



DAY 4

The first week of this month, we talked about how we have the Holy Spirit to help us live like Jesus. In Matthew 5:48, Jesus says, *So be perfect, just as your Father in heaven is perfect, (NirV)*. That verse is telling us that we need to do our very best to live our lives as much like Jesus as we can. We won't do it perfectly, but we can do it well with the help of the Holy Spirit.

Keep your eyes open for every chance to be kind to:

- family members and friends
- those who need unexpected kindness the most
- people who aren't kind to you.

And when you find something you can do—do it! You might be surprised how God can use *you* to make a big difference in His world simply by being kind!

LIVE
FOR GOD



DAY 1

Grab your phone or iPad and a pair of earphones. Using the Bible app, listen to Matthew 5:43-48. Listen closely to verse 44. In the boxes below, draw a simple picture of the 2 action words you hear in Jesus' command.

and

Jesus is explaining the importance of showing kindness not only to those who are kind in return, but also to those who are unkind to us or others. We do that by *loving* them and *praying* for them.

Yikes! That's a hard command to follow. If you look back at verse 45, Jesus explains that He shows mercy to both good people and evil people, to people who do the right thing and people who do wrong thing.

When we show kindness to those who don't seem to deserve it, we are living like Jesus.

HEAR
FROM GOD

WEEK 4 : PRETEEN

DAY 2

WHEN WE THINK ABOUT SHOWING KINDNESS TO PEOPLE WHO ARE NICE TO US, IT'S EASY, RIGHT?

Showing kindness to people who are unkind is a different story!

Jesus has a better plan. He wants us to show kindness to the people who deserve it the least, the people who are not easy to be kind to. One of the best ways to show kindness to those who are unkind or you don't get along with is to pray for them. Praying for those who are unkind to you makes it easier to be kind to them by changing your attitude about them from the inside out. It can even help change their attitude, too!

What's your favorite way to burn off steam? Whether it's biking in your neighborhood, dancing to your favorite music, playing basketball, or kicking a soccer ball around in your backyard, get to it! While you're at it, talk to God and pray about what you learned today. You could pray something like this:

Dear Jesus, help me to be kind to _____ like You have been kind to me, especially when I think he or she doesn't deserve it. Help me show them Your love by how I treat them. Help him or her to be more kind, too.

PRAY
TO GOD

DAY 3

At breakfast, in the car, or during dinner, talk with a trusted adult about Matthew 5:45-47.

ASK THEM:

- WHAT DO YOU THINK THOSE VERSES MEAN?
- HOW DO YOU SHOW KINDNESS TO PEOPLE WHO ARE DIFFICULT TO LOVE?
- HAVE YOU EVER BEEN UNKIND IN RESPONSE TO SOMEONE'S UNKINDNESS?

Even adults have to practice showing kindness to people who are not often kind in return. Together, think of 10 ideas to show random acts of kindness. Post the list on the fridge so the whole family can take on this challenge!

TALK
ABOUT GOD