

Day 2

Read Matthew 5:41

After you read Matthew 5:41, get an adult's permission to go on a little walk. They could go with you, or you can even just walk around the outside of where you live. Before you go, decide exactly how long or far you're going to walk. But now, stop reading this—I mean it! Don't read ahead. Go do your walk, then come back and finish reading.

Don't read until you've walked.

Okay, are you back now? Well, go back and do the same walk. Yep, do it again. Well, to be clear, you don't have to, but it would be great if you did! Then come back and finish reading.

That second walk was a little unexpected, wasn't it? (Especially if you didn't read ahead!) Hopefully you enjoyed it, especially since you knew you didn't have to do it. Unexpected kindnesses are like that too! When someone knows you didn't have to be kind, but you did more than was expected, it shows them how valuable they are!

Day 3

Being kinder than you have to is not an easy task.

That's why it's great we can ask God for help showing others how valuable they are by going the second mile! Before filling out the prayer below, think about a person or situation where you find it challenging to be kind. Then fill in the blanks below and read the prayer out loud.

"Dear God, thank You for being so kind to me. There are so many ways you have been kinder than You have to be; for making me, for loving me, for sending Jesus to be my Savior. I want to show that same unexpected kindness to others. Sometimes I have a hard time being kind

(Name of a person or description of a situation, like "when I'm grumpy")

Please help me, to not just be kind, but to be extra kind by _____

(One way you can go the second mile in being kind in this situation or to this person)

Thank You for being kind to me and helping me be kind to others. In Jesus' name, amen."

Day 4

Have you ever received unexpected kindness?

What did the other person do? _____

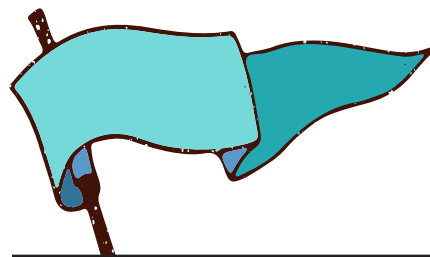
How did it make you feel? _____

Sometimes what shows kindness to us doesn't mean quite as much to someone else. For some people, having someone pay them a compliment makes them feel so valuable. For others, it's when someone does something kind for them.

Today, take a poll of your close family and friends. Find out what makes them feel valued. Ask them if they feel most valued by:

- ➔ Acts of service
- ➔ Words of affirmation/encouragement
- ➔ Spending quality time together
- ➔ Receiving gifts

Write down everyone's responses, and then save your list for tomorrow!



Day 5

Take a look at the list you assembled of your family and friends and their preferred way to be shown kindness.

Pick out a couple of acts of kindness you could do today.

How many of them are things you could repeat? (Like, if your dad feels valued when someone empties the dishwasher — his chore — without asking, maybe you could do it not just one time, but many times!)

Hang this list somewhere you'll see it for a while. Every day, try to pick at least one way to show kindness in a personal way to someone on your list, and then try to do it again another day too! Make showing others how valuable they are a way of life—and especially doing it in ways that means the most to them!