



WEEK 7 THEME: KINDNESS

KEY CONCEPT/MESSAGE:

Kindness is one of the most powerful ways we show that we love and care, for ourselves, others and the natural world. The Gospels show many examples of Jesus showing kindness to all in society. Sometimes a simple act of kindness can be transformational.

UNEXPECTED
KINDNESS IS THE
MOST POWERFUL,
LEAST COSTLY, AND
MOST UNDERRATED
AGENT OF HUMAN
CHANGE

BOB KERREY

In a world where
you can be
anything,

BE KIND.

“
THE SMALLEST ACT
OF KINDNESS IS
WORTH MORE THAN
THE GREATEST
INTENTION.

”

OSCAR WILDE

KEY QUOTE OF THE WEEK:

'We grow in kindness when our kindness is tested.' Archbishop Desmond Tutu

LISTEN:

The first two songs explore Christian understandings of kindness. Both are underpinned by the belief that Christians have an invitation and choice to answer God's call to *be a neighbour*.

A sung version of Teresa of Avila's 'Christ has no hands' prayer:

<https://www.youtube.com/watch?v=bi9p888x38Q>

or <https://www.youtube.com/watch?v=w7ymxW3rndk>.

'Here I am, Lord', a hymn which encourages people to offer themselves in service:

<https://www.youtube.com/watch?v=EcxOkht8w7c>

'I'll stand by you' by Bruce Springsteen. This is a good accompaniment to the Good Samaritan parable. There is a sense of real deep commitment to being alongside another person in all situations: <https://youtu.be/hwfPtKxF0aA>.

**ONE
KIND
WORD**

**can
change
someone's
entire
day.**

WATCH:

This beautiful 'real-life video about simple acts of kindness that change both the giver and receiver: <https://youtu.be/GdYJr03eJjE>.

And this video on acts of kindness to make you smile, although it makes a serious point too: <https://youtu.be/qGVOrvDTIBU>.

THINK:

Can you think of a time when someone was unexpectedly kind to you? Maybe it changed your life?

What do you think Desmond Tutu was meaning when he said that kindness grows when it is tested? Have you experienced your kindness being difficult, being tested, being rejected?



All children:

Find a place where you can be still, without interruptions. You might like to light a candle as you begin.

Can you think of a time when someone was really kind to you? Was it something they did, said or thought?

How did this act of kindness make you feel?

Can you think of a time when you were really kind to someone? Think about it now - what was the look on their face when they realised what you had done for them?

I wonder how this made you feel?

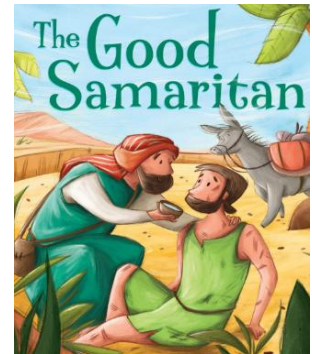
Today, we are going to read a famous story Jesus told called *The Parable of the Good Samaritan*. Let's read the story together:

<https://www.biblegateway.com/passage/?search=Luke+10%3A25-37&version=GNT>

You can also watch the Parable through one of these videos:

<https://www.youtube.com/watch?v=fO4qSAhI1sI>

<https://youtu.be/RMjQezZExh0?list=PLLiiUcCNmcMHKya3adISoxG8No8w2fNNc>



All children:

There are many stories at the moment of people sharing kindness to those around them. I wonder what kind acts you have seen? I wonder if you have done anything kind for others?

Today, we are going to read a famous story Jesus told called *The Parable of the Good Samaritan*. Let's read the story together:

<https://www.biblegateway.com/passage/?search=Luke+10%3A25-37&version=GNT>

You can also watch the Parable through one of these videos:

<https://www.youtube.com/watch?v=fO4qSAhI1sI>

<https://youtu.be/RMjQezZExh0?list=PLLiiUcCNmcMHKya3adISoxG8No8w2fNNc>



In the Good News Translation, we see the importance of kindness coming through:

And Jesus concluded, "In your opinion, which one of these three acted like a neighbour toward the man attacked by the robbers?"

*The teacher of the Law answered, "The one who was **kind to him**."*

Jesus replied, "You go, then, and do the same."

Kilminorth Activity: (Please email us your bingo photos.)

How amazing does it feel when someone shows you a random act of kindness? Kindness can be shared in so many ways from a quick smile to holding a door open for someone to giving a bunch of flowers because you were thinking of friend.

Have a look at this list from

<https://www.mentalhealth.org.uk/blog/random-acts-kindness>.

Create a 'bingo game' with your family using acts of kindness examples.

They could include things like 'make a hot or cold drink for a family member', 'share a positive compliment' or 'do your brother or sister's chores for them'. Play the game throughout the week, ticking off or colouring in each act you complete, and share how many things you were able to complete at the end of the week. Have a conversation with your family about what it felt like to give and receive the acts of kindness. Perhaps you could record this in your journal?

RANDOM ACTS OF
Kindness

Cardinham Activity:

(Please email us your 'Reflection'.)



We can show kindness to others but also the world around us, which unites as our common home. What does it mean to you to show kindness towards God's creation?

You could reflect on this by writing a poem, drawing a picture, making a video, or any other creative way you can think of.

Think about what acts of kindness you'd like to see shown to the natural world by our leaders, whether they're big or small. And what acts of kindness might you be able to do as part of being a good neighbour to our planet?

Send your reflection to Letters for Creation, which is a project inviting children and young people to reflect on what caring for creation means to them, and your submission could be featured as part of a national exhibition.

For more information, visit www.churchofengland.org/lettersforcreation.

Going Deeper – if you want to explore Kindness in Greater Depth:

Read a book which champions kindness, such as *Horton Hears a Who* by Dr Seuss. An audio drama is available here:

<https://www.youtube.com/watch?v=lgPcAxxkxoio>

Explore more worship and creative activities based on kindness and the Parable of the Good Samaritan.

An active reading of the Parable of the Good Samaritan -

<https://engageworship.org/ideas/good-samaritan-active-reading>

Kindness Postcard activity -

https://www.prayerspacesinschools.com/upload/home_resources/downloads/37223730b578222f20e9f622a68b28ea.pdf

Watch

This clip from the film *Evan Almighty*. 'You want to know how to change the world... Through one random act of kindness at a time' -

<https://www.youtube.com/watch?v=T4cOQZG01YE>

Colour Your World with Kindness video -

<https://www.youtube.com/watch?v=rweIE8yyYOU>



Finally:

Be thankful for those who have shown you kindness.
Think of others as you say these words:

*May you feel safe,
May you feel happy,
May you feel healthy,
May you live with ease.*

And be kind to yourself as you say:

*May I feel safe,
May I feel happy,
May I feel healthy,
May I live with ease.*

Finally ask for guidance and strength to be kind today, and eyes to see where kindness is needed.

PRAY:



SEND OUT:

Consider this statement about 'Random Acts of Kindness':

"Kindness is giving hope to those who think they are alone in the world."

I wonder if there are people living near you or a relative that feels they are alone? I wonder what you could do this week to let them know they are not alone by sharing your kindness with them? Who needs you to be a neighbour? Go in peace to share love and kindness with all you meet.