



# GEAR UP

AN ADVENTURE IN KINDNESS



WEEK  
**ONE**

FEBRUARY 2024

SMALL GROUP

**K-1**

## TODAY'S SUGGESTED SCHEDULE

### TODAY'S BIBLE STORY

#### Show Me the Way

The Kindness of Jesus  
Matthew 8:1-4,  
Matthew 19:13-15,  
Matthew 9:10-13

### TODAY'S BOTTOM LINE

Jesus showed us how to be kind.

### 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.

### PRELUDE: Setting the tone for the experience

See the **Getting Ready** pages at the end of this document for a detailed description of what you'll need for today.

In the **Prelude** folder of your curriculum, you'll find a variety of other resources to help you prepare.

Check out our Pinterest page here <https://bit.ly/447HSZi> or a visual on some of the activities.

### SMALL GROUP

**15**  
MIN

#### SOCIAL: Providing time for fun interaction

Early Arriver  
Opening Activity

### LARGE GROUP

**35**  
MIN

#### STORY: Communicating God's truth in engaging ways WORSHIP: Inviting people to respond to God

Welcome/Opener  
Worship  
Bible Story  
Bottom Line  
Prayer  
Closer

### SMALL GROUP

**25**  
MIN

#### GROUPS: Creating a safe place to connect

Bible Story Review: Flashlight Fun  
Application Activity: May I Be Kind?  
Memory Verse Activity: One-of-a-Kind Verse  
Prayer Activity: Pray and Dismiss

### HOME: Prompting action beyond the experience

Parent Cue Card (print or email)  
Devotionals for Kids  
Parent Cue App



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PRELUDE

SOCIAL

STORY

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HOME

PROVIDING TIME FOR FUN INTERACTION  
15 MINUTES

### MADE TO MOVE

an activity that increases the oxygen in the brain and taps into the energy in the body



Before kids arrive, take a few moments to pray for them. Pray for those who might visit your group for the first time. Thank God for the greatest example of kindness—sending Jesus to die on the cross for our sins. Ask God to help you show your group the ways Jesus showed kindness to those who were overlooked or were not considered important. Pray that the kids would leave group looking for ways they can show God's love to others.

### TODAY'S BIBLE STORY

#### Show Me the Way

The Kindness of Jesus  
Matthew 8:1-4,  
Matthew 19:13-15,  
Matthew 9:10-13

### 1. EARLY ARRIVER

**WHAT YOU NEED:** Offering container

#### WHAT YOU DO:

- Welcome kids as they arrive with a high five or a fist-bump!
- Invite kids who have brought an offering to put it in the offering container.
- Instruct the kids to stand with you.
- Lead the kids in a game of Stand Up, Sit Down.
- One by one, read an action below.
- Instruct the kids to stand if their answer is: "I think I've done that at least three times!"
- Direct the kids to sit down if their answer is: "I think I've done that fewer than three times."
- As you call out the following examples of kindness, allow time between each one for the kids to stand up or sit down:
  - Play with someone new.
  - Smile at someone.
  - Pick up trash without being asked.
  - Write a thank-you note.
  - Share a favorite toy.
  - Put your clothes in the clothes hamper without being reminded.
  - Say hello to someone who looks lonely.
  - Wash behind your ears without being reminded.
  - Share a piece of candy or gum.
  - Pay attention to someone when everyone else was ignoring them.
  - Let someone borrow something.
  - Say something nice to someone.
  - Wait patiently for your turn.
  - Give someone a hug.
  - Get a tissue for someone who sneezed.
  - Share some of your money.
- Feel free to add more examples!

### TODAY'S BOTTOM LINE

Jesus showed us how to be kind.

### MONTHLY MEMORY VERSE

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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

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PROVIDING TIME FOR FUN INTERACTION  
15 MINUTES

## MADE TO REFLECT

an activity that creates space  
for personal understanding  
and application



## 2. OPENING ACTIVITY

**WHAT YOU NEED:** Prepared large poster board (or butcher paper tree), yellow sticky notes, and pencils

*Note: This activity will be added to each week this month. Keep the "tree" with sticky notes attached to use again each week.*

