

Make Waves: What you do today can change the world around you.

DAY 1

Read Ephesians 4:32

Why should we be kind? As followers of Jesus, we can choose kindness because God is kind and forgiving to us!

Think about this past week when someone was unkind to you? What happened?

Now think about how you responded. Were you unkind right back? Do you need to forgive that person? The good news is, no matter what choices you've made in the past, you can start today and choose kindness!

Write out a simple prayer in the box below, asking God to help you to be kind this week, no matter what happens.

Dear God,

DAY 2

Read Luke 6:35

- Batman and Joker
- Wonder Woman and Ares
- Superman and Lex Luther
- Thor and Loki

In the list above, circle the "good guys" and put a big "X" through the "bad guys." It's easy to put Lex Luther, Green Goblin and Shredder into the "enemy" category. I mean, they're bad guys, right?

We love to watch movies with good guys and bad guys because the good guys always win! But real life isn't like that. Because our "enemies" don't look like Green Goblin or the Joker. Real life "enemies" look more like . . .

- . . . the kid who makes fun of you.
- . . . the kid who ignores you.
- . . . the kid who doesn't pick you for his team.

Kindness is for everyone and that includes our "enemies." Jesus tells us to show kindness to everyone because God is kind and generous to us. God doesn't base His kindness towards us on what we do. It's based on who He is.

Pray and ask God to help you understand kindness, even when you mess. Then, ask for help to show kindness to others, even your enemies.

DAY 3

Read Colossians 3:12

Did you catch the first part of today's verse? Paul reminds us that we are dearly loved by God. And because God loves us, we are to share that love with the people around us by showing kindness and mercy. In fact, Paul tells us to wear these like clothes. Just like you would never walk out the door to catch the school bus without first getting dressed, we are to clothe ourselves with kindness.

Clothed in Kindness

Do you have a favorite hoodie or other piece of clothing that you like to wear over and over again?

1. Grab your favorite piece of clothing that you wear over and over again along with some masking tape and a marker.
2. On the tape, write, "BE KIND," in large block letters. Tear off the tape and stick it to the inside of your clothes.
3. Make sure the tape is somewhere so that you can feel it as you wear it. Each time the tape rubs up against you, it can remind you to show kindness to the people around you.
4. Ask God to help you cover everyone with kindness.

Show kindness
to everyone.

DAY 4

Read Proverbs 12:25

Kind words make a big difference. Words have power. That's why we should be careful to choose kind words that help.

Kind Word Inflation

Here's a little science experiment to demonstrate what kind words can do! Ask an adult for help with this.

Water bottle – empty and dry

Vinegar

Baking soda

A balloon

A funnel

A toothpick

Pour some vinegar into the empty bottle, filling it about $\frac{1}{4}$ full. Add some water to bring up the liquid level a bit. Use the funnel to pour some baking soda into the empty balloon. Use a toothpick to help push the baking soda through the narrow opening. Attach the balloon to the top of the bottle making sure you don't dump in the baking soda. Then, once it is securely attached to the bottle, lift the balloon to drop the baking soda into the vinegar/ water solution. Watch what happens!

Kind words are like that baking soda reaction. They can perk you up when you're feeling down. Let's remember to use kind words to cheer up the people around us this week.