



# GEAR UP

AN ADVENTURE IN KINDNESS



WEEK  
**THREE**

FEBRUARY 2024

SMALL GROUP

**2-3**

PRELUDE

SOCIAL

STORY

WORSHIP

GROUPS

HOME

PROVIDING TIME FOR FUN INTERACTION  
15 MINUTES

## MADE TO PLAY

an activity that encourages learning through following guidelines and working as a group



*Before kids arrive, take a few moments to pray for them. Pray for those who might visit your group for the first time. Ask God to give kids opportunities to do more than they have to. Pray that kids would recognize those opportunities to be kind and do something even kinder. Pray that as you and your few encounter unfair situations, that you'd stand strong by choosing kindness so others can see God at work.*

## TODAY'S BIBLE STORY

**One More Time**  
Go the Extra Mile  
Matthew 5:41

## 1. EARLY ARRIVER

**WHAT YOU NEED:** Offering container, and timer

### WHAT YOU DO:

- Welcome kids by name as they arrive.
- Invite kids who brought an offering to put it in the offering container.
- Direct the kids to form a circle.
- Call out a category, such as fruit.
- Choose a kid to start the game.
- Set a timer for five seconds.
- Instruct the kid to mention five items within the given category before the timer runs out.
- Start the timer and see if the kid can name five items in five seconds.
- Direct that kid to call out another random category.
- Continue the game until all kids get a turn to list five things and name a category.
- When the last kid chooses the category, be the one to list five things in that category.
- If the kids need some ideas for categories, you can suggest:
  - vegetables
  - animals
  - camping gear
  - things you find outdoors
  - colors
  - superheroes

## TODAY'S BOTTOM LINE

**Be kinder than you have to be.**

## MONTHLY 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, NIV**

## MONTHLY VIRTUE

**Kindness—Showing others they are  
valuable by how you treat them**

## BASIC TRUTH

**I should treat others the way  
I want to be treated.**



# GEAR UP

AN ADVENTURE IN KINDNESS



WEEK  
**THREE**

FEBRUARY 2024

SMALL GROUP

**2-3**

PRELUDE

SOCIAL

STORY

WORSHIP

GROUPS

HOME

CREATING A SAFE PLACE TO CONNECT  
25 MINUTES

## MADE TO IMAGINE

an activity that promotes empathy and facilitates biblical application through role-play and reenactment



## 2. EXTRA, EXTRA

[LIVE FOR GOD | APPLICATION ACTIVITY]

**WHAT YOU NEED:** "Scenarios" Activity Page, and painter's tape; *Optional: three sheets of paper, tape, and a marker instead of painter's tape.*

### WHAT YOU DO:

- Use the painter's tape (or the papers, tape, and marker) to label different areas in the small group space.
  - Label one area "A," another "B," and the third one "C."
  - Kids should be able to easily identify each area.
- In a different part of the environment, direct the kids to gather, facing you.
- Read a scenario from the "Scenarios" Activity Page and the three options that go with each scenario.
- Instruct the kids to choose their response to each scenario by going to the area with the corresponding letter.
  - For example, if they choose option "A," they are to go to the area labeled "A."
- After each scenario, pause to discuss the choices.
  - Ask: "Which option is like going 'a mile' and which one is like going the 'extra mile'?"
- Before moving on to the next scenario, direct the kids to gather again facing you.

### WHAT YOU SAY:

"Great job choosing kindness! Going the extra mile is not always easy. Today's story helps us understand that when we have an 'extra mile' attitude in everything we do at school, in sports, in friendships, with strangers, in unfair situations, and at home, others get to see God at work in our lives. That's why it's important to ask God to help you show kindness in tough or frustrating situations.

"This doesn't mean you have to let someone bully you or take advantage of you. You can respond with kindness, but still talk to a trusted adult about what's happening. This week, let's remember to **be kinder than you have to be** so others can experience God's kindness through you."

*[Make It Personal] (Tell kids a story about a time when you chose to go the extra mile for someone even though they were not kind to you. Maybe it was a stranger in a one-off scenario, but if it was with a friend or family member, how did it change your relationship with them?)*

## TODAY'S BIBLE STORY

### One More Time

Go the Extra Mile  
Matthew 5:41

## TODAY'S BOTTOM LINE

**Be kinder than you have to be.**

## MONTHLY 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**

## MONTHLY VIRTUE

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

## BASIC TRUTH

**I should treat others the way  
I want to be treated.**



# GEAR UP

AN ADVENTURE IN KINDNESS



WEEK  
**THREE**

FEBRUARY 2024

SMALL GROUP

**2-3**

PRELUDE

SOCIAL

STORY

WORSHIP

GROUPS

HOME

CREATING A SAFE PLACE TO CONNECT  
25 MINUTES

## MADE TO CONNECT

an activity that invites kids to share with others and build on their understanding



## 3. RHYTHM VERSE

[HEAR FROM GOD | MEMORY VERSE ACTIVITY]

WHAT YOU NEED: Bibles

WHAT YOU DO:

- Make sure every kid has a Bible.
- Together, look up Colossians 3:12 using the Bible

Navigation Tips below.

