

# Gear Up: An adventure in kindness

Kindness is showing others they are valuable by how you treat them.



## 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

## Week One

### The Kindness of Jesus

Matthew 8:1-4, Matthew 19:13-15,  
Matthew 9:10-13

Jesus showed us how to be kind.

## Week Two

### Ruth and Naomi

Ruth 1-2

Be kind to the people closest to you.

## Week Three

### Go the Extra Mile

Matthew 5:41

Be kinder than you have to be.

## Week Four

### Good Samaritan

Luke 10:25-37

Be kind to people who are different from you.