



FEBRUARY THEME



BIBLE STORY

Matthew 5:41

One More Time | Go the Extra Mile

BOTTOM LINE

Be kinder than you have to be

MEMORY VERSE

“You are God’s chosen people. You are holy and dearly loved. So put on tender mercy and kindness as if they were your clothes. Don’t be proud. Be gentle and patient.”

Colossians 3:12 (NirV)

LIFE APP

Kindness | Showing others they are valuable by how you treat them

BASIC TRUTH

I should treat others the way I want to be treated

●● THEME OVERVIEW

Key Question: Have you ever received unexpected kindness? February is Random Acts of Kindness month. It makes sense. After all, often the best kindness is the kindness that feels completely random. We pray that this question will help us discover how we feel when someone surprises us with kindness. We hope to figure out the unexpected ways we can show kindness to people in our lives.

This week we head to **Matthew 5:41**. In the Sermon on the Mount Jesus taught, “Suppose someone forces you to go one mile. Go two miles with them,” (NirV). To us that might sound strange, but to those listening—not so much. Roman soldiers could force them to carry their pack for a full mile. Jesus reminds his followers to go above and beyond in how they respond to others.

Bottom Line: Be kinder than you have to be. Often kindness can feel like an obligation. Because of that, we tend to do the bare minimum when it comes to showing kindness. What if we looked at it differently? What if we saw that kindness can be extravagant and unexpected? It’s that sort of kindness that can change people’s hearts and show them how much God loves them.

●● WOW @home

What You Do: Watch this week’s WOW @home in the comfort of your family’s @home prayer + worship spot. The video can be found on popmn.org/youtube or facebook.com/popchildrens. Then use this Family Guide, GodTime & ParentCue cards, and FAITH5 daily devos as personal devotionals and to keep the conversation going...

●● THE EXTRA MILE [Talk about God | Bible Story Review]

Made to Imagine | An activity that promotes empathy and facilitates concrete application through role-play and reenactment

What You Need: Bible, paper, pen

What You Do:

- As a family, look up and read Matthew 5:41.
- Invite somebody to write out the verse on a piece of paper.
- As they write out the verse, ask these questions to invite discussion:
 - What do you think it means to “go the extra mile”? (*to do more than you have to, to do more than is expected*)
 - How could you do more than you have to when it comes to kindness?
- Give a couple of prompts from the list below.
- Brainstorm how you could “go the extra mile” to show more kindness than you have to in that situation.
- Have somebody record your ideas on the back of the paper with the

verse written on it.

- Prompts and one possible response for each...

—Your mom asks you to put your clean clothes away. | Offer to put the towels away, too.

—Your brother asks you to play a video game with him. | Say, “Yes” and let him pick the game.

—Your teacher asks you to help explain the homework assignment to the new kid. | Help her with the assignment and invite her to play with you at recess.

—Your dad asks you to help mow the lawn. | Mow the lawn then help bag the grass and take it out to the street, too.

—You see someone struggling to carry something. | Help them carry the load and take it all the way to wherever they’re going.

What You Say: “I love how we came up with so many different ideas! That just proves that there are many ways to be kind. Every single day, we have SO many opportunities to show kindness to others. But what about going beyond that? What about going the extra mile? Jesus challenges us to not just do the minimum amount of kindness but to **[Bottom Line] be kinder than you have to be**. How can you **[Bottom Line] be kinder than you have to be** this week to the people around you? How can you show MORE kindness to your family, to your classmates/teammates/coworkers, to the stranger behind you in line, or to the person behind the counter? Kindness matters. So, challenge yourselves to go the extra mile and **[Bottom Line] be kinder than you have to be.**”

[Make it Personal] *(Take turns sharing about a time when someone was kinder to you than they had to be. Talk about how that extra measure of kindness made you feel and how it impacted the way you treated others around you.)*

- **MEGAPHONE MILEAGE** [Live for God | Application Activity]

Made to Create | An activity that explores ideas through the process of drawing, building, designing, and problem-solving

What You Need: Paper, crayons/markers/colored pencils

What You Do:

- Give each family member a piece of paper and set out crayons/markers/colored pencils where everybody can share them.
- Ask everybody to write “Go the extra mile” on their paper and then decorate it however they would like.
- Remind your family that we can always go the extra mile by being kinder than we have to be.
 - When they see something that is wrong, they can go the extra mile and speak up.
 - When a teacher needs help carrying something, they can help AND enlist a friend to help, too.
 - When a neighbor falls off his bike and scrapes his knee, they can help him up AND get him a band-aid.
- When everybody is done decorating, they should roll their paper into a tube, making a megaphone.
- Spread out as far as you can from one another in the room.
- Tell one person to say to another person, “You are kind!” loudly through their megaphone then go the extra mile and say something else kind to that same person.
- Continue doing this until everybody has had a turn to say something kind and have something kind said about them.

