

## Patience and Kindness

Praise & Worship: Patience Song: Veggie Tales – <https://youtu.be/PvgcAYVCUWU>  
Go Fish: Fruit of the Spirit- <https://www.youtube.com/watch?v=f-ejASqf1VE>  
The Kindness Song - <https://www.youtube.com/watch?v=H98Rfljxmsc>

Scripture References: Galatians 6:9 (P&K), Hebrews 10:36 (P), Ephesians 4:32 (K)

Memory Verses of Power: "And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart."- Galatians 6:9 (NKJV)  
"But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Galatians 5:22,23

Scripture Summary

1. God rewards kindness and patience (Galatians 6:9)
2. We will receive God's promises when we are patient and follow His will. (Hebrews 10:36)
3. We must be kind to one another just as Jesus was kind to us. (Ephesians 4:32)

Discussion Thoughts:

1. What does "patience" and "kindness" mean to you?
2. Why is it so hard to be patient? What are good things that come when we are patient?
3. Is being kind to everyone easy? Why or why not?
4. How does Jesus show us how to be patient and kind?

Encouragement:

Have you ever tried to watch a seed grow? It feels like forever! How about when our parents tell us to wait to open Christmas presents. FOREVER! Just think, if farmers were not patient, we would not have any food! If we did not have to wait for Christmas every year we would not be as thankful to receive presents. Being patient is hard work, but the rewards are priceless. Trying to become like Jesus is difficult and requires lots of patience. Even though we fail, Jesus forgives us and helps us to keep growing. Jesus is very patient and kind to us.

Kind means to do good through generosity and love. It is easy to be kind to people who are kind to us, but Jesus tells us to do good to those who hurt us! (Matthew 5:44)! What?! Jesus was kind to his enemies, even those who crucified Him. However, because of Jesus' love and kindness, people started to believe in Him. Our memory verse of power says "And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart."- Galatians 6:9 (NKJV) Let's pray for Jesus to help us grow in patience and kindness toward others and ourselves.

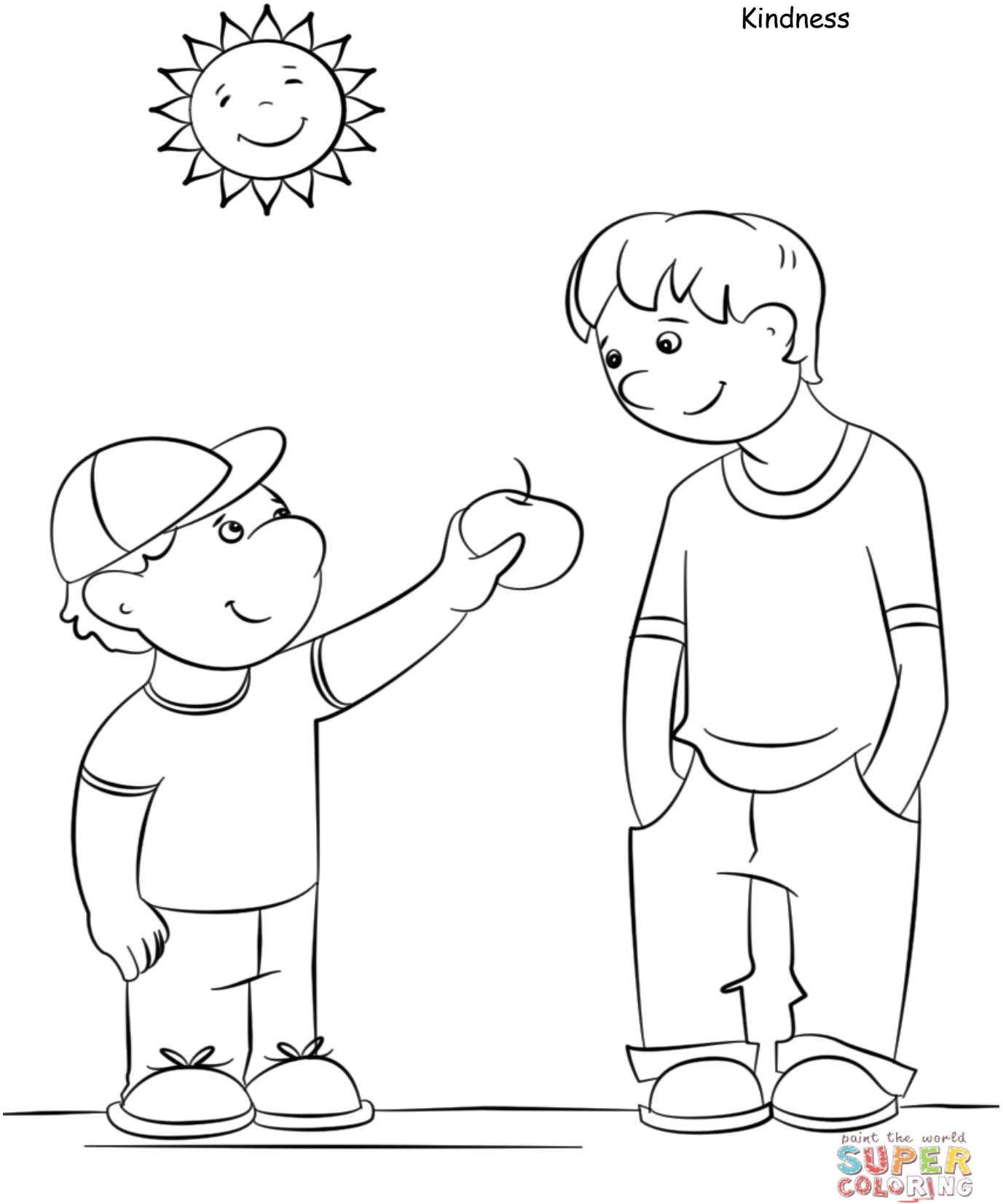
Object Lesson: The Ice Cube Tray and Patience - <https://www.youtube.com/watch?v=ZZSdwMx07Eo>