## TODAY'S BIBLE STORY

### Show Me the Way

The Kindness of Jesus  
Matthew 8:1-4,  
Matthew 19:13-15,  
Matthew 9:10-13

### WHAT YOU DO:

- Point out the tree hanging up in the space.
- Give each kid a yellow sticky note and a pencil.
- Explain kids will be adding different color sticky notes to the tree each week.
- Invite the kids to draw a picture to show how someone has shown them kindness before.
- Prompt their thinking by asking:
  - Has anyone ever shared something with you? What did they share?
  - Has someone helped you when you've fallen or gotten hurt? How did they help you?
  - Has someone ever smiled at you? How did it make you feel?
  - Has someone complimented you? What did they say? What was it for?
- Invite kids to share their drawing with the group.
- After everyone has shared, instruct them to add their sticky note somewhere on the tree.
- *Optional: Add a caption to each sticky note as kids share.*

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## MONTHLY MEMORY VERSE

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Colossians 3:12, NIV

### WHAT YOU SAY:

"It's so good to remember ways people have been kind to us. Our tree is really starting to bloom already with some beautiful acts of kindness! We're going to add some more 'blooms' this month! **[Transition] Let's go hear about someone who gave us many examples of how to show KINDNESS!**"

Lead your group to the Large Group area.

## MONTHLY VIRTUE

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CREATING A SAFE PLACE TO CONNECT  
25 MINUTES

## MADE TO PLAY

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



## 1. FLASHLIGHT FUN

[TALK ABOUT GOD | BIBLE STORY REVIEW]

**WHAT YOU NEED:** "Flashlight Fun" Activity Pages, "Bible Story Review Statements" Activity Page, flashlight(s), and painter's tape

### WHAT YOU DO:

- Instruct the kids to sit in a line, shoulder to shoulder.
- One by one, show the kids the three pictures from the "Flashlight Fun" Activity Page.
- Explain each picture reminds us of a different example of when Jesus showed kindness.
- Ask kids what they remember about the story as you show each picture. (Fill in any story gaps, as needed.)
- Read the text at the bottom of each "Flashlight Fun" Activity Page picture before showing the next one.
- Tape the three pages from the "Flashlight Fun" Activity Page to the wall opposite where the kids are seated, spaced apart.
  - Or, tape the three pages to the floor a few feet away from the kids.
- After showing and reviewing each picture and story, give one kid a flashlight (or give a flashlight to each kid).
- One by one, read a statement from the "Bible Story Review Statements" Activity Page.
- Instruct the kid with the flashlight to shine the flashlight (or the kids to shine their flashlights) to the correct picture that shows the part of the story that corresponds to the sentence you read.
  - If you don't have flashlights for each kid, give the flashlight to a different kid for each "Bible Story Review Statement" so everyone gets a turn.

### WHAT YOU SAY:

"Jesus is our greatest example of KINDNESS! Since Jesus is God's Son, He shows us what God is like. He showed kindness to people who others may have chosen not to show kindness to. Jesus showed US how to be kind. Jesus showed the greatest example of kindness to us by dying on the cross for our sins.

"Jesus really 'shines a light' for us on how to be kind! In other words, **Jesus showed us how to be kind.** Jesus was very clear that the man who was sick who others were afraid to be around; the children who others wanted to ignore; and Matthew's tax collector friends who others disliked all needed to be shown kindness. When we follow these examples, we can shine like Jesus and show kindness to other people so they can see how much God loves them!"

## TODAY'S BIBLE STORY

### Show Me the Way

The Kindness of Jesus  
Matthew 8:1-4,  
Matthew 19:13-15,  
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## TODAY'S BOTTOM LINE

Jesus showed us how to be kind.

## MONTHLY MEMORY VERSE

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Colossians 3:12, NIV

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25 MINUTES

## MADE TO IMAGINE

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



## \*2. MAY I BE KIND?

[LIVE FOR GOD | APPLICATION ACTIVITY]

**WHAT YOU NEED:** No supplies needed

### WHAT YOU DO:

- Instruct the kids to sit in a circle.
- Explain you're going to practice deciding whether certain actions are kind or unkind with a game called, May I Be Kind?
- Tell kids you will share an action with them.
- If the action shows kindness and is something Jesus would do, direct the kids to say: "May I be kind?"
- When the kids ask, "May I be kind?", respond with "Yes!", and instruct the kids to act out the action you described.
- If the action does not sound like something that is kind, direct the kids not to say or do anything.
- One at a time, share one of the actions from the list below.

