

Practice Kindness

By Erin Davis Gibbons



Traditionally, Christians give up something that they like or that is important to them during Lent as way of remembering the sacrifice Jesus made for us. This year, instead of giving something up, add acts of kindness for members of your family.

For

Teen Family

Season

Spring / Lent

Needed

Slips of paper, writing utensils, paper cup or bowl for each family member, permanent marker

Activity Plan

1. Even if Lent has already started, it's not too late to add another Lenten practice. Gather family members to think about how you can add acts of kindness to your Lenten discipline. Challenge each other to do something nice for a family member every day until Easter.
2. Give six or seven slips of paper to each family member. On each of their slips of paper, family members write down something they wish a family member would do for or with them. For example: *feed the dog, respect my privacy when I'm on the phone, help me clean up the kitchen, make me hot cereal for breakfast, sweep out the car, pray for me, help me with homework, go for a run with me, play a video game with me.* Here's the trick—don't ask for *stuff* and keep it reasonable. Parents have veto power in the event that a request seems inappropriate.
3. Use a marker to label a paper cup or bowl for each family member. Have family members put their request slips in their respective containers. Each day during the remainder of Lent (or on the days you choose) have each person draw a slip from someone else's container and complete the request. You might want to decide which person draws from which person's container each day to keep it balanced.
4. Each day you draw slips, say this prayer before you begin:

God, it's not always easy to be nice to each other and it's not always easy to do the things we know we should. But we know the sacrifice Jesus made for us wasn't easy either. Help us remember to be kind to each other. Forgive us when we fail to be kind. We pray as your children in the body of Christ. Amen.

