



Weekly Resources for Collective Worship, Spiritual
Development and Pastoral Care

PHASE: SECONDARY

**WEEK 7 THEME:
KINDNESS**



KEY CONCEPT/MESSAGE:

‘Kindness costs nothing but means everything’

Kindness is the quality of being friendly, generous, and considerate. Kindness should be unconditional acts of goodness to the people in our world. We are reminded that being kind often requires courage and strength.

BIBLE PASSAGE OF THE WEEK:

The story of Zacchaeus

“Zacchaeus stood before the Lord and said, “I will give half my wealth to the poor, Lord, and if I have cheated people on their taxes, I will give them back four times as much!” (Luke 19.8)

TO CONSIDER AS YOU PREPARE

KEY QUOTE OF THE WEEK:

‘Kindness is doing what you can, where you are, with what you have.’

Is there anything you could do to put these thoughts into practice in your own life? Where could you show kindness where you are and what you have.

LISTEN: ‘Goodness of God’ - Bethel Music- <https://www.youtube.com/watch?v=f4MUUMWMV4>

WATCH: ‘The Science of Kindness’ <https://www.youtube.com/watch?v=O9UByLyOjBM>

PRAY:

Dear God,

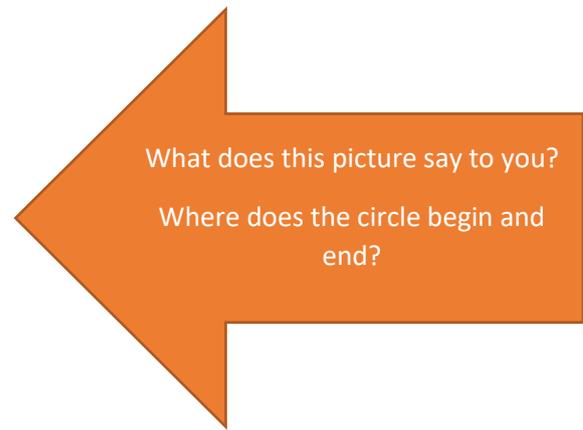
When I’m not sure I’m good enough, let me be kind.

When I feel can’t change the world, let me inspire just one other to do so.

When I can’t give away riches, let me be loving.

Let me be known for kindness, for it is the greatest glory.

Amen.



I. COLLECTIVE WORSHIP - *Invitational, Inclusive, Inspiring.*

GATHER:

Spend 5 minutes in a quiet space with no disturbances.

Think of the times when someone has been kind to you and how that made you feel. Write those feelings down and ask God to replicate them in others through you. Maybe write down all the obstacles that stop us from being kind to someone.

Some of these obstacles maybe lack of courage or unforgiveness. You may wish to say ‘Thank you’ to God right now for His kindness to us in giving us the gift of Jesus.

ENGAGE:

In today’s Bible story, Jesus shows kindness to person when others wouldn’t – Luke 19.1-10. As a result, this person goes on to show remarkable kindness to those around them.

You can watch the story here: <https://www.youtube.com/watch?v=iBvc2wimT6M>

Or read the story here:

“Jesus entered Jericho and made his way through the town. There was a man there named Zacchaeus. He was the chief tax collector in the region, and he had become very rich. He tried to get a look at Jesus, but he was too short to see over the crowd. So he ran ahead and climbed a sycamore-fig tree beside the road, for Jesus was going to pass that way.

When Jesus came by, he looked up at Zacchaeus and called him by name. “Zacchaeus!” he said. “Quick, come down! I must be a guest in your home today.”

Zacchaeus quickly climbed down and took Jesus to his house in great excitement and joy. But the people were displeased. “He has gone to be the guest of a notorious sinner,” they grumbled.

Meanwhile, Zacchaeus stood before the Lord and said, "I will give half my wealth to the poor, Lord, and if I have cheated people on their taxes, I will give them back four times as much!"

Jesus responded, "Salvation has come to this home today, for this man has shown himself to be a true son of Abraham. For the Son of Man[a] came to seek and save those who are lost."

Questions to discuss:

- 1) What is happening in this Bible story?
- 2) Why did Jesus pick out Zacchaeus?
- 3) What words best describe your feelings from this story? Perhaps write them down.
- 4) Why were tax collectors disliked so much in this context?
- 4) Think about this Bible story and ask yourself, would I have been kind to Zacchaeus? Let your thoughts/answers challenge you
- 5) Think about a time when others have been unkind or have shown kindness to you. How did it make you feel?

Points/lessons to remember:

- Zacchaeus was hated by many people because of who he was – We will come across many people in our world that are different to us, be kind anyway.
- Kindness is infectious- When Jesus showed kindness to Zacchaeus, he caught the bug. Zacchaeus then showed kindness to the people he had overcharged in giving them their money back.
- The kindness of Jesus brought about a change – Zacchaeus was never the same again. Every act of kindness that we do will change a person's life.

