

BIG IDEA

Kindness is treating others the way you want to be treated.

Kindness

1 | Hangout

SUPPLIES

- None

LEADER TIP

- To engage the kids in this activity, encourage everyone to put themselves fully into the scenes by imagining what each character might be doing, feeling, and saying.

INSTRUCTIONS

- a. Discuss: Has someone ever gone out of their way to treat you kindly? What happened? How did it make you feel?
- b. Introduce this week's Big Idea: **Kindness is treating others the way you want to be treated.**
- c. Reinforce the Big Idea by directing the kids to act out the following scenarios:
 - Two kids go out for ice cream, but one of their ice cream cones falls on the ground. How could the other person respond in a kind way?
 - Someone is struggling in math class and feels frustrated. How could a friend respond kindly?
 - Someone trips, falls, and hurts their ankle. How could a friend respond and help?
- d. Congratulate the kids on doing a great job acting out the scenarios and coming up with kind solutions! If everyone is having fun, encourage the group to think of other situations in which someone could respond with kindness, then act out their ideas.
- e. Watch this week's video from the Now Playing Kids playlist on the One Story YouTube channel.

2 | Hear

SUPPLIES

- Bible

INSTRUCTIONS

- a. Let the kids know that today's God Story is from the book of Ruth. Ruth is the great-grandmother of King David and one of Jesus' ancestors! She was married, but her husband died. Ruth decided to take care of her mother-in-law, Naomi, who had no other family. The two women were very poor. To get food, Ruth picked up leftover grain in a field during the harvest. The owner of the field, Boaz, noticed Ruth and heard how kind she was to Naomi. He decided to show kindness to Ruth!
- b. Look up Ruth 2:8-12 and read part of their story.
- c. Review and discuss:
 - How did Boaz show kindness to Ruth? (He told her how to get the most grain, instructed the men to treat her well, and offered her water)
 - What did Ruth ask Boaz in response? (She asked him why he was being so kind)
 - How did Boaz explain his kindness to Ruth? (He had heard how kind Ruth was to Naomi)
- d. Let the kids know that Jesus said, "Do to others what you would want them to do to you" (Matthew 7:12, NIRV).
- e. Discuss: How did Ruth treat others the way she would like to be treated? How about Boaz?



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3 | Huddle

SUPPLIES

- Paper
- Drawing supplies

INSTRUCTIONS

- Review the Key Verses for this series: The Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. (Galatians 5:22-23, NLT).
- Discuss: What is one thing you have learned about how the fruit of the Spirit (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control) grows in our lives?
- Explain that when we focus on Jesus and put him first, the Holy Spirit gives us the power to choose love over hate, peace over anger, and kindness over selfishness.
- Give each person a piece of paper.
- Place the drawing supplies where everyone can share them.
- Direct the kids to draw a self-portrait and include pictures and/or symbols to show the fruit of the Spirit (e.g., fruit, hearts, peace signs). They could also write a list of the fruit.
- When everyone is done, invite them to share their work with the rest of the group.
- Pray, "Thank you, God, for teaching us about how the fruit of the Spirit grows in us when we stick close to you. Please fill us up with love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control so that we can love others like you do. Amen."