



SEEK FIRST THE KINGDOM OF GOD AND HIS RIGHTEOUSNESS...MATTHEW 6:33

## Fruit of the Spirit

### Kindness – Lesson 2

"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."  
Ephesians 4:32

How many of you got a chance to hold the door open for someone this week? What other ways did you show kindness to people? (Did you help a brother or sister with something? Or help your mom or neighbor with groceries?) God gives us all kinds of opportunities to show other people His love through acts of kindness.

Is it easy to show kindness to people you know and love? How easy is it to be kind to someone who is mean to you? Raise your hand if you know what an enemy is? Are we supposed to be kind to them? Yep! Our memory verse tells us to "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you." Remember, last week we talked about how Jesus showed us the ultimate grace and kindness when he died for our sins. When he was on earth, he also gave us instructions as to how to act toward others. He said "Listen if you can," (He knew His next words would be hard to understand) "I want you to love your enemies. Be good to those who treat you badly. If someone says mean words to you, say kind words to them. Pray for those you hurt you. If someone slaps you on the cheek, turn and offer them your other cheek. And if someone takes your coat, offer them your shirt as well."

"Give what you can to those who ask. And if someone takes something of yours, don't demand it back. Always treat others the way you would like to be treated. It's easy to love those who love you, but you should also love those who treat you wrong. Because God the Father is loving and kind – and ready to forgive those who do wrong. And God will reward you for doing these things. And He will call you His very own child." Luke 6:27-36

We all love our friends, but Jesus tells us to love our enemies too. How is that possible? It doesn't mean we approve of what our enemies may be doing. It does mean that we see all people as being important to God. Since all of us are created by God – including our enemies – we must treat everyone

with respect and kindness. Showing that we care may be just what our enemies need in order for them to see God's love.

Jesus gives us an example of how He loved His enemies. When He was in the garden praying, soldiers came to arrest Him for no reason. He did not fight or ask God to hurt the people. Instead, He freely went with the soldiers. Even when the soldiers spit on Him and whipped Him, He loved them. Even on the cross, Jesus asked God to forgive them! Luke 23:34 tells us that Jesus said "Father, forgive them for they know not what they are doing." Can you believe it? It may not be easy to show kindness to people who are mean, but with God's help we can do it! So let's pray and ask God to help us see how we can show His love to ALL people including our enemies.

## Prayer Time

Break up into small groups and have them share if there is someone being mean to them at school, in the neighborhood etc. Pray for each child, that he or she would be able to forgive and show kindness to his or her "enemies."

## Activity Time

The goal of this time is to utilize a variety of engaging activities – passive and active play, crafts, application, and more – to reinforce what was taught in the lesson. While you may not get to every activity, we encourage you to complete the "Take-Home" activity so children leave with a tangible reminder of what was discussed today.

If numbers are high and/or time and space allow, you may want to use a center format: divide the class into groups (one for each activity) and rotate through the centers after an allotted time.

### Legos

Supplies:  
Lego blocks

Have kids work together to build a house. Make sure each child gets to play a part in building a unique part of it. Focus on working together and sharing the blocks. Discuss how together we can do something great like building a house for someone in need where only one of us would not have the time or tools or skills ourselves to get it done alone.

### Hearts of Kindness

Supplies:  
Double heart cutout  
Crayons

Using the double heart cutout, have the kids write their names on one side and someone to pray for on the other. Now fold the hearts together and share how Jesus can help fix any problems or hurts we have with that other person. They can color the outside. Go over the memory verse with them.

## **Magnets**

Supplies:  
Magnets

Use two magnets that repel on one side and attract on the other side. Have the magnets face the repelling side. Try to slide the magnets together. As they repel, share how most people feel like this towards their enemies. Now turn the magnets so that they attract. Explain that Jesus wants us to love our enemies and pray for those who want to hurt us. Show the kids how the magnets stick together.

## **Sacrificial Kindness**

Have the kids do 10 jumping jacks and then ten push-ups. They will get uncomfortable. Then jump up and hop on one foot 10 times on each side. Then back down into push-up position. Have them hold the push-up position for as long as they can. Explain sometimes God will ask us to do things with Him that feel uncomfortable, like being kind to someone who isn't kind to us. But because we love God, we do what He asks us to do.



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