

Lesson 10 / February 5, 2012

# Random Acts of Kindness

by Paula Yingst

for use as

## STEP 1



Lesson 10

### Focus:

Encourage each other with acts of kindness.

Lesson 10

### Bible Basis:

Philippians 2:19-25;  
4:18; 2 Timothy 4:9, 13

Students will discuss acts of kindness and how actions speak louder than words.

#### Materials:

- Internet access

Optional: As part of your Step 4 activity, you may want to check with your pastor or church prayer team before class to find out the names of some people who are hospitalized or in need of encouragement.

Last April, a little girl named Abbie Waters died from a rare form of cancer. She was nine years old. Pull up the photo of Abbie Waters at the following link to share with your class:

<http://www.nbc12.com/story/16390088/acts-of-kindness-performed-in-young-cancer-victims-memory>

A journalist wrote about Abbie and how she had loved doing good deeds. People heard the story about Abbie's kind heart and how much she enjoyed it when she saw people being nice to each other. Thousands of emails from total strangers began flowing into the news station to encourage Abbie's mom and dad and to let them know that their daughter had inspired them to perform simple acts of kindness in honor of the little girl with the heart of gold.

- ▶ What does it mean to do a "good deed"?
- ▶ How often do you see people being kind to each other in your home, at school, in your community, or on TV?
- ▶ Can you remember an act of kindness that you saw sometime during the past few days? Tell us about it. (If they come up short on examples of kindness in the past few days, use it as an opportunity to discuss why they think there are so few people being nice to each other these days.)

No doubt Abbie's family and friends felt devastated when they heard that she had cancer—and very sorrowful when she died. Because of Abbie's kindness to others, her mother said, "[Abbie] taught us more in her nine years than we learned in all our lifetimes before we had her."

Abbie left behind quite a legacy of kindness. A legacy is your memory with people. I don't want you to answer this aloud, but consider for a moment:

Lesson 10  
**Memory Verse**

Dear children, let us not love with words or tongue but with actions and in truth.

—1 John 3:18

If something happened to you, what would be your legacy? Would people remember you for all the kind things you've done for others? I'm asking myself the same thing.

Printouts of emails, cards of encouragement and newspaper clippings are probably some of the things Abbie's family saved to honor her memory. Many people save memorabilia such as this in scrapbooks. Let's take a look at "Paul's Scrapbook" and see how very important acts of kindness were to him when he desperately needed a faithful friend.

(Continue on to Steps 2 and 3 in your teacher's guide; your Step 4 appears below.)

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# Random Acts of Kindness

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## STEP 4

Lesson 10

### Focus:

Encourage each other with acts of kindness.

Lesson 10

### Bible Basis:

Philippians 2:19-25;  
4:18; 2 Timothy 4:9, 13

Lesson 10

### Memory Verse

Dear children, let us not love with words or tongue but with actions and in truth.

—1 John 3:18

### Materials:

- Whiteboard and marker
- Index cards
- Pencils

**O**n a whiteboard write out today's memory verse: "Dear children, let us not love with words or tongue but with action and in truth" (1 John 3:18).

These words were written by John, one of Jesus' friends and disciples. John traveled with Jesus and actually heard the words that Jesus spoke and witnessed His actions.

Have your students read the verse with you. Hand out index cards and pencils so they can write out the verse. When everyone has finished writing, erase all of the words of the verse on your whiteboard except "love," "with action and," "truth." Have your students do the same on their index cards until the phrase remaining reads: "Love with action and truth."

You hear a lot of talk about love today. It's on T-shirts, in commercials, on TV programs and in movies. People use the same word "love" when they talk about their favorite soft drinks as they do when they talk about how they feel about God or their moms. Sometimes words get over used and don't mean so much. There's a popular saying that goes: "Actions speak louder than words."

**▶ Do you think people are more likely to believe words, or words backed up with actions? Explain your answer.**

**▶ How can we show love with our actions?** (*Answers will vary: Turn away from a fight, help people when you see them struggling, pick up a dropped book, shovel snow for your dad, etc.*)

Encourage your students to think of at least one act of kindness they can perform for someone this week. Give them the opportunity to write an action step on their "Love with action and truth" index card. If you obtained names of some people in need of encouragement in your church, list those names on the board as possible recipients of an act of kindness.

Close with prayer.

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