



CONNECT GROUP

I WILL BE KIND TO MY FAMILY AND FRIENDS!

Discussion:

Ask: Why is it easier or harder to be kind to your family versus your friends?

Say: Sometimes, the hardest people to be kind to can be our family because we spend a lot of time together. But our kindness can spread, especially to our family and those we live with. When we are kind to people at home, it tends to make everyone want to be kind!

Ask: Why is it sometimes a lot harder to be kind to the people we see all the time and easier to be kind to strangers or people we don't know very well?

Say: When it comes to our family and friends, often we take them for granted. We feel like we don't have to be kind because they're always going to be our family. We should show kindness to our family because we live with them and need to show them they are valuable to us.

Ask: What can we do when we're in a bad mood and everything is frustrating? How can we successfully be kind in that situation?

Say: Great answers! Think "How can I choose kindness right now?" Choosing kindness may be difficult, but you can ask God to help show your family and friends how valuable they are by being kind to them.

Ask: How can the story of Ruth and Boaz help us to remember to show kindness to our family and friends?

Say: Ruth showed kindness to Naomi by choosing to stay with her, moving to her hometown, and by working the fields to gather grain for food. Boaz showed kindness to Ruth by telling his workers to let her gather all the grain she needed. Both Ruth and Boaz chose kindness, even when it was not the easy choice to make.

Prayer: Dear God, thank You for Your never-ending love for us. We know that no matter how many times we mess up, You always choose to love and show kindness to us. Help us to show Your kindness to our family and friends, even when it is not the easy choice to make. AMEN.



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CONNECT GROUP ACTIVITY

What You Need: No supplies needed

Introduction

Say: Last week we did some work in trying to define kindness and how to notice it. But we discovered that even if we really know about kindness, it can still be hard to practice kindness. Choosing kindness isn't always easy, but it's always the right thing to do.

Directions

- Gather the children in a circle and instruct them to stand an arm's length from each other.
- Select one child to be the "guesser." Tell the guesser to stand in the center of the circle and close their eyes.
- Select one child to be the "leader," making sure the guesser doesn't see or hear who you picked.
- Once a leader has been selected, the guesser can open their eyes.
- Instruct everyone in the circle to swing their arms back and forth.
- The leader eventually does another movement and everyone in the circle mimics the leader's actions.
 - Remind everyone to be careful with eye contact with the leader as to not give their identity away.
 - The leader can change up the motions often.
- The goal is to mimic the leader's motions without being too obvious who the leader is.
- The guesser will have five guesses as to who the leader is.
- If all guesses are used up and the leader is not identified, the round ends and a new leader and guesser are chosen.

Conclusion

Say: When we remember how God has been kind to us, it makes us want to show kindness to others. Everything we do can be an act of kindness to show others God's love. When we remember that God made every person we meet, and we choose to treat others with kindness, we can show honor to God.

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