



## Acts of Kindness

**Class:** Sunbeam | **Category:** Spiritual | **Track:** My World

1. Read Romans 12:10 and Proverbs 12:25 and discuss what each verse means.

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2. Give examples of kindness and love.

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3. What does the Bible tell us about each of these two words? Use a Bible story to illustrate someone who showed love and kindness.

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4. Read or listen to three stories of kindness.
5. Act out in a skit or charade different acts of kindness.
6. Plan and do an act of kindness as a class or club.