

① READ ABOUT IT!

"But the fruit of the Spirit is **love, joy, peace,** longsuffering [patience], **gentleness, goodness,** faith, meekness, temperance..."

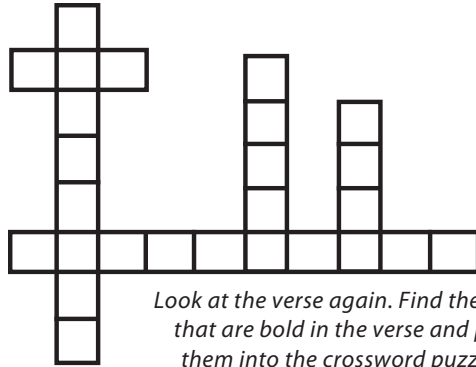
—*Galatians 5:22-23*

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 gentleness, which can also mean "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 put them into 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!

"Thy word have I hid in mine heart, that I might not sin against thee."

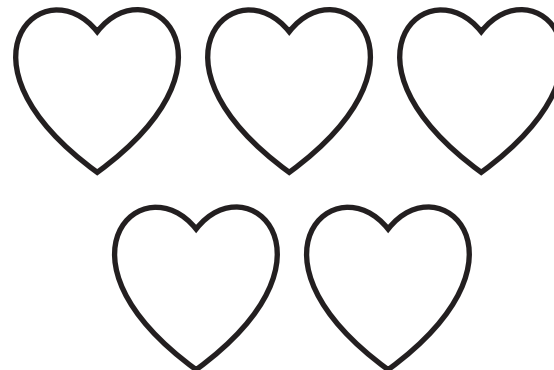
Psalm 119:11

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

"Thy _____ have I
_____ 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!**

“That at that time ye were
without Christ...having
no hope, and without
God in the world: But now
in Christ Jesus ye who
sometimes were far off are
made nigh [close] 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!

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 3

Day 3
READ ABOUT IT!

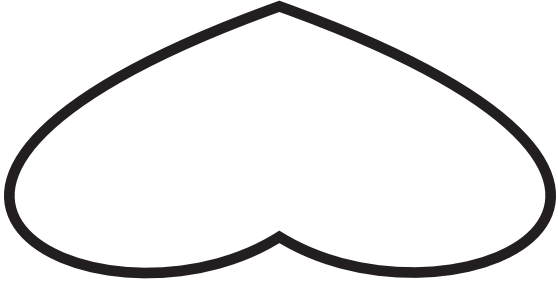
“And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ’s sake hath forgiven you.”
—*Ephesians 4:32*

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!

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.

[illegible]

Day 4

Day 4

▶ READ ABOUT IT!

—Ephesians 4:32

"And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you."

③ PRAY ABOUT IT!

Is there someone you need to forgive? Ask God to help you forgive them, even if it's hard.

③ PRAY ABOUT IT!

“That in the ages to come he
might shew the exceeding
riches of his grace in
his kindness toward us
through Christ Jesus.”
—*Ephesians 2:7*

Day 2

Day 2 **READ ABOUT IT!**

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 God's family.

God's family.

Holy Spirit
Strength
Hope
Help
Heaven

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
T	D	Q	P	W	P	O	G	J	H
X	R	Z	E	E	E	A	L	K	