



Every child is different and in a different place in their journey! Please use these ideas as appropriate for you, your child and your family.

KINDNESS

FAMILY *Devotional*,

ACTIVITY & TABLE TALK *Ideas*

Kind Words

Read Proverbs 16:24 (NLT)

Give each family member a blank bookmark (card stock or construction paper cut into bookmark-sized pieces). Each person should write their name at the top of a bookmark, decorating and coloring it as they like, but with plenty of blank space left for others to write on it. Pass each bookmark to the person to the right who will write a kind word that describes the person whose name is on the top of the bookmark, helping younger ones as needed. Continue passing the bookmark until it arrives back to the owner. Ask each person to read aloud the words on their bookmark. Encourage everyone to keep the bookmark and read it often! Pray together thanking God for his kindness and pray to be a family that shows each other kindness continually.

Christmas Card Prayer Night

This can be a great family activity to do after the Christmas card season, or it can be done anytime of the year by using pictures or simply a list of names!

Gather a prayer list by collecting the Christmas cards you received from loved ones, or by writing out the names of family and friends on slips of paper.

Read 1 Timothy 2:1

Discuss all of the types of prayers that we can have for others. With older children and teens, read and discuss Jesus' prayer in John 17 and/or Paul's prayer in Ephesians 1, noting what was prayed for. Write out ideas of prayers to pray on slips of paper (*protect them, fill them with love, give them joy, help them to grow...*). Make two stacks - one with the Christmas cards and one with the prayers. Choosing one slip/card from each stack, pray the prayer for the person or family drawn. You can prayer through all of the cards in one prayer time, or keep the stacks near the dinner table and pray for one or a few each night!





“You Go First” Week

Read Romans 12:1. We show God's kindness when we honor others and think of others more than we think of ourselves. Challenge family members to live out a “You Go First” week and discuss some ideas of how to let others go first throughout the week.

For example:

- *If you are watching TV, let someone else pick the show.*
- *If you are riding in the car, let someone else choose the “best” seat.*
- *If you are picking a snack, let someone else choose what they want first.*

At the end of the week, discuss together:

How did you feel when someone let you go first? (*Cared for, happy, etc.*)

How did you feel when you let someone go first? (*Glad that I was doing the right thing; happy that I could make someone else happy; etc.*)

Discuss how kindness and honoring others can build friendships.

Pray that you can be a family that always shows kindness by letting others go first, not just during “You Go First” week.

Golden Rule Theater

Gather a few toys to act out some scenarios (dolls, stuffed animals, action figures, etc.) of when and how to show kindness to others.

Read Matthew 7:12.

According to this verse, how should we treat others? (We should treat them as we would want to be treated.) This verse is called the Golden Rule. Another way we say it is: Do to others as you would like them to do to you. Talk as a family about times when they were treated with kindness (by other family members, by others, or by God). Take turns, in pairs or individually, performing a short scenario with the gathered toys/figures of kindness being shown to others.

Some ideas: a new classmate feels left out on the playground, a friend breaks your toy, a family member is sick, a sibling wants to play a game, etc.

Be sure to cheer loudly after each show!

Card Making Night

Read Proverbs 12:25

Ask: What are some of the kindest things people have said to you? Can you think of a time when you were going through a hard time and someone's kind words to you helped you to feel better? Grab the art supplies (construction or white paper, markers, crayons, pencils, stickers, glitter, etc.) and make a card for someone who might be suffering (in the hospital, alone, sick at home, mourning a loss, etc.) and might need some kind and encouraging words. Draw a picture and write words that could help. (*I am sorry you are sick. Feel better soon. God loves you. I am praying for you. God hears you.*) Ask older kids to help the younger ones write their kind messages. Don't forget to give or send the card you made!

