

Activity #7

KINDNESS

big idea

Kindness is a fruit of the Spirit. Kindness is a way of treating others that is thoughtful, courteous and grace-filled.

key scripture

2 Samuel 22:51 - *He gives his king great victories; he shows unfailing kindness to his anointed, to David and his descendants forever.*

Colossians 3:12 - *Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.*

materials

- Balloons
- Curling ribbon
- Scissors

50 THE FRUIT OF THE SPIRIT

- Sharpie marker
- Straw
- Tape

*When leading the activity, feel free to use your own words or read the words in **BOLD**.*

seed



“Be Kind” is a very popular saying in our culture. Whether someone is a Christian or not, they seem to know that being kind is the right thing to do. Being kind makes life nicer for you and for those around you.

What are some actions that you think are kind? Listen to answers. **Can you explain why you think these are kind things?** Listen. *It will either be because the intent was to be kind or the reaction was pleasing.*

sprout



Defining kindness is a little bit like defining goodness (we’ll look at that in the next Family Time). It’s very difficult and there are various meanings. The kindness that we’re talking about as a fruit of the Spirit is the gift of being thoughtful, courteous, gracious and merciful.

Is there someone you know who you think of as kind? Thoughtful? Courteous? Gracious? Merciful? Take a few minutes to think about family members, close friends, teachers/coaches, neighbors or co-workers who exhibit one or more of these traits. Are they Christians or not? Share your experience of kindness with those individuals.

NOTE: If you haven’t already, older children will be helped by discussing the theology of “common grace.” Someone can be kind and not be a Christian. An individual can exhibit any one of

these attributes we know as “fruit of the Spirit,” but not trust Jesus as their Lord and Savior. How does that work? Common grace. Common grace is the theological position that because God holds the universe together, He extends His grace to Humankind, not just in bringing the chosen to salvation, but in allowing order within chaos. Sin created chaos, but God’s common grace allows there to be order for the sake of revealing Himself through all creation.

take root



Read Colossians 3:12 together.

How hard is it to be kind to someone? Listen to answers. *Sometimes it is easier to be kind than at other times. If we’re already angry or upset, we may choose not to be kind. If we’re feeling sick, we may not be very thoughtful. It is probably harder to be courteous or gracious to someone we don’t like than someone we love very much.*

This is why we need the help of the Holy Spirit! We can often be kind on our own strength in easy situations and with people we like, but God’s kindness is MUCH bigger and stronger than that. It’s God that can help us to react with kindness, courtesy, grace and mercy when in our sin we would rather react in anger, frustration or just dislike. The Bible tells us that God is kind to His people. (2 Samuel 22:51)

THE KINDNESS OF BOAZ

Ruth 2:20 - "The LORD bless him!" Naomi said to her daughter-in-law. "He has not stopped showing his kindness to the living and the dead."

Being kind makes our life better and the lives of those around us better too!

Read the book of Ruth for a full history on Naomi, Ruth and Boaz.



mature



We're going to make a balloon racer to share messages of kindness with one another. Start by tying one end of the ribbon to a door handle. Extend enough of the ribbon to reach the bottom rung of a chair (at least 6 feet away).

Slip the ribbon through the straw, then tie the ribbon to the chair. You want a downward slope to the ribbon. Have a roll of tape ready. The racer's speed depends on having the right amount of tape looped over the end of the balloon. You may have to try a few times to get the tape positioned properly so the balloon stays attached to the straw but is loose enough that the air can flow freely.

Have one family member stand by the doorknob with the balloon, tape, and marker and another wait by the chair.

Write a kind word on one balloon, then fill the balloon with air. While keeping the balloon pinched shut, not tied off, attach the balloon to the tape then let go. The balloon will race down the ribbon to the other end!

bear fruit



Besides kind words, we can also do kind things for one another. Make a list of how you can extend kindness to family members. Then think about how you can be kind to neighbors, teachers, friends, or co-workers. Keep the list where everyone can see it and pursue kindness with God's help.

pray

Father God, we want others to know you because of our kindness. Help us to be people who choose to be kind even

when it is hard. Thank you for your kindness to us through your love and grace. Amen.



Each week, take time to recite **Galatians 5:22-23** together with the goal of memorizing these verses by the time you've completed this book!

“But the fruit of the Spirit is:

love

joy

peace

forbearance {patience}

kindness

goodness

faithfulness

gentleness

self- control

Against such things there is no law.”