

# GEAR UP

AN ADVENTURE  
IN KINDNESS



WEEK  
**THREE**

FEBRUARY 2024

SMALL GROUP

**PRETEEN**

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. DISCUSSION QUESTIONS

[TALK ABOUT GOD | BIBLE STORY REVIEW]

WHAT YOU NEED: No supplies needed

WHAT YOU DO:

Ask:

- When you choose to be kinder than what is expected, what does that communicate to someone?
- Would you say that having basic manners such as saying “please” or letting someone go ahead of you in line is going the extra mile? Why or why not?
- If you go out of your way to be kind but expect something in return, is it still going above and beyond? Why or why not?
- How could you surprise someone this week by going out of your way to be kind? What if it was someone who was hard to get along with or someone you don’t normally hang out with? In what ways might your act of kindness change things for the better?

## TODAY’S BIBLE STORY

**One More Time**

Go the Extra Mile  
Matthew 5:41

## TODAY’S KEY QUESTION

When have you been surprised by kindness?

## 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.”

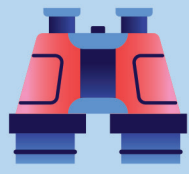
Colossians 3:12, NIV

## 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.



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## MADE TO CREATE

an activity that explores spiritual ideas through the process of drawing, building, and designing



## 4. VERSES TO TAKE WITH YOU

[HEAR FROM GOD | MEMORY VERSE ACTIVITY]

**WHAT YOU NEED:** Bibles, paper, "Poison Ivy" Activity Page

### WHAT YOU DO:

- Make sure each kid has a Bible.
- Instruct the kids to look up and read Ephesians 4:32,

using the Bible Navigation Tips below.

**Finding verses with 4th-5th graders:** Ask kids to tell you if the book of the Bible they're looking for is in the Old Testament or New Testament. (New) If it's in the New, instruct kids to start flipping from the back, going forward to find the book of Ephesians. Once they find Ephesians, explain that the big numbers on the page are the chapter numbers. First, have them find chapter 4. Then explain that the small numbers are verse numbers. Tell kids to find the verse, 32, within the chapter they've already found.

## TODAY'S BIBLE STORY

### One More Time

Go the Extra Mile  
Matthew 5:41

## TODAY'S KEY QUESTION

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## MONTHLY MEMORY VERSE

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Colossians 3:12, NIV

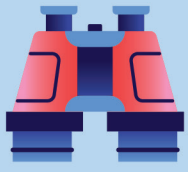
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## BASIC TRUTH

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

- Lead the kids to say the verse together out loud a few times.
- Ask:
  - What examples of going the extra mile do you find in this verse?
  - In what ways is forgiving an act of going the extra mile?
  - When we go out of our way to be kind to someone but they don't seem to notice or return the kindness, how can this verse encourage us to continue being kinder than we need to be?
- Explain why forgiveness is an act of kindness.
- Give each kid a sheet of paper.
- Show kids the "Poison Ivy" Activity Page.
  - If needed, explain what poison ivy is and why hikers would want to know what it looks like to avoid touching it.
- Teach kids the "Leaves of three, let it be" saying for identifying and avoiding poison ivy.
- Ask: "Have you ever had a rash or reaction from poison ivy? If so, what was it like?"
- After kids have a good look at the picture, set the drawing from the "Poison Ivy" Activity Page aside.
- Challenge each kid to tear their paper to the exact size and shape of poison ivy leaves.
- When finished, compare them with the original and choose a winner.
- Ask:
  - What are some ways Jesus went above and beyond for us?
  - How we can imitate Jesus' example?
- Direct the kids to tear off the smallest piece they can from the edge of their "poison ivy" (paper).
- Place the scraps together, compare the pieces, and choose a winner with the smallest piece.
- Ask:
  - What are some small, everyday acts of kindness that a Jesus follower would do?
  - What are some ways a kid can go above and beyond in kindness?



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## MADE TO REFLECT

an activity that creates space  
for personal understanding  
and application



## 5. MAKE IT PERSONAL WITH PRAYER [PRAY TO GOD | PRAYER ACTIVITY]

WHAT YOU NEED:

WHAT YOU DO:

## TODAY'S BIBLE STORY

### One More Time

Go the Extra Mile  
Matthew 5:41

- Close your group time in prayer.

### WHAT YOU SAY:

"Dear God, thank You for choosing to be kinder than You had to be by sending Your only Son, Jesus. This week, when we're tempted to ignore a chance to be kind, help us remember how much You love us, then help us go the extra mile and choose to do more than we need to. Help us show our love for You by showing love to those around us even when they don't treat us the way we think they should. We love You, and we pray these things in Jesus' name. Amen."

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