



## WEEK THREE – FEBRUARY 2024 – SECOND/THIRD

**Bible Story:** *One More Time / Matthew 5:41*

**Bottom Line:** *Be kinder than you have to be*

**Memory Verse:** *“You are God’s chosen people. You are holy and dearly loved. So put on tender, mercy and kindness as if they were your clothes. Don’t be proud. Be gentle and patient – Colossians 3:12*

**Virtue:** *Kindness – Showing others they are valuable by how you treat them*

**Core Insight:** *Restoration*

**Series Overview:** God showed kindness by sending Jesus for us—even when we didn’t deserve it. Because of God’s love for us, we can be kind to everyone. Kindness is a fruit of the Spirit. And when you show kindness to others, you give them a glimpse into the heart of God, and how much God loves them. Kindness should be a characteristic of people who follow Jesus. Not only did Jesus model kindness, but He also commanded it. He taught us to treat others the way we want to be treated.

**Bottom Line: Be kinder than you have to be.** Often kindness can feel like an obligation. Because of that, we tend to do the bare minimum when it comes to being kind to others. What if we helped kids look at it differently? What if we helped them see that kindness can be extravagant and unexpected? It’s that sort of kindness that can change people’s hearts and show them how much God loves them.

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## 9:00 - 9:15 | 11:00 – 11:15 – EARLY ARRIVERS ACTIVITY

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### Opening Small Group Activity

*Move: an activity that increases the oxygen in the brain and taps into the energy in the body*

**What You Need:** N/A

### What You Do:

- Welcome kids as they arrive with a high five or first bump
- Call out a category that includes everyone, for example:
  - Height
  - Birthday
  - Number of pets
  - Number of siblings
- Ask the group to organize themselves into a line (lowest to highest) without talking based on that category
  - *Direct kids with zero pets or siblings to be at the beginning of the line*
- Once the kids organize themselves, verify that they did it correctly
- Call out a different category to start the game again
- Play as long as time and interest allows

### What You Say:

“There are many ways to play this game. I went out of my way to think of categories that included everyone, so no one felt left out. *[Transition]* Let’s go to **Large Group** to find out what Jesus had to say about why it’s important to go out of your way to show kindness.”

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## 9:15 - 9:45 | 11:15 – 11:45 – LARGE GROUP

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**Large Group Overview:** For Week Three, we turn to **Matthew 5:41**. In the Sermon on the Mount, Jesus taught, “Suppose someone forces you to go one mile. Go two miles with them.” To us, that might sound strange, but to those listening—not so much. Jesus’ listeners knew that a Roman soldier could force them to carry their pack for a full mile. Jesus said to go two! And in doing so, Jesus reminded His followers about the importance of going above and beyond in the way they chose to respond to others.

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## 9:45 – 10:05 | 11:45 – 12:05 – SMALL GROUP

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### Extra, Extra

#### [Talk About God | Bible Story Review]

*Imagine: an activity that promotes empathy and facilitates biblical application through role-play and reenactment*

**What You Need:** “Scenarios” Activity Page; Three Sheets of Paper; Tape; Marker

#### What You Do:

- Use the three labeled sheets and divide them into three different spaces
  - Kids should be able to easily identify each area
- In a different part of the environment, direct the kids to gather, facing you
- Read a scenario from the “Scenarios” Activity Page and the three options that go with each scenario
- Instruct the kids to choose their response to each scenario by going to the area with the corresponding letter
  - For example: If they choose option “A”, they are to go to the area labeled “A”
- After each scenario, pause to discuss the choices

- Ask: “Which option is like going ‘a mile’ and which one is like going the ‘extra mile’?”
- Before moving on to the next scenario, direct the kids to gather again facing you

### **What You Say:**

*“Great job choosing kindness! Going the extra mile is not always easy. Today’s story helps us understand that when we have an ‘extra mile’ attitude in everything we do at school, in sports, in friendships, with strangers, in unfair situations, and at home, others get to see God at work in our lives. That’s why it’s important to ask God to help you show kindness in tough or frustrating situations.*

*This doesn’t mean you have to let someone bully you or take advantage of you. You can respond with kindness, but still talk to a trusted adult about what’s happening. This week, let’s remember to **be kinder than you have to be** so others can experience God’s kindness through you.”*

***[Make It Personal] (Tell kids a story about a time when you chose to go the extra mile for someone even though they were not kind to you. Maybe it was a stranger in a one-off scenario, but if it was with a friend or family member, how did it change your relationship with them?)***

### **Rhythm Verse**

#### **[Hear From God | Memory Verse Activity]**

*Connect: an activity that invites kids to share with others and build on their understanding*

### **What You Need: Bibles**

### **What You Do:**

- Make sure every kid has a Bible
- Together, look up Colossians 3:12 using the Bible Navigation Tips below:

- **Finding Verses w/ 2<sup>nd</sup> + 3<sup>rd</sup> Graders:** *Guide them to open their Bibles to the front and find the table of contents. (Hold up a Bible opened to the table of contents to show the kids what the page looks like.) When the kids find the table of contents, lead them to find Colossians in the list under “New Testament.” When the kids find Colossians, lead them to look at the page number beside the word. Explain that the number tells them on what page they can find Colossians. Help the kids find the page. When they find Colossians, explain that the big numbers on the page are the chapter numbers. Help them find chapter 3. Explain that the small numbers are verse numbers. Help them find verse 3 in chapter 12.*
  - Say the verse as a group
  - Make up a clapping rhythm that goes along with the verse
  - Say the verse with the clapping rhythm several times
  - Clap the rhythm without saying the words and see if the kids can recite the verse to your clapping
  - Instruct the kids to sit in a circle
  - Choose one kid to start the clapping rhythm and saying the first word of the verse
  - Instruct the next kid to follow with the next word, and so on until the entire verse has been said
  - Challenge kids to try to get faster and faster without messing up a clap or a word

### **What You Say:**

*“The first part of this verse lets us know we are special people who God truly loves. In the second half of this verse, the author was encouraging the people who love God to wear a special outfit every day, but it’s not something you can see with your eyes. It’s like wearing something inside your heart. When we put on tender mercy (or compassion in the NIV) and kindness, it means we should try to be really kind to others by showing them love and care.*

*“We also need to avoid being proud, which means we need to be humble or not think that we are better than others or show off. Being gentle and patient is like*

*how we would handle a delicate flower with care so we don't harm it. God wants us to treat others gently and patiently by not being rough with our words or actions.*

*“When we do these things and choose to **be kinder than you have to be**, we show people the kindness God has towards all of us.”*

***As adults arrive to pick up, ask kids to say be kinder than you have to be and describe what going the extra mile means.***