

Family Devotions on Kindness **7** *days for kids*

These family devotions on kindness help children see what kindness looks like in the Bible and practice it the same day. Seven short readings: Paul's call to be kind and tenderhearted, the golden rule, King David welcoming a lame man to his table, Boaz noticing a foreign widow, a boy sharing his lunch, Dorcas making clothes for widows, and Jesus' words that whatever we do for the least, we do for Him.

Each day has a few verses, a short talk to read aloud, questions, a kindness activity and a prayer, in about ten minutes. Keep a kindness jar going all week: whenever someone notices another family member being kind, write it on a slip and drop it in. Read them all together on day 7.

DAY 1

Be kind to one another

READ

Get rid of all bitterness, rage and anger, outcry and slander, along with every form of malice. Be kind and tenderhearted to one another, forgiving each other just as in Christ God forgave you.

— Ephesians 4:31-32 (BSB)

TALK

Paul tells us to get rid of bitterness, anger and unkind words, and to put something better in their place: "Be kind and tenderhearted to one another, forgiving each other just as in Christ God forgave you." Being kind is more than being polite. It means caring how someone else feels and doing something about it. And we can be kind because God has been so kind to us in Jesus.

ASK

- What does Paul tell us to get rid of (v. 31)?
- What do you think tenderhearted means?

- Why can we be kind, according to the end of verse 32?

DO

Start a kindness jar. Whenever someone notices another person in the family being kind this week, write it on a slip of paper and put it in the jar. Read them all on day 7.

PRAY

Father, You have been so kind to us in Jesus. Help us be kind and tenderhearted to one another, and quick to forgive. Amen.

DAY 2

The golden rule

READ

In everything, then, do to others as you would have them do to you. For this is the essence of the Law and the Prophets.

– Matthew 7:12 (BSB)

TALK

Jesus gave a rule that is easy to remember and hard to do: “In everything, then, do to others as you would have them do to you.” Think about how you like to be treated: shared with, listened to, included, forgiven. Jesus says to treat others that way first, without waiting for them to go first. He says this one rule sums up the Law and the Prophets.

ASK

- What does Jesus tell us to do?
- How do you like to be treated when you are sad or left out?
- Who could you treat the way you want to be treated this week?

DO

Act it out: one person pretends to be new at school or left out of a game, and the others practice what to say and do to include them. Then switch places.

PRAY

Jesus, help me treat others the way I want to be treated, even when they do not treat me that way first. Amen.

A seat at the king's table

READ

So the king asked, "Is there anyone left of the house of Saul to whom I can show the kindness of God?" Ziba answered, "There is still Jonathan's son, who is lame in both feet." "Where is he?" replied the king. And Ziba said, "Indeed, he is in Lo-debar at the house of Machir son of Ammiel." So King David had him brought from the house of Machir son of Ammiel in Lo-debar. And when Mephibosheth son of Jonathan, the son of Saul, came to David, he fell facedown in reverence. Then David said, "Mephibosheth!" "I am your servant," he replied. "Do not be afraid," said David, "for surely I will show you kindness for the sake of your father Jonathan. I will restore to you all the land of your grandfather Saul, and you will always eat at my table."

— 2 Samuel 9:3-7 (BSB)

TALK

King David's best friend Jonathan had died. David asked, "Is there anyone left of the house of Saul to whom I can show the kindness of God?" There was Jonathan's son, Mephibosheth, who could not walk. He came from the old king's family, and he bowed low before David. But David told him not to be afraid. He gave him back his family's land and said he would always eat at the king's table.

ASK

- Who did David want to be kind to, and why?
- What did David give Mephibosheth (v. 7)?
- Who might feel left out at your school, church or street? How could you include them?

DO

Invite someone who might feel left out to play, to sit with you at lunch or to come over this week. At dinner, set an extra place and talk about who you could invite to your table.

PRAY

Lord, thank You for inviting us to Your table. Show us someone who feels left out, and help us show them Your kindness. Amen.

Noticing the stranger

READ

Then Boaz said to Ruth, “Listen, my daughter. Do not go and glean in another field, and do not go away from this place, but stay here close to my servant girls. Let your eyes be on the field they are harvesting, and follow along after these girls. Indeed, I have ordered the young men not to touch you. And when you are thirsty, go and drink from the jars the young men have filled.” At this, she fell on her face, bowing low to the ground, and said to him, “Why have I found such favor in your eyes that you should take notice of me, even though I am a foreigner?” Boaz replied, “I have been made fully aware of all you have done for your mother-in-law since the death of your husband, how you left your father and mother and the land of your birth, and how you came to a people you did not know before. May the LORD repay your work, and may you receive a rich reward from the LORD, the God of Israel, under whose wings you have taken refuge.”

— Ruth 2:8-12 (BSB)

TALK

Ruth was a foreigner in Israel, a poor widow picking up leftover grain in the fields. Boaz, who owned the field, noticed her. He told her to stay close, made sure she was safe and let her drink water with his workers. Ruth was amazed: “Why have I found such favor in your eyes that you should take notice of me, even though I am a foreigner?” Boaz noticed someone others might have ignored.

