

FRUITS OF THE SPIRIT

KINDNESS

Earlier in the season, we talked about showing love to our neighbors and how that can be hard when our neighbor is not someone we like very much. The Bible shows us that because of what Jesus Christ did for us, we as Christians can love others first, forgive others first, and show kindness to others first -- even when it is not done to us in return!

This can be hard to do, but we have the very best example in Jesus. Being kind first is easy to say, but difficult to do! However, if we stop and think about how kind Jesus was to us, even when we were unkind to Him (Romans 5:8), we will want to show that type of kindness to others.

The baseball diamond is a great place to practice showing kindness. Did your opponent fall over sliding into second? Give her a hand and help her up! Did another parent forget to bring a water bottle for practice for their child? Offer to share from your bottle. In this way, you're demonstrating the Gospel to those around you.

Have you experienced someone showing kindness to you? How did that make you feel? How did you respond? **What are some ways you can show kindness this week?**

MEMORY VERSE OF THE WEEK

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

-- Ephesians 4:32

TRY IT AT HOME!

- **Practice** the memory verse at meal time or before bed with your kids.
- **Pray** before meals that your family would be kind to one another and to those around you.
- **Ask** your child to identify one way he or she can show kindness this week. Be specific!



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