What You Say: “You guys are SO loud, but also so amazingly KIND! The things you said about one another blew me away. Sometimes, it can be hard to go the extra mile or think of something we can physically do for others, but something we can ALWAYS do is go the extra mile with our words. That is one way you can always **[Bottom Line] be kinder than you have to be**.”

[Make it Personal] *(Take turns sharing about a time when someone went the extra mile with their words. Maybe a coach or teacher told you what they saw in you and that helped you reach your full potential. Something that they didn’t HAVE to say, but they said it anyway.)*

“Sometimes, all it takes is a kind word—someone pointing out something they see in you and saying it. Our words are just

as important as our actions, and you can ALWAYS **[Bottom Line] be kinder than you have to be** with your words. When we make that choice, it can turn someone's entire day around, and it shows them how much God loves them."

•• **SHOUT IT OUT VERSE** [Hear from God | Memory Verse Activity]

Made to Create | An activity that explores ideas through the process of drawing, building, designing, and problem-solving

What You Need: Bible, megaphone and decorating supplies from the Megaphone Mileage activity, paper (*optional*)

What You Do:

- As a family, work together to look up Colossians 3:12.
- Ask for a volunteer to read the verse out loud.
- Ask everybody to unroll their megaphone and turn it over to the blank side (*or you can give everybody another sheet of paper*).
- Ask everybody to choose one of the 5 sentences from the Memory Verse and write it on their paper. Then, they can decorate the rest of their paper however they choose.
- When everybody is done decorating, ask them to roll their paper into a tube, making a megaphone.
- Lead your family in chanting the whole Memory Verse through their megaphones a few times.
- To keep interest high, select different ways to say the verse each time:
 - Loud; shouting
 - Soft; quiet as a mouse
 - In a high voice
 - In a low voice
 - Taking turns each saying one sentence
 - Taking turns each saying one word

What You Say: "Just like you put on a new set of clothes each day, God wants us to put on kindness every day. Why? Because we are dearly loved by God! So, like this verse says, let's not be proud this week. Let's be gentle and patient. And just like Jesus went the extra mile for us because he loves us so much, let's put on kindness and go the extra mile for others.

[Bottom Line] Be kinder than you have to be."

•• **PRAY** [Pray to God | Prayer Activity]

Made to Reflect | An activity that creates space for personal processing and application

What You Say:

"This week we're reminded that we shouldn't only be kind...but we should be kinder than we have to be. When we follow Jesus' example, we see that Jesus went out of his way to help others. What might that look like in our lives? What are some ways we might "go the extra mile" when we're helping others? (*not only holding the door for someone, but also helping them carry their bags where they need to go; not only helping someone with their homework, but also checking in the next day to see if they're still understanding it; not only helping unload the dishwasher, but also helping to load any dirty dishes that have collected in the sink, etc.*)

"You can **[Bottom Line] be kinder than you have to be**. Our megaphones can remind us to cheer each other on and do the unexpected, kind thing. That could be doing a chore when someone asks you to, even if it isn't your chore to do. It could be sending a note to someone who isn't expecting it. Or it could be just saying an unexpectedly kind thing.

"I'm so proud of each of you and the ways we have talked about going the extra mile. It's not always easy, but we can ask God to help us remember to go the extra mile and do the unexpected, kind thing. Let's pray...

"Dear God, we are so thankful for stories and Scripture where you teach us how to be kind. We know you were kinder to us

than you had to be when you sent us Jesus, and that encourages us to do the same for others. Please help us think of ways that we can do an unexpected, kind thing for someone else. We love you. Thank you for loving us. Amen.”

•• ADDITIONAL RESOURCES

Looking for a devo for your kids? Looking for a personal devotional? Want to keep the conversation going? Check out the following resources at popmn.org/cm. Use them this week to continue the conversation around our **[Bottom Line]: Be kinder than you have to be.**

GodTime Card | A 4-day devotional for elementary-aged kids based this week’s theme, kicked off on WOW @home

ParentCue | A tool for parents based on the weekly theme. Also available as an app, it sends alerts and encouragement specific to the age of your children (parentcue.org)

FAITH5 | A 6-day family devotional based on Faith Inkubators’ FAITH5

•• WHAT’S NEXT

Set a reminder to join us next week for a special Ash Wednesday Worship Service and then for WOW @home the following Wednesday, 02/24, at 6:00 pm live at facebook.com/popchildrens or anytime after that at popmn.org/youtube for a time of worship centered around the **[Bottom Line]: Be kind to people who are different from you.”**