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Episode 2- Kindness

Theme verse: Luke 6:35

Total time: 45 minutes

Supplies: Paper, pens, Bibles, blank cards, markers, craft supplies

Objective: For girls to understand the meaning and practical outworking of kindness in their every day lives.

Begin video

Pause at 1:00: Large Group Discussion (5 min)

What does the word kindness make you think of? Do you think kindness is a powerful thing or a wimpy thing? Why?

Continue video

Pause at 3:00: Turn and Talk (5-8 min)

Turn to the person beside you and talk about a time when someone showed kindness to you or you showed kindness to someone else. How did it impact you?

Give 2-3 min for partner discussion and then give a few minutes for several girls to share their experiences/thoughts with the group.

Continue video

Pause at 3:58 Dig a little Deeper (15-20 min)

Divide girls up into 5 or 6 groups and give each group one of the following verses to look up:

Isaiah 63:7 "I will tell of the kindnesses of the Lord, the deeds for which he is to be praised, according to all the Lord has done for us—yes, the many good things he has done for Israel, according to his compassion and many kindnesses."

Hosea 11:4 "I led them with cords of human kindness, with ties of love. To them I was like one who lifts a little child to the cheek, and I bent down to feed them."

Acts 14:17 "Yet he has not left himself without testimony: He has shown kindness by giving you rain from heaven and crops in their seasons; he provides you with plenty of food and fills your hearts with joy."

Romans 2:3-4 "You didn't think, did you, that just by pointing your finger at others you would distract God from seeing all your misdoings and from coming down on you hard? Or did you think that because he's such a nice God, he'd let you off the hook? Better think this one through from the beginning. God is kind, but he's not soft. In kindness he takes us firmly by the hand and leads us into a radical life-change."

Ephesians 2:6-7 "And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus."

Titus 3:4-5 "But when the kindness and love of God our Savior appeared, he saved us, not because of righteous things we had done, but because of his mercy."

Instruct groups to read the verse and come up with a creative way to share what that verse teaches about kindness with the rest of the group. They could do a skit, song, game or cheer. If the girls are shy or quiet, they could make a collage or draw a picture to share. Encourage them to be creative and have fun with it.

Continue Video to end

Take Action (5 min)

The Kindness Challenge

Hand out paper and pens.

Write down 5 creative ways you can show kindness this week. It could be to a friend, family member or a complete stranger. Get together as a group and combine your lists on a poster/white board. Have each person choose one idea they are going to do. Next time you meet, share your stories of kindness and celebrate together.

Declarations (2 min)

Stand together and speak these truths out loud. Have fun with it!

"I am one of the kindest people I know."

"I show kindness every day."

"When I mess up, I show kindness to myself."

"Kindness is powerful."

Take away: (3 min)

Give each girl one dollar (depending on how big your group is you could do more) and encourage them to use it towards an act of kindness this week. Ask them to only take the money if they are committed to putting it towards their act of kindness and sharing with the group next time what they did with it and the impact it had.