## TODAY'S BIBLE STORY

### One More Time

Go the Extra Mile  
Matthew 5:41

*Finding verses with 2nd and 3rd graders:* Guide them to open their Bibles to the front and find the table of contents. (Hold up a Bible opened to the table of contents to show the kids what the page looks like.) When the kids find the table of contents, lead them to find Colossians in the list under "New Testament." When the kids find Colossians, lead them to look at the page number beside the word. Explain that the number tells them on what page they can find Colossians. Help the kids find the page. When they find Colossians, explain that the big numbers on the page are the chapter numbers. Help them find chapter 3. Explain that the small numbers are verse numbers. Help them find verse 3 in chapter 12.

- Say the verse as a group.
- Make up a clapping rhythm that goes along with the verse.
- Say the verse with the clapping rhythm several times.
- Clap the rhythm without saying the words and see if the kids can recite the verse to your clapping.
- Instruct the kids to sit in a circle.
- Choose one kid to start the clapping rhythm and saying the first word of the verse.
- Instruct the next kid to follow with the next word, and so on until the entire verse has been said.
- Challenge kids to try to get faster and faster without messing up a clap or a word.

## TODAY'S BOTTOM LINE

Be kinder than you have to be.

## MONTHLY 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, NIV**

WHAT YOU SAY:

"The first part of this verse lets us know we are special people who God truly loves. In the second half of this verse, the author was encouraging the people who love God to wear a special outfit every day, but it's not something you can see with your eyes. It's like wearing something inside your heart. When we put on tender mercy (or compassion in the NIV) and kindness, it means we should try to be really kind to others by showing them love and care.

## MONTHLY VIRTUE

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

"We also need to avoid being proud, which means we need to be humble or not think that we are better than others or show off. Being gentle and patient is like how we would handle a delicate flower with care so we don't harm it. God wants us to treat others gently and patiently by not being rough with our words or actions.

## BASIC TRUTH

I should treat others the way I want to be treated.

"When we do these things and choose to **be kinder than you have to be**, we show people the kindness God has towards all of us."



# GEAR UP

AN ADVENTURE IN KINDNESS



WEEK  
**THREE**

FEBRUARY 2024

SMALL GROUP

**2-3**

PRELUDE

SOCIAL

STORY

WORSHIP

GROUPS

HOME

CREATING A SAFE PLACE TO CONNECT  
25 MINUTES

## MADE TO REFLECT

an activity that creates space for personal understanding and application



## 4. PRAY AND DISMISS [PRAY TO GOD | PRAYER ACTIVITY]

WHAT YOU NEED: Binoculars

### WHAT YOU DO:

- Instruct the kids to sit in a circle.
- Show the group the binoculars.
- Ask: "What are some ways these binoculars are used?"
- If time allows, allow each of the kids to use the binoculars to see something far away.
- Instruct the kids to close their eyes and try to picture the last time they saw someone who needed something.
  - It could be someone they know, like a little brother needing help tying his shoes.
  - Or it could be someone they don't know, like a new kid in school on their first day.
- Invite the kids to picture what it would be like to give that person what was needed, plus go an extra mile.
- Close your group time in prayer.

## TODAY'S BIBLE STORY

**One More Time**  
Go the Extra Mile  
Matthew 5:41

## TODAY'S BOTTOM LINE

Be kinder than you have to be.

## MONTHLY 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

## MONTHLY VIRTUE

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

## BASIC TRUTH

I should treat others the way  
I want to be treated.

### WHAT YOU SAY:

"Often, hikers use binoculars to help them see things that are far away, like birds flying in the sky or animals in the distance. When you use binoculars, it's like bringing those far-away things closer to you, so you can see them much better! As we discovered today, God wants you to **be kinder than you have to be**, but that's not always easy. It's like we need to put on our imaginary binoculars to help us to look for those who need help and find ways to go the extra mile. When we choose to go the extra mile, we share God's kindness to those who matter to God. Let's pray."

"Dear God, thank You for being with us every day and for always showing us Your kindness. Help us to look for ways to be kind and helpful to others. Sometimes things may be tough or unfair, but with Your strength, we know we can do it. Help us remember that to **be kinder than you have to be** means finding ways to go the extra mile and when we do that, we are spreading Your kindness to others. We love You and we pray these things in Jesus' name. Amen."

As adults arrive to pick up, ask kids to say **be kinder than you have to be** and describe what going the extra mile means.