

① READ ABOUT IT!

"But the fruit of the Spirit is **love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control...**"
—**Galatians 5:22-23**

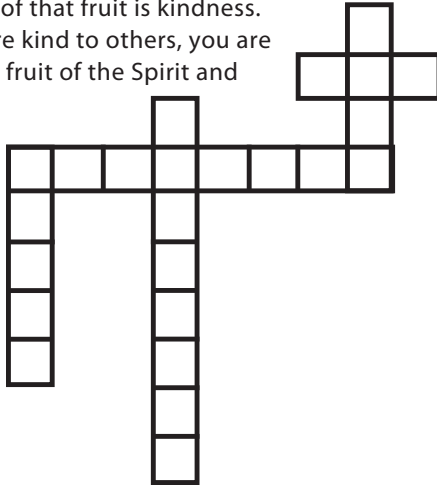
③ PRAY ABOUT IT!

Ask God to help you have the fruit of kindness in your life.

② THINK ABOUT IT!

When you are part of God's family, He gives you the Holy Spirit to help you live for God. The Holy Spirit helps you have fruit in your life—things others can see that help them know you belong to God. Part of that fruit is kindness. When you are kind to others, you are showing the fruit of the Spirit and showing you belong to God!

Look at the verse again. Find the fruit that are bold in the verse and write them in the crossword puzzle.

**Quiet Time**

WORD UP! God is kind!

Do you remember the memory verse from last week? Say it to five people this week!

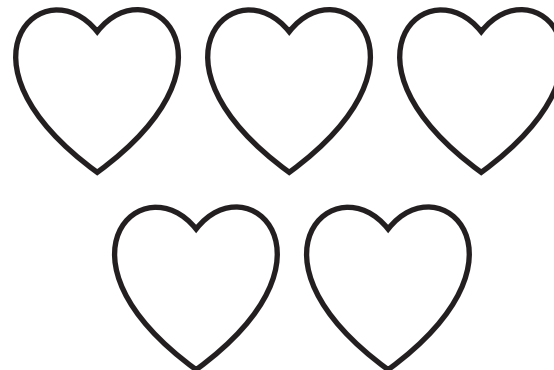
"I have stored up your word
in my heart, that I might
not sin against you."
Psalm 119:11

Do you know your memory verse? Test your skill by filling in the blanks below.

"I have _____ up
your _____ in my
_____, that I might
not _____ against _____.
_____ 119:11

God showed His kindness to you by sending Jesus to die on the cross so you can be part of God's family. This week as you do your Quiet Time you will learn more about God's heart of kindness.

Your heart is the part of you that thinks, feels, and makes decisions. God's heart is full of kindness for you and me.
Color in one heart each day you have a quiet time.



When you learn something new or you are reminded of something important, write it down or draw it in the box below.
Then tell someone about it!

Day 1

Day 1 **READ ABOUT IT!**

“...You were at that time separated from Christ... having no hope and without God in the world. But now in Christ Jesus you who once were far off have been brought near by the blood of Christ.” —*Ephesians 2:12-13*

③ PRAY ABOUT IT!

Use what you just wrote as a prayer to God, thanking Him for His kindness to you in sending Jesus.

② THINK ABOUT IT!

② THINK ABOUT IT!

Without Jesus, you are in a hopeless situation. But because of God's kindness to you, He sent Jesus to die on the cross for your sins. When Jesus did that, He made it possible for you to be close to God—part of God's forever family! That is amazing kindness!

Write a sentence or a poem to God saying "thank you" for His kindness to you!

Day 2

Day 2 **READ ABOUT IT!**

“So that in the coming
ages he might show the
immeasurable riches of
his grace in kindness
toward us in Christ Jesus.”
—*Ephesians 2:7*

③ PRAY ABOUT IT!

Thank God for the riches
of His grace that He gave
you when you became
part of His family!

Holy Spirit
Strength
Hope
Help
Heaven

God's family.

God showed His kindness to you in sending Jesus to be your Savior. When you are saved, you have many riches—blessings that come from being in God's family.

② THINK ABOUT IT!

Find these words in the word search. These are some of the riches are that you receive when you are part of

H	I	A	S	R	I	G	U	R	Z
O	X	G	H	D	G	M	G	G	S
L	C	P	H	E	A	V	E	N	T
Y	T	K	S	A	L	M	U	X	R
S	H	X	B	F	B	P	D	X	E
P	J	K	S	Y	M	J	F	W	N
I	H	Y	U	I	E	Y	L	X	G
R	W	O	F	O	G	O	Z	J	T
I	D	Q	P	W	P	O	G	J	H
T	X	R	Z	E	E	E	A	L	K

Day 3

Day 3
➔ READ ABOUT IT!

"Be kind to one another,
tenderhearted, forgiving
one another, as God in
Christ forgave you."
—*Ephesians 4:32*

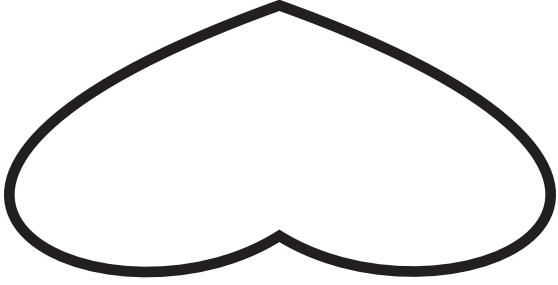
③ PRAY ABOUT IT!

Pray for the person whose
name you wrote down.
Ask God to help you be
tenderhearted toward
them this week.

② THINK ABOUT IT!

② THINK ABOUT IT!

Because God has shown His kindness to you, He can help you show kindness to others! One way you can do that is by being "tenderhearted." That means caring about others and how they think and feel. God can help you care more about people, even those that you might not like.



Who can you be tenderhearted to this week?
Write the person's name in the heart.

② THINK ABOUT IT!

One of the harder ways to be kind to someone is to forgive them when they have done something wrong to you. God can give you the strength and help you need to forgive. You can forgive them, remembering that God has forgiven you of all your sin.

Cross out all the 1's to find out what God has forgiven you of.

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