

Lesson 10 / February 7, 2010

One Million Acts of Kindness

for use as

STEP 1

Lesson 10 Focus:

Jesus can make my
small gifts mean a lot.

Lesson 10 Bible Basis:

John 6:1-14

Students will discuss how God can use their small acts of kindness to make a big impact on other people.

February 8-14, 2010 is the first annual One Million Acts of Kindness Week. Students across the country will take part in making their campus and world a better place by committing to a mind-set of showing kindness and caring for others. Since this week kicks off the One Million Acts of Kindness Week, your class may want to participate in making the commitment to give acts of kindness for a life-time. For detailed information see:

<http://www.onemillionactsofkindness.com/Kindness-week/>

So let's look at how each of us could accomplish one million acts of kindness. One year equals 365 days, multiplied by 50 equals 18,250 acts of kindness per year. Multiply 18,250 by 55 years and this equals 1,003,750. So that means we would have to give 50 acts of kindness each day for 55 years to have over 1,000,000. Wow, that's a lot of kindness! You probably not really suppose to keep track of all your acts of kindness, but instead the main point is to encourage you to have a constant mind-set of kindness. As Christians the first great commandment is to love our God with all of our heart, soul, and mind. The second is to love our neighbor as ourselves (Matthew 22:37). Loving the Lord and our neighbor leads to kindness.

Discuss:

- ▶ Why do you think the founder of this movement started this event?
- ▶ What kinds of behaviors do you wish you didn't see on your school campus?
- ▶ How could God use your acts of kindness to make a difference on your campus or in your home?
- ▶ If maybe all of the kids in your school did one random act of kindness each school day, how many would that be? What difference would it make around your school?

Lesson 10
Memory Verse

For if the willingness is there, the gift is acceptable according to what one has, not according to what he does not have.

—2 Corinthians 8:12

Actually the point is not really 1,000,000 acts of kindness or just one act. God is not asking us to save the world or to meet all the needs on the earth. He wants us to give what we have and trust Him for the results. Today, we will see how the Lord used one kids' random act of kindness. It was an action that the boy might have thought was pretty small. Let's find out if that was right.

[Continue on to Steps 2 and 3 in your *Upper Elementary Teacher's Guide*; your Step 4 appears below.]

For more information about One Million Acts of Kindness, see
<http://www.string-ring.com/node/201>

Lesson 10 / February 7, 2010

One Million Acts of Kindness

for use as

STEP 4

Lesson 10 Focus:

Jesus can make my
small gifts mean a lot.

Lesson 10 Bible Basis:

John 6:1-14

Your students will make a commitment to have a mind-set of showing kindness toward others.

Materials:

- several colors of yarn or string
- scissors for groups of four to share
- white board for brainstorming ideas as a class
- markers

Usually when we think of helping someone, we think of giving money or physical items that someone may need. There are many gifts that we have that don't require any money or material items such as showing appreciation, giving time, sharing our experiences, friendship, kindness, and enthusiasm.

Discuss:

- 1 What are some ways we can give by showing appreciation, giving time, sharing experiences, showing kindness, or bringing enthusiasm to a situation?**
- 2 What are some other ways we can give of ourselves without giving material objects?**
- 3 How can we develop a mind-set of showing kindness to others?**

To complement One Millions Acts of Kindness, have your class make string rings. These rings will remind your class to give acts of kindness. You can go to an on-line store and buy string rings or make your own adaptation of them. The rings are made with different color strings to represent different attributes of kindness. For example, red is a reminder to love, silver is a reminder to forgive, and yellow reminds us to be grateful. You can find information for string rings and glance at the different color codes at the following links:

<http://string-ring.com/node>
<http://string-ring.com/colorcodes>

Have your class make their own string rings by choosing different colors to represent different attributes of kindness. Gather ideas as a class to choose attributes of kindness for the different colors of yarn or string you brought to class. Make your own code as a class.

Lesson 10
Memory Verse

For if the willingness is there, the gift is acceptable according to what one has, not according to what he does not have.

—2 Corinthians 8:12

When making the rings, encourage your students to be creative and use several different colors for each ring. They may want to braid the strings together or tie them with bows or knots. The boys may want to make bracelets instead of rings. Allow each student to make their own unique ring or bracelet so that it will be meaningful to them.

Discuss

- ▶ **What color strings did you pick? Why?**
- ▶ **What are some acts of kindness that you would like to do this week?**
- ▶ **How has this activity made you think differently?**

We probably won't solve all the world's problems, but committing to being kind with every opportunity is a good start. Mother Teresa said, "If you can't feed a hundred people, then just feed one." We have more to give than we realize, so let's give what we have just like the little boy whose lunch fed 5,000. God can and will multiply our offerings, so let's start today.

Close with prayer.

OPTIONAL: If your class chooses to participate in committing to One Million Acts of Kindness described in Step 1, have each student fill out the certificate. You can print out certificates for One Million Acts of Kindness from:

onemillionactsofkindness.com/wp-content/uploads/2010/01/KINDNESS-CERTIFICATE.pdf

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