ASK

- What did Boaz do to help Ruth (vv. 8–9)?
- Why was Ruth so surprised (v. 10)?
- Who is new or different around you and needs someone to notice them?

DO

Bake cookies or draw a welcome card for a new family in your neighborhood, school or church, and deliver it together.

PRAY

God, You notice every person. Help us notice people who are new, different or alone, and be kind like Boaz. Amen.

Share what you have

READ

One of His disciples, Andrew, Simon Peter's brother, said to Him, "Here is a boy with five barley loaves and two small fish. But what difference will these make among so many?" "Have the people sit down," Jesus said. Now there was plenty of grass in that place, so the men sat down, about five thousand of them. Then Jesus took the loaves and the fish, gave thanks, and distributed to those who were seated as much as they wanted. And when everyone was full, He said to His disciples, "Gather the pieces that are left over, so that nothing will be wasted." So they collected them and filled twelve baskets with the pieces of the five barley loaves left over by those who had eaten.

— John 6:8-13 (BSB)

TALK

A huge crowd was hungry, and there was no food. A boy had five barley loaves and two small fish. Andrew said, "But what difference will these make among so many?" The boy's lunch was given to Jesus. Jesus gave thanks and fed about five thousand men, besides women and children, and there were twelve baskets left over! When we share the little we have, Jesus can do great things with it.

ASK

- What did the boy have?
- What did Jesus do with the boy's lunch (v. 11)?
- What small thing could you share this week?

DO

Pack an extra snack to share with a friend, or fill a bag with food for a food bank. Talk about how Jesus used one boy's lunch to feed thousands.

PRAY

Jesus, everything I have comes from You. Help me share what I have, even when it seems small, and use it for Your glory. Amen.

Works of kindness

READ

In Joppa there was a disciple named Tabitha (which is translated as Dorcas), who was always occupied with works of kindness and charity. At that time, however, she became sick and died, and her body was washed and placed in an upper room. Since Lydda was near Joppa, the disciples, hearing that Peter was there, sent two men to urge him, “Come to us without delay.” So Peter got up and went with them. On his arrival, they took him to the upper room. All the widows stood around him, weeping and showing him the tunics and other clothing that Dorcas had made while she was still with them. Then Peter sent them all out of the room. He knelt down and prayed, and turning toward her body, he said, “Tabitha, get up!” She opened her eyes, and seeing Peter, she sat up. Peter took her by the hand and helped her up. Then he called the saints and widows and presented her to them alive.

— Acts 9:36-41 (BSB)

TALK

In the town of Joppa lived a woman named Tabitha, also called Dorcas, who was always busy with works of kindness and charity, helping people in need. She made clothes for widows who had no one to care for them. When she got sick and died, her friends wept and showed Peter all the clothes she had made. Peter knelt and prayed, and God raised her back to life! Her kindness had touched so many people.

ASK

- What was Dorcas always doing (v. 36)?
- What did the widows show Peter (v. 39)?
- What is something kind you could make for someone?

DO

Make something for someone who needs cheering up: a card, a drawing, a craft or some cookies. Deliver it this week.

PRAY

Lord, thank You for people like Dorcas who are always doing good. Help us use our hands to help others. Amen.

You did it for Me

READ

For I was hungry and you gave Me something to eat, I was thirsty and you gave Me something to drink, I was a stranger and you took Me in, I was naked and you clothed Me, I was sick and you looked after Me, I was in prison and you visited Me.’ Then the righteous will answer Him, ‘Lord, when did we see You hungry and feed You, or thirsty and give You something to drink? When did we see You a stranger and take You in, or naked and clothe You? When did we see You sick or in prison and visit You?’ And the King will reply, ‘Truly I tell you, whatever you did for one of the least of these brothers of Mine, you did for Me.’

— Matthew 25:35-40 (BSB)

TALK

Jesus told about a day when He, the King, will say to His people: you fed Me when I was hungry, gave Me a drink when I was thirsty, welcomed Me as a stranger and visited Me when I was sick. They will ask, when did we do that? And the King will answer, “whatever you did for one of the least of these brothers of Mine, you did for Me.” Every kindness to someone in need is kindness to Jesus.

ASK

- What kind things are listed in verses 35–36?
- Who does Jesus say we are really helping (v. 40)?
- Which of these kind things could our family do this month?

DO

Open your kindness jar and read every slip aloud. Then choose one thing from verses 35–36 to do together as a family this month.

PRAY

Lord Jesus, help us see You in people who are hungry, lonely, sick or new. Whatever we do for them, we want to do for You. Amen.

Tips for family devotions

Do the activity the same day. Children learn kindness by doing it. Even a small act, done today, sticks

better than a long talk.

Notice out loud. When you see your child being kind, say so. Add it to the kindness jar.

Model it. Let your children see you being kind to a neighbor, a waiter or a stranger, and to them.

Kindness at home counts. Sharing with a brother or sister is often harder than being kind at school. Celebrate it.

More family devotions

Family Devotions for Young Kids · 10 days

Family Dinner Devotions · 10 days

Thanksgiving Family Devotions · 7 days

Family Devotions for Teens · 7 days

Bible study on love

Bible memory verses for kids

Bible reading plan for kids

Prayer points for children

All family devotions

Questions