"May I Be Kind?" Acts:

- Deliver some soup to a neighbor who is sick.
- Push someone down in line at school.
- Talk to a kid in class who you don't know very well.
- Tell your friend that their shoes aren't cool.
- Pray for a friend who is sad or sick.
- Ignore someone who is trying to talk to you.
- Share some fruit with a friend who is hungry at lunch.
- Tell someone who wants to play with you to go away.
- Play with a kid on the playground who speaks a different language than you.
- Run away from someone who wears different clothes than you do.

### WHAT YOU SAY:

"It's so good to be kind to others! It might be easier for us to show kindness to people we like and get along with, but Jesus was kind to everyone. **Jesus showed us how to be kind!** All people are loved by God very much—people who are overlooked or even considered unimportant like children, sick people, and people who do jobs that the rest of us don't want to do. And since God loves all people, we should too! It's not always easy, but it is wonderful and so rewarding when we can show people around us how very important they are!"

**[Make It Personal]** Share about a time that you showed kindness to someone or someone showed kindness to you. Provide the kids with a real-life situation to illustrate how you or someone you know followed Jesus' example.

"We can follow Jesus' example and be kind to everyone around us!"

## TODAY'S BIBLE STORY

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The Kindness of Jesus  
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## MADE TO EXPLORE

an activity that extends learning  
through hands on experimentation  
and discovery



## 3. ONE-OF-A-KIND VERSE

[HEAR FROM GOD | MEMORY VERSE ACTIVITY]

**WHAT YOU NEED:** Bibles; "Kindness Camper" Activity Page; prepared brown lunch bag; dry-erase board, dry-erase marker, and dry-erase eraser; *Optional: butcher paper and washable markers*

## TODAY'S BIBLE STORY

### Show Me the Way

The Kindness of Jesus  
Matthew 8:1-4,  
Matthew 19:13-15,  
Matthew 9:10-13

### WHAT YOU DO:

- Give each kid a Bible. (Marked Bibles for Kindergarteners.)
- Together, look up Colossians 3:12 using the Bible Navigation Tips below.

**Finding verses with kindergartners:** Guide children to open the Bibles to the marked page. Point to the word Colossians at the top of the page as you say "Colossians" aloud. Then guide children to find the big number 3 on the page. Explain that this is the chapter number. Finally, guide them to look under the big 3 for the little 12; this is the verse number. Tell them to leave their finger on the verse as you read the verse aloud. Then lead everyone to say the verse together.

**Finding verses with 1st 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." You can help by telling them that Colossians starts with the letters C-O. 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 12 in chapter 3.

## TODAY'S BOTTOM LINE

Jesus showed us how to be kind.

## MONTHLY MEMORY VERSE

"You are God's chosen people.  
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kindness as if they were your  
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Colossians 3:12, NIV

- Read the verse out loud several times.
- Explain each section of the verse, for example:
  - The beginning of the verse reminds us we are God's people, and that God loves us very much!
  - The rest of the verse reminds us that just like we put on clothes every day, we should always be ready to be kind and helpful.
- Set out the prepared lunch bag with the "Kindness Camper" Activity Page pieces inside.
- Choose a kid to randomly pick one piece from the bag without showing the rest of the group.
- Instruct the kid to use the dry-erase board or butcher paper to draw the item they have chosen.
- Direct the rest of the kids in the group to try to guess what the drawing is.
  - If the group does not guess after a few tries, invite the kid to describe the item or point to where they would wear it.
- Instruct the kid who drew the item to set out the "Kindness Camper" Activity Page piece, face up, once it is guessed correctly.

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25 MINUTES

## (3. ONE-OF-A-KIND VERSE, CONTINUED)

- Repeat until all "Kindness Camper" Activity Page pieces have been selected and guessed.
- Point out the phrases on each "Kindness Camper" Activity Page piece.
- Instruct the kids to arrange the pieces in verse order.
- Point to each card from the "Kindness Camper" Activity Page as you recite the verse.
- After reciting the verse one time yourself, invite the group to repeat it with you.

### WHAT YOU SAY:

"The Bible is filled with amazing stories and examples to help us live our lives like Jesus. In Colossians 3:12, Paul shared some great examples of how to live your life. Paul may have been writing a long time ago to the Colossian people, but he wanted to help them know how they could live like Jesus and how they could help others see Jesus in them. He was encouraging them to live like Jesus because **Jesus showed us how to be kind!**"



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STORY

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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:** No supplies needed

**WHAT YOU DO:**

- Instruct the kids to sit in a circle.
- Invite kids to share ideas they have for showing kindness

this week.

