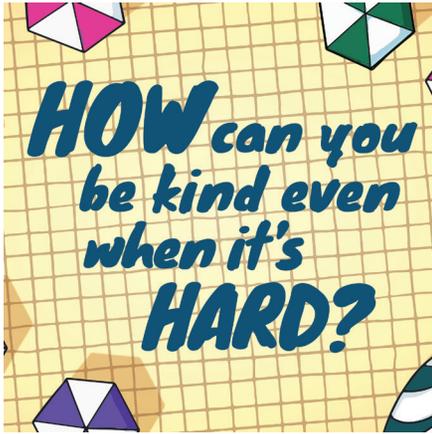


Spend some time thinking about the question below and journal your thoughts or share them with a parent.



Journal writing lines for the 'HOW can you be kind even when it's HARD?' prompt.



Day 1

After watching, write one thing that:

Go to bit.ly/SundaysAtHomePreteen and watch this week's episode of The So & So Show.

Even if you already saw it at church, feel free to check it out again!

- 1. You liked:
- 2. You learned:
- 3. You'd like to know:

Day 2

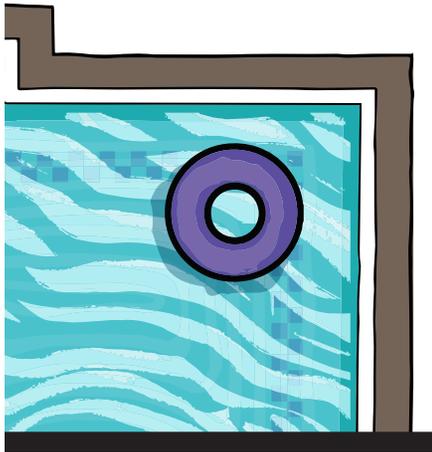
Read Luke 10:25-37

As you read Luke 10:25-37, underline the two laws that Jesus says lead to eternal life.

Then, circle all of the people involved in the story Jesus tells.

Lastly, underline the person who lives out the two laws Jesus referred to earlier.

Were you surprised by the person you ended up underlining? The people who Jesus was speaking to would have been surprised—Jews and Samaritans had hated and mistrusted each other for hundreds of years. In telling this story, Jesus taught His followers that they **should show kindness to everyone**, even when it's hard.



Day 3

Think back on the story from yesterday that Jesus told about the Good Samaritan.

Who do you most relate to?

- A The person who chose kindness.
- B The people who walked by on the other side of the road.
- C The person in need of kindness and someone unexpected showed up.

Based on your answer, choose the prayer below to pray to ask God for help to show kindness.

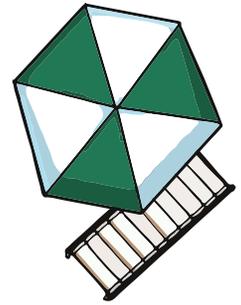
- A Dear God, thank You for the opportunities You've given me in the past to show kindness to others. Please help me to always continue to choose kindness over my schedule, comfort, or desires. In Jesus' Name, amen.
- B Dear God, I know I haven't always chosen kindness when it's hard. Please help me to walk the path that the Good Samaritan chose in Jesus' story, choosing to show kindness to everyone. In Jesus' Name, amen.
- C Dear God, thank You for _____ who showed me kindness even when it was hard for them. Please help me to do the same for others, treating them the way I was treated with kindness. In Jesus' Name, amen.

Day 4

The Good Samaritan and the Jewish man who needed help were natural enemies, based on a history dating back hundreds of years.

Hopefully you don't have an enemy like that in your life, but we all have people that we find it harder to be kind to. As a kid, that person is often your sibling, or maybe an annoying younger cousin or neighbor. It also might be a parent, or a teacher who you think is harder on you than others.

Think of who that person is, and then take a couple of minutes today to reach out to that person to find out what they might be facing, or a need they have. You could simply ask them how they are doing and listen to the answer. You could ask them if there's anything you could pray for them about, or if there is something that's been hard lately. Take some notes about what you find out and hold on to them for tomorrow.



Day 5

How can you be kind even when it's hard?

Yesterday, you spent some time talking to someone who you sometimes find it hard to be kind to. Today, you're going to put what you learned into action—throwing a life jacket or sending out a rescue boat to help them as you make waves of kindness in their life!

Take your notes and think through what you learned from talking with them. What's one way you could show kindness to them today? You could offer up some of your time or resources to help them with a chore, help them understand their math homework, play a game with them, or bake cookies to deliver to them. Whatever you choose, pick something that you know will make waves of kindness in their life.