

Acts of Kindness

We often get caught up with the busyness of life and miss those small moments to make or break another person's day. Take time to practice random acts of kindness and see how your week is transformed.

For

Teen Family

Season

Easter



Needed

- YouTube clip: <http://www.youtube.com/watch?v=eu9UtVaWYal>.
- *Acts of Kindness* Handout (see last page)
- Bible
- Song *Go Make A Difference* by Steve Angrisano, <http://www.spiritandsong.com/compositions/16812>

Prepare in advance

- YouTube clip ready
- Bible marked with Acts 2:42-47
- Copy of *Acts of Kindness* handout for each family member
- Song ready

Activity Plan

1. Say this prayer aloud to begin.

God of goodness, we come together as a family to reflect on your call to serve. We know it's easy to get so preoccupied with our own life that we miss opportunities to help those we encounter every day. Help us to see you in every person that crosses our path. Amen.

2. Watch YouTube clip.
3. Invite family members to share their reactions to the clip.
 - Did this ad make you recall a time when you did a random act of kindness?
 - How about a missed opportunity?
 - In what ways would your day be better if you were always looking for a way to serve others?
4. Read aloud Acts 2.42-47. Reflect on the reading by answering the following questions:

They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer. Everyone was filled with awe at the many wonders and signs performed by the apostles. All the believers were together and had everything in common. They sold property and possessions to give to anyone who had need. Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved.

- What struck you in this passage?
 - How is this passage challenging? How is it easy?
5. Pass out *50 Acts of Kindness* handout.
 6. Explain to family members that you are going to engage in 50 acts of kindness this week. Invite members to carry this list with them, hang it up in their locker or at work, or tape to a mirror as a constant reminder. Make a mark next to the acts you've participated in and feel free to add your own.
 7. Close your time together by listening to the song *Go Make A Difference* by Steve Angrisano.
 8. At the end of the week, take time to discuss how this impacted the week of family members as well as the reactions of the recipients. How can each person carry this practice into his or her daily interactions all the time?

Additional Ideas

- Make it a competition to see who can engage in the most acts of kindness this week and determine a prize, which could be a week of not having to do the dishes, or making that person's favorite meal, etc.
- Instead of doing this for the week, do it for the month, having weekly check-ins.
- Do an act of kindness together as a family, such as serving a meal together, giving away clothes, etc.
- Have family members write a journal entry about this experience, sharing specific details about one or two acts that really touched them.
- Challenge family members to not explicitly share with others what they are doing this week.



50 Acts of Kindness

- Hold open a door for someone (even if they aren't right behind you) _____
- When a compliment comes to mind, say it _____
- Greet a stranger you pass _____
- Say hi to people you pass in the hallway _____
- Say thank you and please _____
- Pick something up for someone _____
- Tell someone you love them _____
- Say a prayer for someone in need _____
- Do something to help a person in need _____
- Call a friend you haven't spoken with in a while _____
- Say you are sorry, and mean it _____
- Tell a teacher, coach, boss, or director that you appreciate them _____
- Go to the grocery store for your parent _____
- Send your grandparent(s) or aunt/uncle an unexpected card _____
- Clean out your closet of clothes you don't wear anymore and drop off _____
- When you go shopping ask yourself do you "need" or "want" an item _____
- Buy fair trade _____
- Ask your clerk at a store or waitstaff at a restaurant how their day is going _____
- Take time to ask your child/parent(s) how their day went _____
- Mend a broken relationship _____
- Recycle _____
- Refrain from gossip _____
- Pick up a trash (have a plastic bag with you always) _____
- Write a letter to a legislator about an issue you care about _____
- Volunteer at a local organization for one hour _____
- Organize a meal for a local shelter _____
- Judge less _____
- Smile at everyone _____
- Greet friends and family with a hug _____
- Make eye contact when you talk to people _____
- Plant a tree _____
- Find out where your clothes are made _____
- Go a day without eating meat _____
- Turn off the water when brushing your teeth _____
- Get to know the names of your neighbors _____
- Sit by someone who is alone at lunch _____
- Buy from local merchants _____
- Share what you have _____
- Fix it, even if you didn't break it _____
- Help someone with their work/homework _____
- Honor elders _____
- Talk to your mail carrier _____
- Help carry something heavy _____
- Turn off your cell phone/i-pod and be present to those you are with _____
- Learn about a different culture and/or religion _____
- Look at the moon and imagine someone else, somewhere else looking at it too _____
- Put yourself in someone else's shoes _____
- Go on a facebook fast for one week _____
- Stand up to an offensive comment made _____

