



### LIFE APP

Kindness: Showing others they are valuable by how you treat them.

### BOTTOM LINE

Be kinder than you have to be.

### KEY QUESTION

Have you ever received unexpected kindness?

### BIBLE STORY FOCUS

Go the Extra Mile  
Matthew 5:41

### 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, NIV

## ACTIVITY: THE EXTRA MILE

### What You Need:

About 20 index cards, and something for you and your child to write with

### What You Do:

Divide the cards between you and your child. Say, "Let's write down some of the tasks and chores we do on a daily basis-one per card."

*Take a few minutes to write down five to ten tasks while your child does the same.*

Then say, "Now, let's flip the cards over and write down one way we can go 'the extra mile' with that task or chore-in other words, how we can do more than we have to do."

## TALK ABOUT THE BIBLE STORY:

Why is going the extra mile a great way to show kindness? *(It shows people that we value them.)*

When has someone gone the extra mile for you? How did it feel?

What usually keeps us from going the extra mile?

What can you do this week to go the extra mile? Think about homework, schoolwork, friendships, chores at home, relationships with family, sports practice, instrument practice, etc.

*Share an example of when someone went the extra mile for you.*

## PRAYER

"God, thank You for this important truth Jesus taught about kindness. We know You were kinder to us than You had to be when You sent Jesus...and that makes us want to do the same for others. Please help us think of ways we can do an unexpected, extra-kind thing for someone else. We love You. In Jesus' name we pray, amen."