- Remind them that we should show kindness to others because **Jesus showed us how to be kind.**
- Invite kids to pray and ask God to help them show kindness this week by filling in the rest of the following prayer: "God, thank You for Jesus' examples for us! Please help me to show kindness this week by \_\_\_\_\_."
- Say: "Please help me to show kindness this week by:" and go around the circle, inviting kids to fill in their prayer request.
- If a kid doesn't wish to pray out loud, let them know they can say "Pass."
- After each kid who would like to has shared their prayer request, close your group time in prayer.

**WHAT YOU SAY:**

"God, thank You so much for Jesus' amazing example to us of how to live our lives. Please help each one of us to show KINDNESS to the people around us. We love You and we pray these things in Jesus' name. Amen."

As adults arrive to pick up, direct the kids to show off the Kindness Tree and share what they added to the tree.

## TODAY'S BIBLE STORY

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Matthew 8:1-4,  
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SOCIAL

STORY

WORSHIP

GROUPS

HOME

## GETTING READY

HERE'S EVERYTHING YOU NEED TO KNOW TO GET READY FOR THIS WEEK

### SOCIAL: PROVIDING TIME FOR FUN INTERACTION (15 MINUTES)

Welcome kids and spend time engaging in conversation and catching up. Get ready to experience today's story.

(Choose one or both of these activities.)

#### 1. EARLY ARRIVER

**Made to Move:** an activity that increases the oxygen in the brain and taps into the energy in the body

- Offering container

#### 2. OPENING ACTIVITY

**Made to Reflect:** an activity that creates space for personal processing and application

**WHAT YOU NEED:**

- Large poster board (or brown and green butcher paper), one for each Small Group
- Before group time:
  - Draw a tree on the poster board or cut the butcher paper in the shape of a tree.
  - Use tape to hang up the tree somewhere in your space. (This will be used throughout the month. If you need to take it down after group time, be sure to store it for future weeks this month.)
- Yellow sticky notes, one for each kid
- Pencils, one for each kid

### GROUPS: CREATING A SAFE PLACE TO CONNECT (25 MINUTES)

Create a safe place to connect and learn how the Bible story applies to real life experiences, through interactive activities and discussion questions.

(Choose as many of these activities as you like.)

\* If you don't have time to do all these activities, be sure to do activity #2.

#### 1. FLASHLIGHT FUN

[TALK ABOUT GOD | BIBLE STORY REVIEW]

**Made to Play:** an activity that encourages learning through following guidelines and working as a group

**WHAT YOU NEED:**

- Print "Flashlight Fun" Activity Pages on paper, one set for each Small Group
- Print "Bible Story Review Statements" Activity Page on paper, one for each Small Group
- Flashlight, one for each Small Group (or one per kid, if possible)
- Painter's tape, one roll for each Small Group

#### \* 2. MAY I BE KIND?

[LIVE FOR GOD | APPLICATION ACTIVITY]

**Made to Imagine:** an activity that promotes empathy and facilitates biblical application through role-play and reenactment

**WHAT YOU NEED:**

- No supplies needed

#### 3. ONE-OF-A-KIND VERSE

[HEAR FROM GOD | MEMORY VERSE ACTIVITY]

**Made to Explore:** an activity that extends learning through hands on experimentation and discovery

**WHAT YOU NEED:**

- Bibles (marked at Colossians 3:12 for Kindergartners), one for each kid
- Print "Kindness Camper" Activity Page on paper and cut apart, one set for each Small Group
  - Before group time, mix up the pieces from the activity page and put them in a brown lunch bag.
- Brown paper lunch bag, one for each Small Group
- Dry-erase board, one for each Small Group
- Dry-erase marker, one for each Small Group
- Dry-erase eraser, one for each Small Group
- Optional: butcher paper and washable markers

#### 4. PRAY AND DISMISS

[PRAY TO GOD | PRAYER ACTIVITY]

**Made to Reflect:** an activity that creates space for personal processing and application

**WHAT YOU NEED:**

- No supplies needed



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STORY

WORSHIP

GROUPS

HOME

## GETTING READY

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### HOME: PROMPTING ACTION BEYOND THE EXPERIENCE

- Print on cardstock or email this week's devotionals and Parent Cue cards.
- Tell parents about our additional family resource:  
**Parent Cue app.**