindness on the inside. Cut a hole and loop twine or yarn through and tie a knot to make a necklace. Decorate it any way you want!

