

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



A series of horizontal dotted lines for journaling, starting from the right side of the 'WHEN IS IT HARD TO BE KIND?' box and extending across the page.



Day 1

After watching, write one thing that:

Visit the Parent Cue app (available for iOS and Android) to watch this week's Bible story.

Download it for free at parentcue.org/app.

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 Ruth 1-2

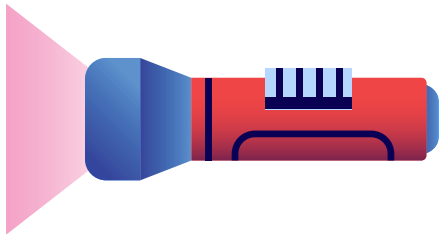
After you read Ruth 1-2, go back through and circle the passages where someone was kind to the person closest to them. Then summarize what that person did here:

Ruth and Naomi:

Boaz and Ruth:

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Ruth was kind to Naomi in going with her to her homeland, and then Boaz was kind to Ruth by allowing her to collect grain in his field. And get this: because Ruth was kind to Naomi and showed her how valuable she was, Ruth got to be part of the family line of Jesus!



## Day 3

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**Dear God,** thank You for sending

Jesus to show me how valuable I am

to You. I want to show kindness to

others, but sometimes being kind

to the people closest to me is really

hard. Please give me the power and

compassion to show kindness to

\_\_\_\_\_,  
(your grownups)

\_\_\_\_\_,  
(your siblings)

\_\_\_\_\_,  
(your best friends)

and \_\_\_\_\_,  
(anyone else you're close to)

In Jesus' Name, I pray. **Amen.**

## Day 4

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### Be kind to the people closest to you.

One of the ways we can be kind to the people closest to us is in the way we speak to them. Often those people—especially our family members—receive the worst of our anger, exhaustion, and general frustration.

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Today, focus on speaking kindly to those closest to you. Try to use each of these words at least one time today as you speak to your family.

- Thank you!
- Good morning.
- Hello!
- You look nice today.
- How can I help you?
- Yes, please.

(Note: Also pay attention to the WAY you speak to those closest to you. Often it's not the words we speak but how we say them that is unkind.)

Check off each kind word or phrase you say to someone close to you today!

Day 5

When is it hard to be kind?

Before you read the following paragraph, put your face really close to the paper. Like, so close your nose touches the paper. Then try to read it.

It's not always easy to be kind, is it? The closer you get to someone, actually, often the harder it is. Sometimes we forget that when we aren't kind, it's like telling others they aren't valuable to us—that their feelings or thoughts don't matter. But you wouldn't ever want your family and friends to feel that way, would you?

How hard was it to read that paragraph? Pretty tricky, right? You'd think that being closer would make it easier, but sometimes, that closeness makes it more challenging, just like kindness. So how can you be kind, even when it's hard?

- You can pause before saying or doing something unkind.
- You can take a step back from the situation and ask God for help.
- We can think of what makes that person valuable: being made in God's image.
- You can think of the good things that person has brought into your life.
- You can ask a friend or family member to be an accountability partner—to check in with you and ask if you are being kind to those closest to you.

Being kind to those you are closest to is a choice you have to make every single day, but you can do it with God's help!