



WEEK THREE – FEBRUARY 2024 – KINDER/FIRST

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.

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

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 by name as they arrive with a fist bump or high five
- Stand in front of the kids as they arrive
- Call out simple things for the kids to do like:
 - Hope three times
 - Do two jumping jacks
 - Greet one friend with a fist bump
 - Touch your toes four times, etc.
- After each “command” say, “Double or nothing!”
- When you say, “Double or nothing”, instruct the kids to do what you commanded, but choose if they are willing to do it twice
- Be sure to notice and give a high five to the kids who choose to go the extra mile
- Encourage the kids who choose not to double the action to at least try it

What You Say:

“Now, let’s take this energy that you have to jump into Large Group. *[Transition]*
Have you ever heard someone say, ‘Go the extra mile’? Let’s find out what that has to do with kindness.”

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

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.

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

Story Illustrations

[Talk About God | Bible Story Review]

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

What You Need: Blank white paper; pencils; timers; markers

What You Do:

- Instruct the kids to sit in a circle
- Give each kid a piece of blank white paper
- After handing out the paper, ask: “What was your favorite part of the Bible Story today?”
- Demonstrate as you direct kids to fold their paper in half (hamburger style) and open it back up
- Give each kid a pencil
- Set out the markers
- Let kids know they are going to be today’s Bible Story illustrator and pretend to be the main character of the story!

- Ask kids to imagine a Roman soldier has just asked them to carry his super-heavy pack
- Tell the kids that they'll have three minutes to draw and set the timer
 - If time allows, invite kids to color their drawing
- Instruct the kids to draw on the left side of the page (point to the left side for each kid)
- Direct the kids to include two very important details in their picture: the expression of their own face and on the soldier's face in this moment
 - Cue the kids to think about the feelings they might have about being asked to carry the soldier's heavy load. Ask: "If a Roman soldier asked you to carry his pack, would you be sad, upset, mad or scared?"
 - Cue the kids to think about the Roman's soldier feelings. Ask: "Would the Roman soldier be happy, confident or rude?"
- After the three minutes, instruct the kids to illustrate on the right side of the paper with what they would be thinking and feeling at the next big moment in the story: They ask the soldier if they can carry his pack for the second mile
- Direct the kids to include two very important details in their picture: the expression on their own face and on the soldier's face in this moment
 - Cue the kids to think about the feelings they might have about asking to carry the soldier's heavy load for a second mile. Ask: "Would you be happy, confident, sad, upset, mad or scared?"
 - Cue the kids to think about the Roman's soldier's feelings. Ask: "Would the Roman soldier still be happy, confident, rude, sad or upset? How would he be feeling now?"
- Set the timer for three minutes
- Tell the kids that they'll have three minutes to draw
 - If time allows, invite kids to color their drawing
- Invite the kids to show their pictures and explain their feelings and drawings

What You Say:

*"Your pictures came out so interesting! Like your character in the pictures you drew, it's important to remember that sometimes things will be unfair. When that happens, you can choose kindness! You can even **be kinder than you have to be.**"*

You can help clean up a mess that you didn't make, or decide to set aside some of your birthday money to buy a surprise for someone else. When you do that, others can see God's love."

[Make It Personal] (Share a time when you chose to respond with kindness and decided to go the extra mile, or about a time when someone did that for you.)

Pray + Dismiss

[Pray to God | Prayer Activity]

Reflect: an activity that creates space for personal understanding + application

What You Need: Paper plate; pencil; coach's whistle

What You Do:

- Direct the kids to sit in a circle
- Join the circle yourself!
- Show the kids the three objects: the plate, the pencil and the coach's whistle
- Share what each of the objects represent:
 - The plate represents home – we eat meals at home!
 - The pencil represents school – we learn and write at school using our pencils
 - The coach's whistle can represent sports, or any person who is in charge of us, like our teachers or other adults
- Share that you're going to pass the objects around the circle, and when an object comes to a kid, they can pray out loud or silently, asking God to help them go the extra mile in the area that object represents this coming week
- Model a prayer first as you hold each object and start the object's journey around the circle
 - Plate: "God, please help me remember to clean up after myself at home without even being asked!"
 - Pencil: "God, please help me be willing to share if any of my classmates ask to borrow something."

- Coach's Whistle: "God, please help me to listen to my grown-ups this week and to be a good listener."
- When the objects come back around to you, gather them up
- Close your group time in prayer

What You Say:

*"Dear God, thank You for showing us what it means to be kind like Jesus. Please show us how we can go the extra mile at home, at school, and everywhere we go. Remind us to always **be kinder than you have to be**. We love You, and we pray these things in Jesus' name. Amen."*

As adults arrive to pick up, invite the kids to share their "Story Illustrations" paper and explain how they imagined themselves in today's Bible Story going the extra mile.