



# Acts of Kindness

Originated in: ??

## Requirements

1. Read Romans 12:10 and Proverbs 12:25. Discuss what each verse means.
2. Give examples of kindness and love.
3. What does the Bible tell us about each of these two words. Use a Bible story to illustrate someone who showed love and kindness.
4. Read or listen to three (3) stories of kindness.
5. Act out in a skit or charade different acts of kindness.
6. Plan and do an act of kindness as a class or club.

Updated in: 2011 / Grade Unknown

## Supporting Answers

1. Read/have read the Bible passages. Printing them in large print on copy paper allows children who read well to volunteer to read aloud to the group.
2. This is a great time to brainstorm as a group, maybe while doing a craft or as part of preparing the skit/charade -- Idea starters: Parents are kind to and love their children; Friends are kind to each other when playing together, at lunch, and when working together; God loved us so much that he sent his Son from heaven to earth to live with people and to then die for us that we might live forever with Him in heaven.
3. The best example in the Old Testament is the story of Ruth The best example in the New Testament is the parable of the Good Samaritan

Other passages (though not stories)\*

1 Corinthians 13:4 This passage describes the qualities of true love.

Among other things, it is kind and gentle, characteristics that should be evident in our relationships and words.

\*Ephesians 4:32 Followers of Christ are encouraged to imitate Christ's life and values in their own lives. One obvious way we can do that is to imitate the kindness and compassion that Christ showed to everyone he encountered.

\*Proverbs 16:24 There is a tremendous power in kind and gentle words.

The simplest word of encouragement or support can brighten somebody's day. This is the sort of speech that should be on every Christian's lips.

In summary, someone who loves Jesus will always want to do the kind thing to their friends, family, and animals. Because we love Jesus, we will even be kind when others (our enemies) aren't kind to us. Jesus was kind, even when people were being cruel to Him. Because of His help, we too can be kind at ANY time.

4. If you read the Bible stories in requirement #3 you only need one additional story. The goal is to discover modern stories of kindness. Children's story books and online children's video books are good resources. Parent-adults should preview online resources.

### **Teaching Idea: Charades**

Materials: Pre-written cards (“help lady clean her kitchen”, “help mom with the dishes”, “let out the pets each day,” “help younger brother/sister clean their room” and other phrases)

Procedure: Groups (either Sunbeams or parent/Sunbeam groups of 3-4) each get a card. They “practice” their charade actions. Each group performs for the other groups. The viewers try to guess the acts of kindness.