



SCRIPTURE & SPOTLIGHT

Colossians 3:12-14 | Kindness

^{12a} You are always and dearly loved by God! You are His Choice. He has chosen and made you holy, so get dressed--clothe yourself in His virtues!

^{12b} Yes, be generous as you try to understand others. Be compassionate, showing kindness towards all. Be gentle and humble. Not getting upset, but be willing to wait as you are patient with others.

¹³ Be kind when faced with their weaknesses or mistakes. Forgive in the same way you have graciously been forgiven by Jesus Christ. If you find fault with someone, give this same gift of forgiveness to them.

¹⁴ But above all these, put on and wrap yourself in love! Love is the most important as it ties and holds everything completely together.

KINDNESS AFFIRMATION

I am loved. I am chosen.

I was born on purpose--for a purpose.

I am destined for greatness.

Today, I choose to be kind.

With every word and action, I will give and try my best.

I will choose kindness. Even when it's not easy--even when

I make a mistake, I am determined to be kind to myself and to others today!

Let's Talk About It!

What does kindness look like and sound like? Can you think of a time when someone was kind to you? How did you feel? What about when someone was unkind?

Verse 12a is quite a statement and promise! How do you feel knowing this truth? Do you always feel loved? How do you feel when you know you are chosen or someone's first-choice?

Why do you think the Bible tells us to clothe ourselves in kindness?

How do you feel when others try to understand you? How does this show kindness? Why is it hard sometimes to pause and try to understand others?

This month in SEL, we are also learning about Conflict Resolution. What do you think verse 13 has to do with Conflict Resolution? Why is it important?

Verse 14 tells us that love is the most important thing. Can you pour from an empty cup? Why do you think we need love before we can be kind?

Our affirmation says, "Even when it's not easy-- even when I make a mistake, I am determined to be kind to myself..." How do you feel when you mess up? What do you normally say to yourself? What does it look like and sound like to be kind to yourself.

What can you say to yourself when you make a mistake or find yourself in the Learning Pit?

Some of us are tired of being at home, and if we're honest are not always kind to those at home with us. What is one way you can be kind to your sibling(s) or grown-up(s) today?

Do you think it takes self-control or determination to be kind sometimes? Why?

Due Monday, March 22