

# A Family of Kindness

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**Lesson Objective:** To read and discuss what God says about kindness.

**Opening prayer:** Kind and loving God, you show us many different ways to love your creation. Open our hearts and minds to the many different ways that we can share and show kindness within our family and around our community. Amen

**Activity: Spreading Kindness – Kindness Rocks**

<http://blog.consumercrafts.com/craft-basics-main/kindness-rocks/>

Materials

- Palm sized rocks – smooth if possible
- Paint and brushes or Paint pens
  - Spray paint if you have it
- Permanent Markers
- Acrylic sealer (if you have some, if not no worries)

**Step 1.** First things first, you're going to have to gather the necessary supplies. For the rocks, you want them to be not too big or heavy but not so small that they're hard to decorate. If you can, take a walk outside to find some rocks. Palm sized about 3" across is the easiest to work with but some bigger ones and smaller ones can work great too. Another important factor with rock selection is to make sure at least one side is pretty smooth. Taking a walk can be a great way to get some fresh air, spend some time getting in a little exercise and collect up some rocks. Nothing like searching for "treasures."

**Step 2.** Spray paint, or paint with a brush one side of the rocks and wait for paint to dry! Don't layer the paint too thickly, so that it will dry quickly. OR paint a day ahead so that they will be dry when it's time to decorate.

*While the paint dries, read the scripture and enjoy the conversation about the passages.*

**Feasting on the Word:** Mark 2:1-12 (the kindness of 4 friends) and Matthew 25:31-46. Included are the passages from the NRSV, New Revised Standard Version, but feel free to use another variation that may be more "young child friendly".

## **Mark 2:1-12**

*When he returned to Capernaum after some days, it was reported that he was at home. <sup>2</sup> So many gathered around that there was no longer room for them, not even in front of the door; and he was speaking the word to them. <sup>3</sup> Then some people<sup>[a]</sup> came, bringing to him a paralyzed man, carried by four of them. <sup>4</sup> And when they could not bring him to Jesus because of the crowd, they removed the roof above him; and after having dug through it, they let down the mat on which the paralytic lay. <sup>5</sup> When Jesus saw their faith, he said to the paralytic, "Son, your sins are forgiven." <sup>6</sup> Now some of the scribes were sitting there, questioning in their hearts, <sup>7</sup> "Why does this fellow speak in this way? It is blasphemy! Who can forgive sins but God alone?" <sup>8</sup> At once*

*Jesus perceived in his spirit that they were discussing these questions among themselves; and he said to them, “Why do you raise such questions in your hearts?”<sup>9</sup> Which is easier, to say to the paralytic, ‘Your sins are forgiven,’ or to say, ‘Stand up and take your mat and walk?’<sup>10</sup> But so that you may know that the Son of Man has authority on earth to forgive sins”—he said to the paralytic—<sup>11</sup> “I say to you, stand up, take your mat and go to your home.”<sup>12</sup> And he stood up, and immediately took the mat and went out before all of them; so that they were all amazed and glorified God, saying, “We have never seen anything like this!”*

### **Matthew 25:31-46**

*31 “When the Son of Man comes in his glory, and all the angels with him, then he will sit on the throne of his glory. 32 All the nations will be gathered before him, and he will separate people one from another as a shepherd separates the sheep from the goats, 33 and he will put the sheep at his right hand and the goats at the left. 34 Then the king will say to those at his right hand, ‘Come, you that are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world; 35 for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, 36 I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me.’ 37 Then the righteous will answer him, ‘Lord, when was it that we saw you hungry and gave you food, or thirsty and gave you something to drink? 38 And when was it that we saw you a stranger and welcomed you, or naked and gave you clothing? 39 And when was it that we saw you sick or in prison and visited you?’ 40 And the king will answer them, ‘Truly I tell you, just as you did it to one of the least of these who are members of my family,[a] you did it to me.’ 41 Then he will say to those at his left hand, ‘You that are accursed, depart from me into the eternal fire prepared for the devil and his angels; 42 for I was hungry and you gave me no food, I was thirsty and you gave me nothing to drink, 43 I was a stranger and you did not welcome me, naked and you did not give me clothing, sick and in prison and you did not visit me.’ 44 Then they also will answer, ‘Lord, when was it that we saw you hungry or thirsty or a stranger or naked or sick or in prison, and did not take care of you?’ 45 Then he will answer them, ‘Truly I tell you, just as you did not do it to one of the least of these, you did not do it to me.’ 46 And these will go away into eternal punishment, but the righteous into eternal life.”*

### **Family Discussion:**

In the story in Mark 2:

- how did the friends of the paralyzed man show kindness?
- What might have happened to the paralyzed man if his friends had not helped him get to Jesus?
- How did Jesus show kindness to the paralyzed man? (2 ways)

In Matthew 25:

- Jesus explains that when we do something kind for another person, we are also showing kindness to whom?
- If Jesus were in the hospital, would you go visit him?
- If Jesus were hungry, would you give him something to eat? Of course you would.

- When you think of people who are in need, picture Jesus in that situation. It may make it easier to show kindness!

Discuss Proverbs 14:21 and also verse 31. Think of some ways your family can show kindness to needy people.

**Step 3.** Now the fun part...decorating! Spread out the rocks, and get to decorating and spreading kindness. (If you get stuck when it comes to messages, below are some possibilities) Younger kids may need some help but can totally participate in decorating once an adult assists with the words. Don't forget to add the hashtag #TheKindnessRocksProject to the back of the stone!

**Step 4.** Once all the stones have been decorated and the paint is completely dry, protect the rocks with a couple layers of UV-Resistant Clear Acrylic Coating.

**Step 5.** SPREAD THE KINDNESS. Time for another walk. Or the next time you go out for a walk, take your Kindness Rocks with you and drop them off around your neighborhood.

**Activity 2:** Each family member do at least one random act of kindness for another family member tomorrow. Think of a way to be helpful to someone, or surprise somebody with an act of love! Keep your idea a secret until it is done, then tomorrow night, tell each other about your experience. How does it make you feel to be kind to others?

**Activity 3 (optional):** Using the Coloring Sheet attached, print copies for everyone in the family. Color together and then write out messages to other members of the congregation that we have missed seeing over the last few weeks. Use the "Church Life App" or Church Directory on the church's website to find addresses of other members and mail the colored pages and messages to them.

**Closing Prayer:** Knowing God, thank you for this time to learn and be together as a family. Thank you for helping us to share and show kindness with one another. Remind us that each day we can show Your love in any different ways.

### Kindness Messages

God loves you	Peace	Live, Laugh, Love
SMILE	Hello Sunshine	Love is patient
You are loved	Beautiful soul	Love is Kind
Follow your heart	Never under Estimate yourself	Kindness matter
Dare to dream		: ( : You Choose
Have fun	Hope	Be Kind to one another

*Just a little note to say hello!*

*And we know that for those who  
love God all things work together  
for good, for those who are called  
according to his purpose.*

*Romans 8:28, ESV*