It is hard to wait for things that we want. However, waiting helps us to appreciate the gifts we are given and the hard work it takes receive God's promises. Good things come to those who wait.

Object Lesson 2: Color Your World with Kindness - One act of kindness can spread God's love to many people. Who can you share kindness with? Check out this week's activity for ideas!

Prayer: Dear Jesus, thank you for showing me how to be patient and kind. Please help me grow to be like you and be patient and kind with others and with myself every day. Amen

## Kindness



"We must not get tired of doing good. We will receive our harvest of eternal life at the right time. We must not give up." - Galatians 6:9 (ERV)

But the fruit of the spirit is love, joy, peace, longsuffering, kindness, Goodness, faithfulness, gentleness, self-control. Galatians 5:22

# Kindness Double Puzzle



**Directions:** Each of the words below is scrambled. Unscramble each one to uncover the **Hidden Phrase**!

**Memory Verse from God's Word:**

But the Holy Spirit produces this kind of fruit in our lives:  
Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness  
~ Galatians 5:22 (NLT)

LEOV

10		4	2

PENAI CET

11	5			12	6		

DISNEKNS

						1	

HREAS

	8		13	

MLEIS

				9

CIHRYTA

		3			7	

**Uncover The Hidden Phrase!**

Now, copy the letters in the numbered boxes above to the box with the same number below.

1	2	3	4	5	6	7

8	9	10	11	12	13

**You Did It!**

Kindness Bible Study Puzzle  
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## Patience



We need patience to accomplish our goals in life.

*Necesitamos paciencia para lograr nuestros objetivos en la vida.*

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## Make a Family Kindness Jar!

<https://kidsactivitiesblog.com/102518/family-kindness-jar/>

### Supplies:

- pen/marker
- jar
- paper

This is such a simple activity that takes minimal supplies. All you need is those three things and your family members!

### Directions:

1. Gather your supplies and your family!
2. Take turns coming up with random acts of kindness that you would like to complete as a family, and write them down on your pieces of paper.
3. Put all of your papers in the jar, and decide on how often you are going to complete these acts of kindness. Weekly, bi-weekly, monthly?
4. Take turns drawing an act of kindness out of the jar and completing them as a family! See the chart below for ideas.



## 50 RANDOM ACTS OF KINDNESS IDEAS

- 1 Make dinner for a family in need
- 2 Pack an extra lunch for someone
- 3 Bake cookies for the elderly
- 4 Loan money on KIVA
- 5 Give a stranger a compliment
- 6 Write an encouraging note
- 7 Serve food at a homeless shelter
- 8 Send care packages to those in need
- 9 Insert coins into someone's parking meter
- 10 Pay for someone's bus fare
- 11 Let someone go in front of you in the line.
- 12 Give a family member breakfast in bed
- 13 Thank a teacher or friend with a gift
- 14 Rake a neighbor's yard
- 15 Do a favor without asking anything in return
- 16 Knit a blanket for someone
- 17 Hide money in a random place for a stranger to find
- 18 Hold the door open for someone
- 19 Stop at a child's lemonade stand
- 20 Take donuts to the police station
- 21 Make a bracelet for a friend
- 22 Wash someone's car
- 23 Leave a used book in a café
- 24 Write a thank you note
- 25 Adopt an animal online
- 26 Clean up someone's mess
- 27 Pay for someone's toll
- 28 Offer to babysit for a struggling parent
- 29 Help someone unload their groceries
- 30 Give someone a gift-card
- 31 Visit a nursing home
- 32 Make dessert for someone in need
- 33 Read to a sibling
- 34 Participate in a charity walk
- 35 Buy flowers for a friend
- 36 Post a drawing to your grandparents
- 37 Donate food to a charity
- 38 Support a KICKSTARTER project
- 39 Write kind words on a rock and leave them at a park
- 40 Leave tennis balls at a dog park
- 41 Fill a box with toys to donate
- 42 Invite someone new to your place
- 43 Leave a generous tip
- 44 Pay for the person behind you at the drive-through
- 45 Tell someone you love them (someone who usually doesn't hear it!)
- 46 Freely offer your skills to help someone
- 47 Volunteer at a soup kitchen
- 48 Give someone a lottery ticket
- 49 Mow a neighbor's lawn
- 50 Donate books to the library

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