



## Session Twenty-Two: A Kind Heart Like Jesus

### Today's Point:

God wants us to have kind hearts that forgive like Jesus.

### 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
- Locate Ephesians in the New Testament
- Learn that Paul wrote Ephesians to help believers know how to live like Jesus

### Bible Truth Activity:

#### Game: "Heart Check"

*Object of the game:* Teach that kindness and forgiveness start with our hearts.

### Materials:

- Large red paper hearts
- Green or red dot stickers

### Directions:

1. Read scenarios aloud one at a time.
2. If it shows a kind and forgiving heart, kids place a green dot on the heart.
3. If it shows an unkind or unforgiving heart, they place a red dot.
4. At the end, count how many green "kind choices" they made together!

**Examples:**

- “Your sister broke your toy, and you say, ‘I forgive you.’” (Green)
- “Your friend didn’t share, so you yell at him.” (Red)
- “You help your mom without being asked.” (Green)
- “You say ‘That’s mine!’ and grab it back.” (Red)

**Say:**

The Bible says we should be kind and forgiving, because that’s what God has done for us. When we keep our hearts full of Jesus, kindness comes out!

**Bible Discovery Discussion:**

Ask the kids:

- What’s the opposite of kindness?
- What should we do when someone hurts our feelings?
- Why is forgiving others sometimes hard?

**Say:**

Kindness, compassion, and forgiveness are choices that come from a heart that loves Jesus. When we remember how much God has forgiven us, it helps us forgive others—even when it’s hard.

**Bible Verse Activity – Build the Verse****Materials:**

- Puzzle pieces or strips of paper with parts of Ephesians 4:32 written on them
- Small containers or bags to hold the pieces

**Instructions:**

1. Give each group a bag of scrambled verse pieces.
2. Challenge them to put the verse in the correct order.
3. Once complete, say it out loud together.
4. Try mixing the pieces and timing how fast they can build it again!

**Say:**

This verse reminds us to be kind, compassionate, and forgiving—not just sometimes, but all the time.

## **Bible Skills Activity: “Kindness Jar”**

### **Materials:**

- Jar or small bucket
- Paper slips or popsicle sticks
- Markers

### **Instructions:**

1. Kids write or draw kind actions on paper or sticks (e.g., “Say thank you,” “Give a hug,” “Help clean up,” “Forgive a friend”).
2. Place them in the jar.
3. Throughout the week or month, pick one and encourage them to do it at home.

### **Say:**

God wants us to live out Ephesians 4:32—not just memorize it. Every kind thing we do shows others what Jesus is like.