



Session Twenty: Be Kind and Forgive

Today's Point:

God wants us to be kind and forgive others—just like He forgives us.

Bible Verse:

Ephesians 4:32

CSB: And be kind and compassionate to one another, forgiving one another, just as God also forgave you in Christ.

KJV: And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.

Today's Bible Skill:

- Memorize Ephesians 4:32
- Learn that Ephesians is a letter from Paul in the New Testament
- Understand how God wants us to treat others with kindness and forgiveness

Bible Truth Activity:

Game: "Kind or Not?"

Object of the game: Help kids learn to recognize kind and unkind actions.

Directions:

1. Read short scenarios aloud.
2. If it's kind, kids make a heart shape with their hands.
3. If it's unkind, they cross their arms in an "X."

Examples:

- Helping someone pick up their crayons (Heart)
- Saying, "I don't want to play with you!" (X)
- Sharing your snack (Heart)
- Ignoring someone who says "sorry" (X)
- Giving someone a hug who is sad (Heart)

Say:

Ephesians 4:32 tells us to be kind and compassionate. That means we care about others and choose to forgive them—because God has forgiven us too!

Bible Discovery Discussion:

Ask the kids:

- What does it mean to be kind?
- What does “compassionate” mean? (Caring about how someone feels)
- Why do you think God wants us to forgive others?

Say:

This verse reminds us how to treat each other: Be kind, care about others, and forgive. Why? Because that’s what God did for us. We didn’t deserve it, but He forgave us through Jesus. So now we can show that same love to others!

Bible Verse Activity – Clap & Say with Motions

Let’s learn Ephesians 4:32 with a rhythm and some hand motions!

Motions & Rhythm:

- *Be kind* – Give a thumbs up
- *And compassionate* – Pat your heart
- *To one another* – Point to others around you
- *Forgiving one another* – Open hands like you’re letting something go
- *Just as God forgave you* – Point up, then to yourself
- *Ephesians 4:32* – Hold up four fingers, then three and two

Practice several times, using a fun rhythm or clapping beat.

Bible Skills Activity: “Kindness Cards”

Materials:

- Index cards or cardstock
- Markers or crayons
- Stickers or stamps

Instructions:

1. Each child creates a card to show kindness to someone (write “Jesus loves you!” or “I forgive you” or “Thanks for being a friend”).
2. Let them decorate and give it to someone—another child, a teacher, or a parent.

Say:

One way to live out this verse is by doing something kind. When we forgive and show compassion, we are being like Jesus. A simple card could make someone’s day and show them God’s love.