

Fruit of the Spirit

Kindness

Kindness is defined as being in a state of helpfulness or sympathy. Spreading kindness can be done through helpful or considerate actions that show someone that you care for them. An act of kindness might be holding your little brother's hand when he is scared, helping your mom cook dinner, or collecting canned goods for a food drive to feed the hungry. God tells us that it's important to be kind to everyone because everyone is a child of God!

- 1.) Can you remember a time when you were kind to someone? What did you do? How did it make the person feel? How did it make you feel?
- 2.) Can you remember a time when someone was kind to you? What did they do? How did it make you feel?
- 3.) Jesus spread the ultimate kindness when He gave His life for us so that we might be saved from our unkindness. What's one way you can pray for kindness this week?