REFLECT:

Kindness, Kindness, Kindness

by Bear Grylls

Everyone we meet is fighting a battle of some sort. It is good to remember this when we think that someone is being particularly difficult or obstructive. I can bet you that they are having a tough time in another aspect of their life that is making them that way. When we remember this, it changes how we see people. So always be kind, as Plato said, for everyone indeed is fighting a hard battle.

When we release kindness into the world around us, it creates a ripple of goodness. Healthy relationships are created, connections are nourished, and people in turn become inspired to do what they can to spread that kindness further. Kindness changes us as well as others. And it is the unexpected kindnesses that are the most powerful.

I love the story of David with Mephibosheth, a man who was crippled and described himself as a 'dead dog.' 'Don't be afraid,' said David, 'for I will surely show you kindness... I will restore to you all the land... and you will always eat at my table' (2 Samuel 9:7). Mephibosheth spent the rest of his life living in the Palace in Jerusalem. David's kindness changed everything for him, and we are discussing it to this day. Kindness, kindness, kindness.

Write it in your heart.

Kindness is king.

***“When we release kindness into the world around us,
it creates a ripple of goodness.”***

SEND OUT:

Consider this statement about kindness:

“Kindness is giving hope to those who think they are alone in the world.”

Are there people living near you or a relative that feels they are alone? I wonder what you could do this week to let them know they are not alone by sharing your kindness with them? Who needs you to be a neighbour?

Go in peace to share love and kindness with all you meet.

2. SPIRITUAL DEVELOPMENT

(practical ways to help us explore faith and develop spiritually at home together)

EXPERIENCES that can help us **ENCOUNTER**:

WATCH <https://www.youtube.com/watch?v=GdYJr03ejjE> Doing random acts of kindness is a great way to start out on the KINDNESS journey. It's fun and teaches us valuable lessons and gives us wonderful experiences that are priceless.

READ Galatians 5:22-23 The fruits of the Spirit,

We often describe fruit as being the attributes that come out of our lives or how we behave. Do we display the character of goodness and kindness mentioned in Galatians 5?

PRAY ABOUT IT: Use this 5-step prayer to reflect on kindness:

1. GIVE THANKS for something that was good today.
2. ASK GOD FOR HELP for strength and courage to be kind
3. REFLECT on your day and think about how kindness has made you feel and how can you pass those feelings onto others.
4. SAY SORRY for the times you felt to do an act of kindness but didn't.
5. DECIDE how you will be kind to others tomorrow

ACTIVITIES that can help develop **PRACTICES-HABITS**:

Write up a **JOURNAL** where you can start to draw and write about your ideas about showing kindness to others. You can write your reflections and prayers in there too.

Think about what it's like to 'walk in other people's shoes' so to speak. How would you like to receive kindness if you were them?

SERVE. Kindness is so often about doing something practical. Here are some ideas to get started:

- Smile at someone
- Put your neighbour's wheelie bin out for them
- Give someone a compliment
- Let someone go before you in the que
- Send an encouraging note to someone
- Do a 5K for a good cause
- Do a litter pick in your community
- Put a Blessing box outside your house for the people of your community to put non-perishable food items for your local Food bank. Information can be found here.

<https://www.trusselltrust.org/get-help/find-a-foodbank/>

A BIG reminder...

We can often think that we need to do HUGE acts of kindness to be effective in our worlds. True kindness is often in the small things. A small stone thrown into the water still causes a ripple.

Our small acts of kindness may seem insignificant at the time; they may even feel like they have no impact at all. However, being the beacon of love and kindness to all will allow these ripples in the water to make the biggest changes.

We can look at those who have made the biggest of changes, the biggest ripples, and notice how their kindness, love and determination to act upon this can change the world. Martin Luther King Jr once said “Hatred paralyses life; love releases it. Hatred confuses life; love harmonises it. Hatred darkens life; love illuminates it”. Big changes are possible from your smallest of actions, illuminate the life of others with your kindness and help the light the way for others to follow.

CONVERSATION STARTERS that can help develop RELATIONSHIPS-COMMUNITY:

- Do you ever find it difficult to be kind to others?
- How can we overcome this difficulty?
- Can you describe how it makes you feel inside when you are kind to others?
- Can you think of anyone who you might need to prioritize to show kindness to?

GOING DEEPER/FURTHER RESOURCES

WATCH: Kindness Boomerang.

<https://www.youtube.com/watch?v=nwAYpLVyeFU&list=PLE8F0F3tI6mVBSSrbLXI8zsE3DQThqGKU>

All of the following movies contain great themes of kindness: The BFG, Beauty and the Beast, Finding Dory, Paddington and Wonder.

Random acts of Kindness are still alive and well. <https://www.youtube.com/watch?v=jadI5ZYtcPI>

EXPLORE the Good News Network

<https://www.goodnewsnetwork.org/tag/kindness/>

READ this inspirational article:

<https://www.independent.co.uk/topic/random-act-of-kindness>

LISTEN Karl Jobe – ‘You are Good’ https://www.youtube.com/watch?v=_QANOQdltul

QUOTES to encourage.

2 Corinthians 9:6-8

⁶ Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously. ⁷ Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver. ⁸ And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.

Matthew 25:40

⁴⁰ ‘Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.’

